

See Change – Facilitating behavioural change in adults living with SMI to improve their take up of health improvement programmes following their physical health check to reduce premature mortality



Aim:

Improve the physical health care for adults living with a severe mental illness through improved physical health checks and supported follow up interventions.

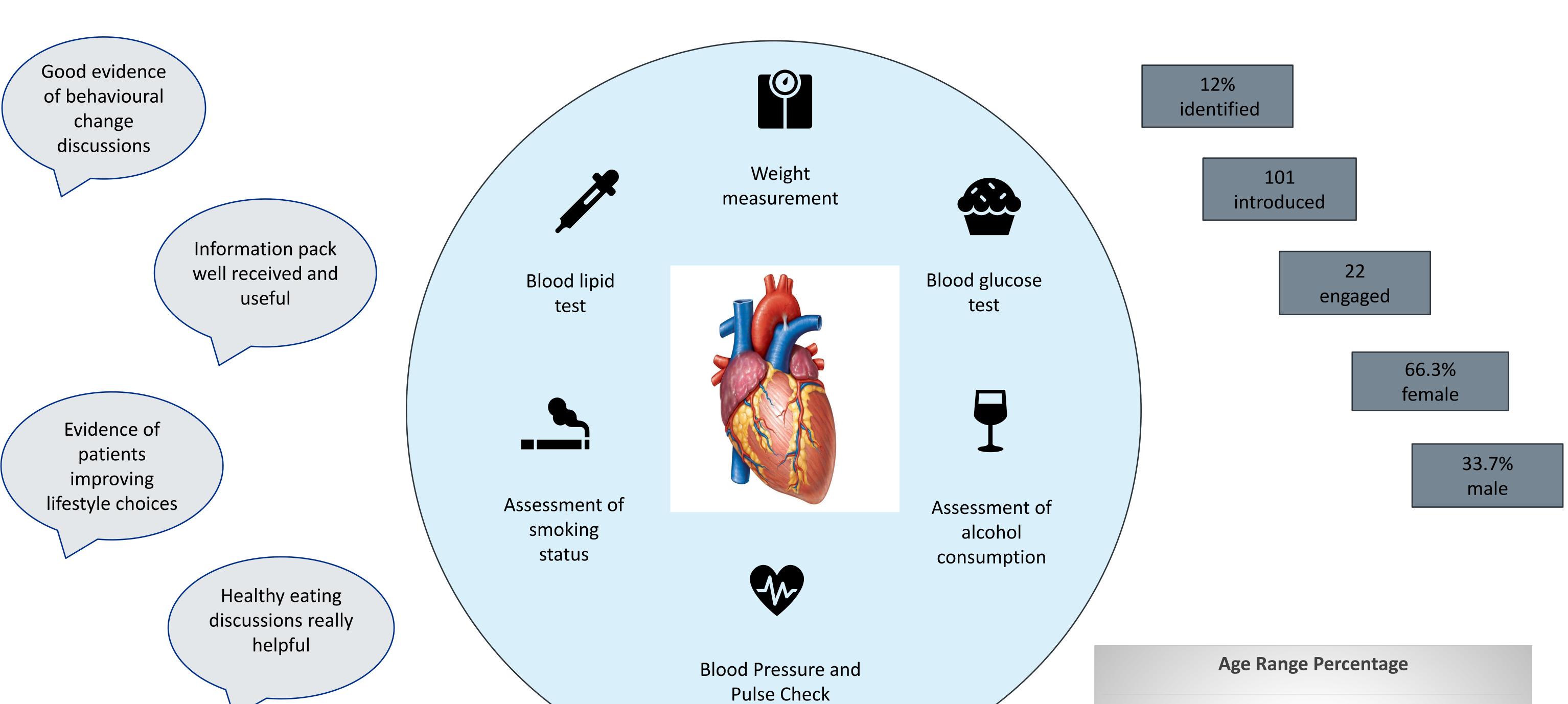
Improvements include increasing engagement, providing advice, support and guidance to help them make better informed lifestyle choices and to access wider support to improve their health and wellbeing.

NHS Core Physical Health Check

'healthy body, healthy mind'

Methodology and Implementation:

- Review of population health and physical health check data in East Kent.
- High prevalence of obesity in adults living with SMI. Focus on BMI over 28.
- Physical health check assessment using COMB model. Supported programme.
- Pack of key information developed and given to each patient.





NHS Long Term Plan – 390,000 adults living with SMI to receive an annual physical health check.

Reducing premature mortality of adults living with SMI is a key priority in Kent and Medway ICS.

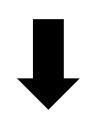
Age Range Percentage 24.8 20.8 15.8 7.9 UNDER 30 30 - 39 40 - 49 50 - 59 60 - 69 OVER 70

Behaviour

Impact / Learning:

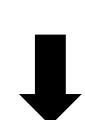
Capability

- ✓ Facilitated conversations with modified questions more productive.
- ✓ Higher number of adults living with SMI do not have the ability to understand healthy lifestyles.
- ✓ Lack of education and understanding of healthy eating.



Opportunity

- ✓ Wider range of opportunities identified.
- ✓ Impact of cultural differences may reduce opportunity to engage.
- ✓ Consider timing of discussions and engagement.



Motivation

- ✓ Patients feel more valued given time to talk.
- SMI is a long-term condition which can impact motivation. Medications increase appetite.
- ✓ More time to build confidence in using behavioural change model.

Conclusion / Implications for Practice:

- Team approach using the COMB model to benefit patients and improve health outcomes. Further use of the model and tools to enhance skills and knowledge.
- Annual review of plan for those engaged in COMB to evidence longer term impact.
- Consider new ways of working with investment in time and opportunity to focus on behavioural change.
- Working collaboratively, raise awareness of COMB model to enable partners to apply behaviour change approach to increase engagement in physical health checks.