

Living IT

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Reducing early mortality from co-morbid physical disease in severe mental illness using an information intervention

In Bradford, almost all GPs use SystmOne as their clinical IT system. We built a SystmOne template to help GPs carry out a comprehensive physical health check for all patients on their Severe Mental Illness (SMI) registers. It also helps collect Quality and Outcomes Framework (QoF) data. We are promoting the template to GPs and their use of it is increasing. We have demonstrated high cardiovascular (CVD) risk in SMI register patients and hope to use the template to reduce early death from CVD in future. The template raises awareness of the risk and can be used to promote action to reduce risk. It is quick, cheap, convenient and fits with existing practice.

BAIPCT Mental Health Physical Review

Risk factors & lifestyle | Test requests & QoF | Guidance | Reference

Mental Health Physical Review

Standard care programme approach level

Has a carer ☐

Has community mental health team key worker ☐

BAIPCT Record Relationship view cannot be shown without a patient

Obesity is a significant risk factor for diseases such as cardiovascular disease and diabetes. Patients on the SMI register are already at increased risk. Please recommend appropriate weight loss advice to

Height m BP

Weight Kg Blood pressure procedure refused ☐

BMI Kg/m² Pulse rate

Health education - weight management ☐

Pulse Rate Regularity ☐

The prevalence of instances of cancer in patients with SMI is potentially higher than that of the general population. Please try to ensure that cervical screening, breast cancer screening and other appropriate screening is offered in relation to the patient's age and gender

BAIPCT Last Cervical Smear view cannot be shown without a patient

Cytology exceptions

Lifestyle advice and intervention

Alcohol Intake

Alcohol consumption screening test declined ☐

Health education - alcohol ☐

DES - Alcohol ☐

Smoking Status

Smoking cessation advice ☐

Current drug user ☐

Drugs - health education ☐

Information | Print | Suspend

Cardiovascular disease is the leading cause of death in people with severe mental illness

QRisk2 Calculator

QRISK2 Calculator

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Patient Data:

Sex: ☒ Male ☐ Female

Age: 45

Systolic BP: 100 mmHg

BMI: 32 kg/m²

Postcode: Not recognised

Townsend score:

Total cholesterol: 12 mmol/L

HDL cholesterol: 12 mmol/L

Ethnicity: Pakistani

Medical History:

☒ Family history of CVD

☒ Smoker

☒ Treated for hypertension

☒ Diabetic

☐ Atrial fibrillation

☐ Rheumatoid arthritis

☒ Chronic renal disease

☐ Personal history of CVD

10yr QRISK2 Score: 29.47%

Stains ☐ Save to Record

About | Reset | Close

SystmOne

template

pages

Recording Adherence	Baseline	Re-audit
BMI	77%	100%
weight advice given	52%	100%
smoking status	79%	100%
smoking advice given	87%	100%
alcohol status	55%	100%
drug use status	N/A	100%
blood pressure	74%	100%
alcohol advice given	78%	N/A
FBC	N/A	100%
LFT	N/A	100%
glucose	45%	89%
TFT	38%	89%
prolactin	0%	82%
cholesterol	39%	78%
triglyceride	38%	75%
Qrisk2 calculation	0%	48%

In our baseline audit, 104 patients from 12 practices were sampled. In the second round we have data on 27 patients. The template has improved the quality of physical health checks and allows QRisk2 calculation to be made.

In a separate count of QRisk2 calculations we found that 219 / 4441 SMI register patients had a calculation. The prevalence of high cardiovascular risk (>20% risk cardiovascular death in 10 years) in this small subgroup is 28%, or twice that of the general population (Dalton et al 2011).

Reference:

Dalton, A, et al. Prevalence of cardiovascular disease risk amongst the population eligible for the NHS Health Check Programme (November 4 2011) European Journal of Preventive Cardiology

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