

Equally Well UK

May Learning Event

14 May 2019





Thank you for joining the Equally Well UK learning event on 14 May 2019. This was a two-part learning event hosted by Equally Well UK member King's Health Partners.



Equally Well UK
 14 May 2019, 09:00-12:15, Institute of Psychiatry, SE5 8AF
 Twitter: @EquallyWellUK #EquallyWellUK

09:00 Coffee and registration
 09:15 Opening perspectives

Welcome and introductions followed by participants will hear from:

- Dr Sean Cross, Clinical Director of the Mind & Body Programme at King's Health Partners; a Consultant Liaison Psychiatrist at King's College Hospital NHS Foundation Trust and Managing Director of Maudsley Learning.
- Dr Naomi Stent, Primary Care Mind & Body Lead
- Dr Fiona Gaughran, SLAM Director of R&D SLAM and Institute of Psychiatry, Psychology & Neuroscience

Followed by facilitated exercise and discussion.

10:00 Integrating Mental and Physical Health Systems - what have we learnt?
 Participants will hear from a range of speakers including service users with lived experience, Jan Luxton, Nurse Consultant Physical Well Being at SLAM and Elliann Fairbairn, Project Manager.

Followed by facilitated exercise, discussion and break.

11:00 Challenges we are facing: Diabetes, Exercise and Smoking
 Participants will hear from:

- Dr Iliatha Papachristou, Senior Research Fellow in Behavioural Intervention and Health Psychologist at KCL and London School of Hygiene and Tropical Medicine
- Dr Brendon Stubbs, Physiotherapy at SLAM and post-doctoral Research Physiotherapist at the IOPPPN
- Mary Yates, Nurse Consultant in Health Promotion & Wellbeing at SL

Followed by a choice of breakout discussions.

12:00 Closing reflections

Closing reflections followed by lunch at the ORTUS ahead of the afternoon

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An Academic Health Sciences Centre for London



Pioneering

Equally Well UK
 14 May 2019, 13:00-16:00, ORTUS SE5 8SN
 Twitter: @EquallyWellUK #EquallyWellUK

12:15 Lunch and registration
 13:00 Welcome and introductions

Introductory talks including Equally Well UK update from Andy Bell, Deputy Chief Executive, Centre for Mental Health.

13:15 Learning from our community: Getting started with Equally Well UK
 Participants will have the opportunity to join two discussion groups focusing on the theme of getting started - how different organisations have started to move towards our shared vision of prioritising the physical health for people with mental health problems - including some of the challenges they've encountered and approaches to overcome these:

A: 2gether NHS Foundation Trust
 Speaker: Angela Willan, Physical Health Facilitator

B: Enfield and Haringey Mental Health NHS Trust
 Speaker: Pardeep Grewal, Consultant Psychiatrist

C: Sussex Partnership
 Speaker: Taryn Paten, Darzi Fellow

D: West London NHS Trust
 Speaker: Linda Nazarko, Nurse consultant physical healthcare

Followed by a break.

14:35 Next steps: Action planning
 Exercise and facilitated discussion to develop next steps for Equally Well UK within your organisation and context.

15:20 Microactions for change
 Introduction to the concept of microactions. Facilitated discussion on the creation, and prioritisation, of microactions for change in the context of Equally Well UK.

16:00 Close

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Pioneering better health for all

Morning session

Institute of Psychiatry, Psychology and Neurosciences, SE5 8AF

In the morning we met at the Institute of Psychiatry, King's College London to hear a range of case studies from our host focusing on the integration of mental and physical health systems.



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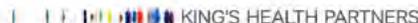
- Dr Iliatha Papachristou, Senior Research Fellow in Behavioural Interventions and Health Psychologist at KCL and London School of Hygiene and Tropical Medicine
- Dr Brendon Stubbs, Physiotherapy at SLaM and post-doctoral Research Physiotherapist at the IoPPN
- Mary Yates, Nurse Consultant in Health Promotion & Wellbeing at SLaM.

Followed by a choice of breakout discussions.

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Closing reflections followed by lunch at the ORTUS ahead of the afternoon session.

@kingshealth



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Pioneering better health for all



Equally Well UK @EquallyWellUK · May 14

Now hearing from @BrendonStubbs who's got everyone to stand up & move around before he presents!



To view the full set of presentations from the day please follow this [link](#).

Opening perspectives (1)

We heard from a range of speakers throughout the morning. Three speakers provided opening perspectives: Dr Sean Cross, Dr Naomi Stent and Dr Fiona Gaughran.

Dr Sean Cross, Clinical Director of the Mind & Body Programme at King's Health Partners; a Consultant Liaison Psychiatrist at King's College Hospital NHS Foundation Trust and Managing Director of Maudsley Learning:



Mind and Body Programme: Overview

By **assessing all patients** for common mental and physical health conditions in all care settings, the right support or treatment can be identified as soon as possible.

- IMPARTS: Integrating Mental & Physical healthcare: Research, Training & Services
- Physical Health Checks (& testing Physical Health Plans) for those with severe mental illness

By **developing new and enhancing existing service & system infrastructure** to fully embed a joined up approach. This includes staff **working together in multidisciplinary teams** across primary, secondary and community care.

- Improving access to psychology through IAPT, online and mental health liaison teams.
- Focus on long term conditions: Diabetes, Respiratory & Heart Failure, Haematology
- Physical health in-reach for people with severe mental illness

By **raising awareness and understanding** of the connections between mental and physical health and how they should be managed, we should all be better equipped to get the care we need, in the right place.

- Education Matrix for staff to help guide uptake
- Inter-professional training opportunities
- Various methods of staff training: online, bitesize, 5 day, simulation
- Staff health and wellbeing



Chris Naylor @chrisbnaylor · May 14

Getting an update on the fantastic @kingshealth mind & body programme today as part of #EquallyWellUK. In #MentalHealthAwarenessWeek worth remembering that 46% of people with a long-term physical health condition also experience depression anxiety or another mental health problem



Andy Bell @Andy_Bell_ · May 14

Sean Cross from @kingshealth reminds @EquallyWellUK participants of 15-20 year reduced life expectancy for people with mental health conditions & historical separation of physical and mental health services #EquallyWellUK #MentalHealthAwarenessWeek



The challenge we all face



Nearly half

of people with mental illness also have at least one long-term physical condition



30%

of people with long-term physical health conditions also have a mental illness



15-20 years

shorter life expectancy for someone with a severe mental illness or learning disability than for those without



£8bn

a year is spent by the NHS treating the effect of poor mental health on physical illnesses

Opening perspectives (2)

We heard from a range of speakers throughout the morning. Three speakers provided opening perspectives: Dr Sean Cross, Dr Naomi Stent and Dr Fiona Gaughran.

Dr Naomi Stent,
Primary Care
Mind & Body
Lead:



Equally Well UK @EquallyWellUK · May 14

Dr Naomi Stent highlighting the complexities in her practice area #EquallyWellUK & the need to work with neighbouring organisations in Lambeth & Southwark @KateMindandBody @MH_challenge #MentalHealthAwarenessWeek



Andy Bell @Andy_Bell_ · May 14

Great to hear about Lambeth GP Food Coop as part of work to reduce inequalities and improve mental and physical health together #EquallyWellUK



Equally Well UK @EquallyWellUK · May 14

Networking with neighbouring sectors is key! 'I'm in the process of creating a mental health network with GPs in the borough' Dr Naomi's Stent

Aims

- Background - my role
- Current delivery of mental health in the primary care setting - what is and isn't working well
- Mind and Body projects in Primary Care



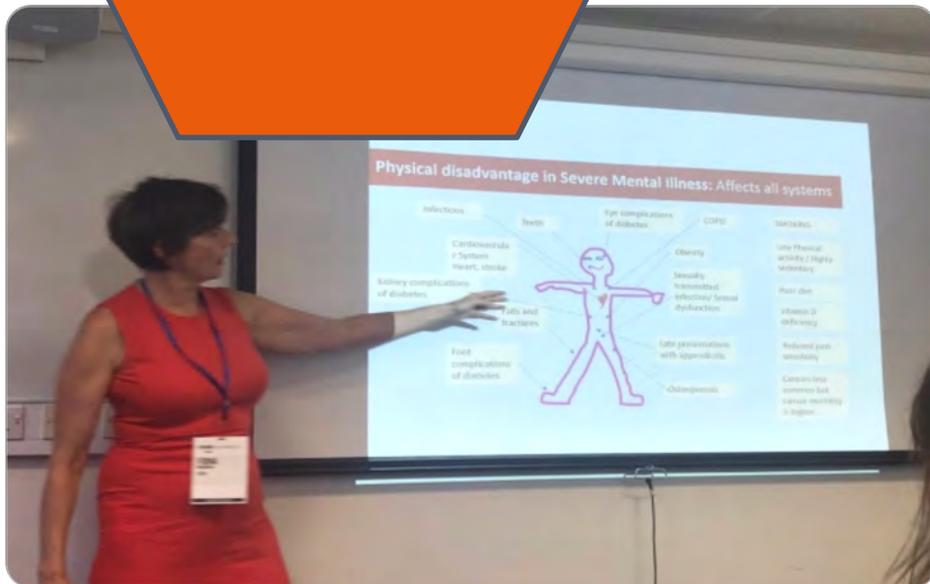
Opening perspectives (3)

We heard from a range of speakers throughout the morning. Three speakers provided opening perspectives: Dr Sean Cross, Dr Naomi Stent and Dr Fiona Gaughran.

Dr Fiona Gaughran,
SLaM Director of R&D
SLaM and Institute of
Psychiatry, Psychology
& Neuroscience:

Improving health outcomes in SMI

- Priority – government, clinicians, public health
- Educate and empower clinicians, service users and families
- Prevention from outset, discussion throughout
- Smoking cessation, exercise and diet
- Effective, judicious and responsive management of mental health problems (mortality gap is greater when people are untreated)
- Equity of access to all levels of physical healthcare
- Flexible integrated approaches: screen, intervene and communicate



Andy Bell @Andy__Bell__ · May 14

Outstanding presentation from Fiona Gaughran @MaudsleyNHS on breadth and complexity of @EquallyWellUK agenda: shared decision-making a crucial part of this #EquallyWellUK

Integrating mental and physical health systems (1)

We heard from three speakers on the topic of what the Mind and Body programme has learnt from the integration of mental and physical health systems: Blod Jones, Jan Luxton and Elliann Fairbairn.

Blod shared her experience of looking after her physical health while having a serious mental illness, and shared a poem she had written:



Nikita @nikitaegan · May 14

Also brilliant to see that lived experience is not unique to #EquallyWellUK - it truly helps to stop 'imposter syndrome' - and makes me personally feel less like a novelty.



NAKED!

Rocking in the mad house, with little else to do -
'cept keep the beat 'tween taking pills - remember not to chew.
Swallow the medicine to keep your cool,
it's dancing through you - but you're nobody's fool.
waiting for others to provide the drink & food -
in their own good time - **IF** you're awake & shrewd.
Enough awareness left to realise
just who's the Prince of Deception & Lies.
Watching the marks fade from that last beating
where you were dragged off the floor **kicking & screaming!??**
KICKING & SCREAMING?
Naked, sweating - a **Spiritual** cleansing, changed
to cuffed, pinioned by the 'Lords of the Dance,' deranged
by their powers - endowed by the false gods of these times.



Andy Bell @Andy__Bell__ · May 14

Brilliant to hear about role and influence of experts by experience in @kingshealth Mind & Body programme #EquallyWellUK

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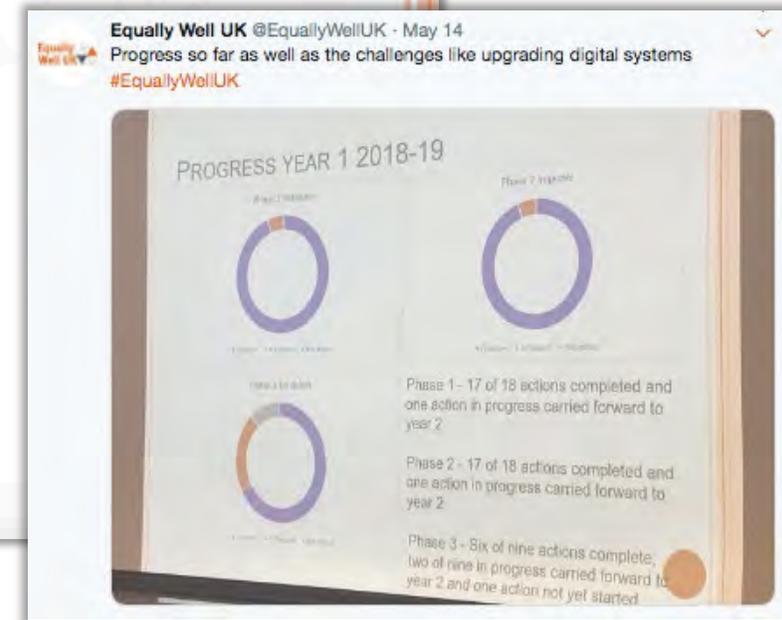
Jan Luxton, Nurse Consultant Physical Well Being at SLam:

SLAM PLEDGE 2018

- "As a trust, our aim is to work with people with mental illness and support them to change their lives for the better. We recognise the important role physical health plays in achieving this.
- We embrace the opportunity the Equally Well initiative provides to work in partnership with other organisations to improve the quality of life and life expectancy for people in our communities with mental illness."

GREATER HEALTH AND HEALTHIER LIFESTYLES FOR OUR SERVICE USERS AND STAFF

- Five-year Physical Healthcare Strategy approved by the Trust Board Feb 2018
- Focus on quality improvement
 - Expanding the physical health offer
 - Reducing the mortality gap
 - Supporting staff



Integrating mental and physical health systems (3)

We heard from three speakers on the topic of what the Mind and Body programme has learnt from the integration of mental and physical health systems: Blod Jones, Jan Luxton and Elliann Fairbairn.

Elliann Fairbairn,
Project Manager for
the Mental &
Physical Health
Systems (IMPHS)
project :



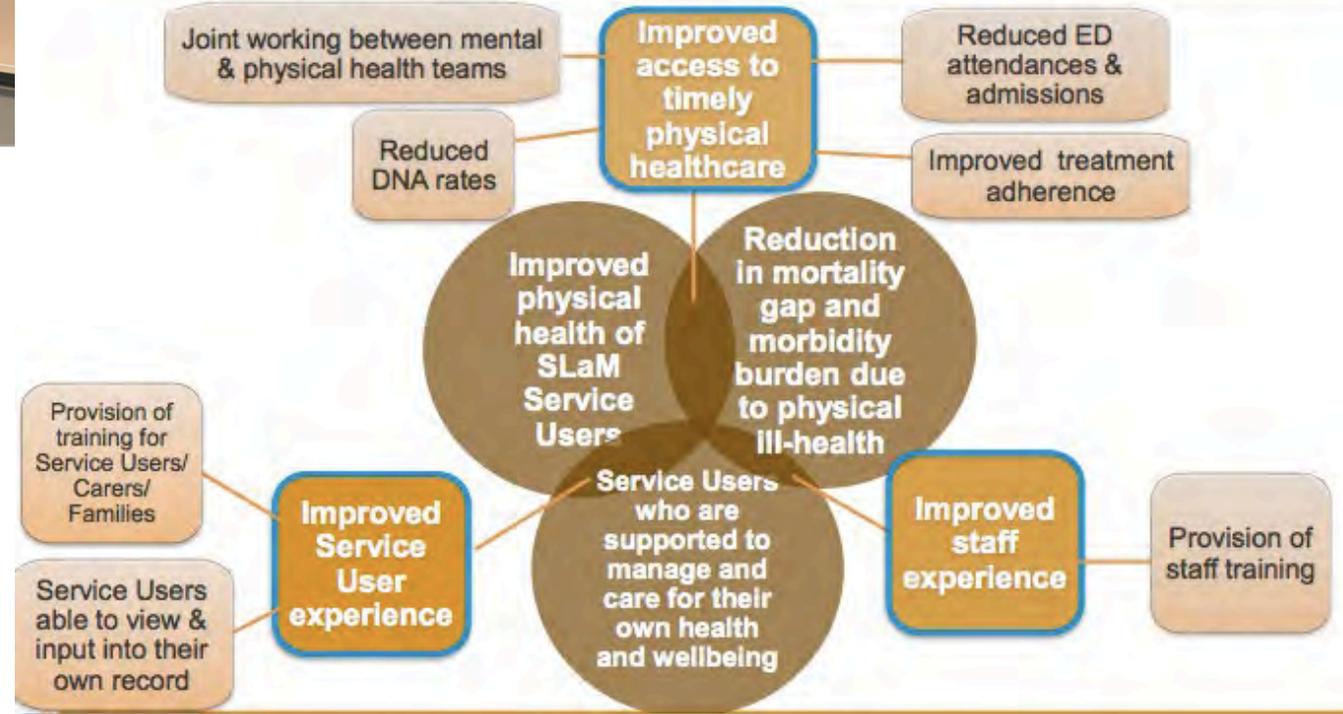
Equally Well UK @EquallyWellUK - May 14
Are we making a difference? We need to ask ourself difficult questions in order to improve our services as well as continuing to educate and train our staff in physical health conditions and work with our health champions @ElliFairbairn #EquallyWellUK

Equally Well UK @EquallyWellUK - May 14
Developing our local care record is critical to working with partner organisations and making sure the service user has the best possible care @ElliFairbairn #EquallyWellUK

Equally Well UK @EquallyWellUK - May 14
Recognising the physical health of people with severe mental illness will improve the access to physical health care & improve staff and patients experience @ElliFairbairn



What are we hoping to achieve?



Integrating mental and physical health systems (4)

Following the talks we asked participants to reflect on the talks and what they had learnt so far.

Reflect on your own work or context. **What have you learnt? What resonated with you?**

THE PRESENTATION BY FIONA WAS VERY ENLIGHTENING & RESONATED WITH MANY OF THE PHYSICAL & M.H. CONDITIONS I HAVE. SOME AS A RESULT OF ABILITY. I WAS NOT INFORMED OF ANY OF THIS WHEN IT WAS PRESCRIBED. SUICIDE HAS NOT BEEN MENTIONED AS ONE OF THE CAUSES OF DEATH

“The presentation by Fiona was very enlightening & resonated with many of the physical & MH conditions I have. Some as a result of ability - I was not informed of any of this when it was prescribed. Suicide has not been mentioned as one of the causes of death.”

Reflect on your own work or context. **What have you learnt? What resonated with you?**

That People who use Clozapine have less chance of getting/contracting heart disease. The high mortality rate of Schizophrenia

“That people who use Clozapine have less chance of getting heart disease. The high mortality rate of Schizophrenia.”

Challenges we are facing (1)

The final session focused on presentations from staff regarding their work on diabetes, exercise and smoking and some of the challenges they faced. We heard from Dr Iliatha Papachristou, Dr Brendan Stubbs and Mary Yates.

Dr Iliatha Papachristou, Senior Research Fellow in Behavioural Interventions and Health Psychologist at KCL and LSHTM, gave an introduction to a Psychosis and Diabetes Service.



Study Rational

- 10-20% of people with psychosis and other SMI have diabetes
- People with SMI lose 20 years compared with the average person's life expectancy.

Study Aim:

To integrate diabetes care within a CMHT to increase access, improve biomedical and mental health outcomes.



Dr Fidel Gallo

"My patients' diabetic care and physical health in general have markedly improved reviewing them together with a Consultant Physician and having access to the PODS interventions"



Andy Bell @Andy__Bell__ · May 14

Hearing about diabetes and psychosis study in Lewisham: up to 20% of people with severe mental illness have diabetes nationally #EquallyWellUK

Challenges we are facing (2)

The final session focused on presentations from staff regarding their work on diabetes, exercise and smoking and some of the challenges they faced. We heard from Dr Iliatha Papachristou, Dr Brendan Stubbs and Mary Yates.

Dr Brendon Stubbs, Physiotherapy at SLAM and post-doctoral Research Physiotherapist at the IoPPN, discussed the impact of physical activity on mental and physical health.



Nikita @nikitaegan · May 14

@BrendonStubbs fab relevant focus on fitness vs. BMI. Very hard to lose weight and be more active when already overweight; improving fitness levels will surely aid in physical activity. Thanks from an overweight SU for this interesting perspective. #EquallyWellUK @EquallyWellUK

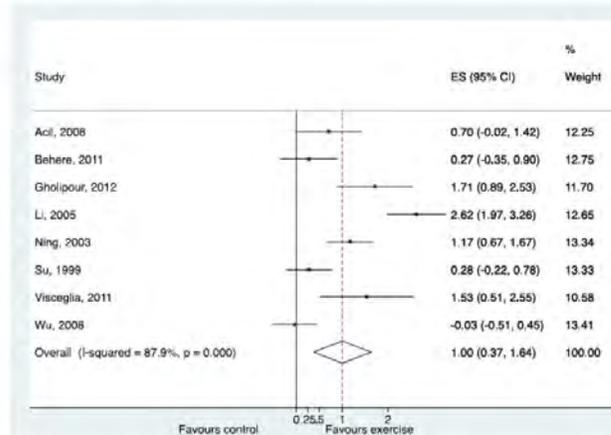


Andy Bell @Andy_Bell_ · May 14

Physical activity must be at heart of mental health support, not a 'nice to have' add-on says @BrendonStubbs #EquallyWellUK

Physical Activity Interventions for People With Mental Illness: A Systematic Review and Meta-Analysis

Simon Rosenbaum, BSc; Anne Tiedemann, BSc, PhD; Catherine Sherrington, BAppSc(Physio), MPH, PhD; Jackie Curtis, MBBS; and Philip B. Ward, BMedSci, PhD



Symptoms of Schizophrenia
SMD = 1.0 (95% CI, 0.37–1.64)

Quality of life SMD = 0.64; (95% CI, 0.35 to 0.92; I2 = 0%).

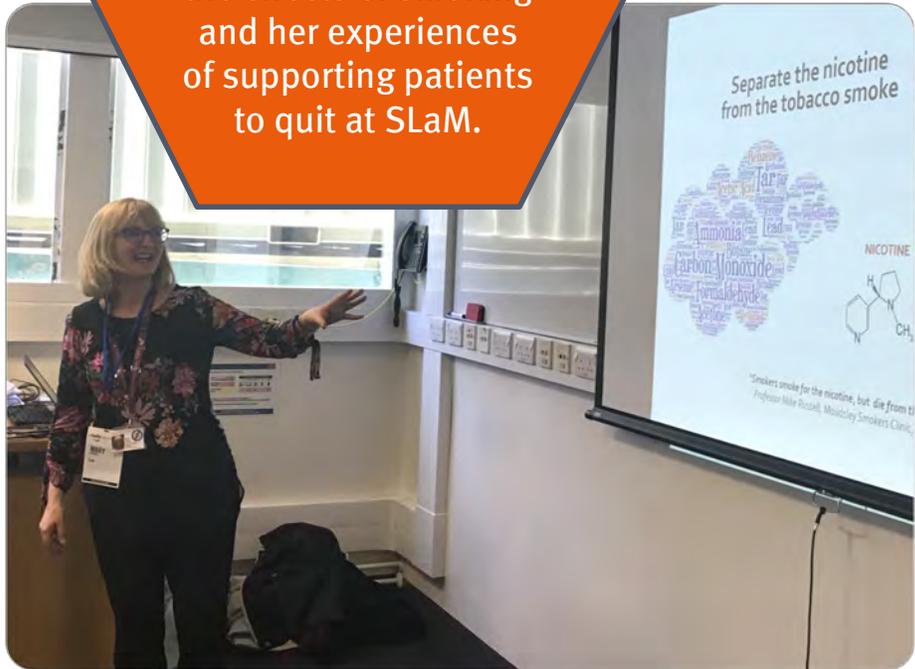
Anthropometric measures SMD = 0.24; (95% CI, 0.06–0.41; I2 = 0%).

Depressive symptoms SMD = 0.80 (95% CI, 0.47–1.13, I2 = 84%).

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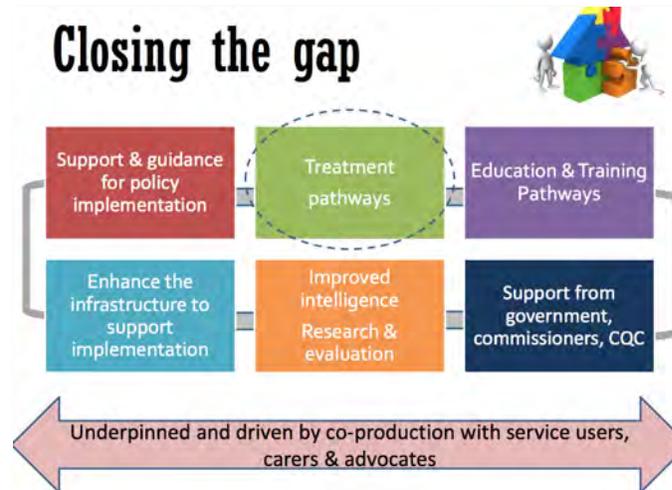
Mary Yates, Nurse Consultant in Health Promotion & Wellbeing discussed the effects of smoking and her experiences of supporting patients to quit at SLAM.



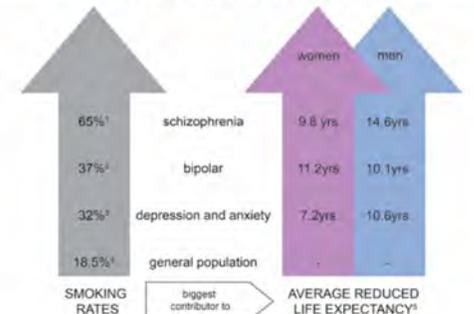
Andy Bell @Andy_Bell_ · May 14

Mary Yates reminds us of shameful record of mental health services in facilitating smoking & myths about smoking & mental health, eg that people 'can't give up' or it's 'a lifestyle choice' #EquallyWellUK

Closing the gap



National smoking rates and impact on life expectancy



Barb: 1. Wu C-Y et al. (2013) PLoS ONE 8(9): e74262. 2. THIN data. 3. McManus et al (2016) NCSRE. 4. www.smokingengland.info. 5. Chang et al, Life Expectancy at Birth for People with Serious Mental Illness and Other Major Disorders from a Secondary Mental Health Care Case Register in London, PLoS ONE, 2011.



Andy Bell @Andy_Bell_ · May 14

Finally from our #EquallyWellUK presentation from @kingshealth Mary Yates of @MaudsleyNHS talks about smoking cessation: mainstream tobacco control initiatives haven't helped people with long-term mental health problems

Afternoon session

ORTUS, SE5 8SN

In the afternoon we headed to the ORTUS to share learning from different Equally Well UK members and focus on next steps to achieve the aims of the Equally Well UK charter.



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13:15 Learning from our community: Getting started with Equally Well UK

Participants will have the opportunity to join two discussion groups focusing on the theme of getting started – how different organisations have started to move towards our shared vision of prioritising the physical health for people with mental health problems – including some of the challenges they've encountered and approaches to overcome these:

A: 2gether NHS Foundation Trust
 Speaker: Angela Willan, Physical Health Facilitator

B: Enfield and Haringey Mental Health NHS Trust
 Speaker: Pardeep Grewal, Consultant Psychiatrist

C: Sussex Partnership
 Speaker: Taryn Paten, Darzi Fellow

D: West London NHS Trust
 Speaker: Linda Nazarko, Nurse consultant physical healthcare

Followed by a break.

14:35 Next steps: Action planning

Exercise and facilitated discussion to develop next steps for Equally Well UK within your organisation and context.

15:20 Microactions for change

Introduction to the concept of microactions. Facilitated discussion on the creation, and prioritisation, of microactions for change in the context of Equally Well UK.

16:00 Close

@kingshealth



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Opening perspectives

To open the afternoon session we heard from Andy Bell, Deputy Chief Executive at the Centre for Mental Health, who provided an update on Equally Well UK progress and activities.

Ahead of the event we shared a survey with attendees asking three key questions.

How convinced are you of the need to do achieve the aims described in the Equally Well UK charter?



100% of respondents were fully convinced of the need to achieve the aims in Charter.

How big a priority are the aims of the Equally Well UK charter for your organisation?



For 70% of respondents, the aims of the Charter were a top priority for their organisation.

How confident are you that your organisation knows how to implement the aims of the Equally Well UK charter?



Only 14% of respondents were fully confident that their organisation knows how to implement the aims of the Charter.

Learning from our community (1)

Participants took part in breakout discussion groups, hosted by Equally Well UK members, with a focus on the theme of getting started. Speakers shared how they took steps towards the shared vision of prioritising physical health for people with mental health problems, the challenges they've encountered and approaches to overcome these. Participants shared key insights with the group.

Group 1: Discussion with Angela Willan, Physical Health, Physical Health Facilitator, Together NHS Foundation Trust



“Not taking no for an answer”

“Positive changes towards reducing inequalities in SU access to services. Very inspiring!!”

“Thinking about access – bringing a physical health service to the mental health patient.”

“Great enthusiasm for patient centred change!”

Group 2: Discussion with Pardeep Grewal, Consultant Psychiatrist, Enfield and Haringey Mental Health NHS Trust



“Building relationships can be a very powerful tool when trying to effect change”

“Inspiring that a small group of people can make such a huge & lasting impact for service users and their families.”

“Using local resource and motivated clinicians to deliver a physical health service in a mental health setting.”

Learning from our community (2)

Participants took part in breakout discussion groups, hosted by Equally Well UK members, with a focus on the theme of getting started. Speakers shared how they took steps towards the shared vision of prioritising physical health for people with mental health problems, the challenges they've encountered and approaches to overcome these. Participants shared key insights with the group.

Group 3: Discussion with Taryn Paten, Sussex Partnership NHS Foundation Trust



“Change is complex; keep pushing and don't do it alone.”

“Don't give up on co-production”

“Lots of hard work going on behind the scenes – thank you!”

“World café as a method.”

Group 4: Discussion with Linda Nazarko, Nurse Consultant Physical Healthcare, West London NHS Trust.



“Interesting point raised – “patient” vs “service user”

“I think it's fantastic to see mental health settings taking physical health more seriously and giving patients holistic treatment.”

“Really useful to hear about the training roll out across all staff. Would be great to see the admission criteria.”

Next steps: Action Planning (1)

After thinking through what they would like to achieve by the next learning event, participants were tasked with creating an action plan to think through resources needed and potential next steps. We will share back these templates with participants.

By the next Equally Well UK Learning Event we aim to...

4 months // 19 weeks // 135 days

- * Have a better understanding of the physical healthcare gaps in mental health settings, - especially within the community - in order to influence better practice on the ground.
- * Push for better smoking cessation support to tackle the life expectancy gap between smokers with and without mental health conditions.

“Have a better understanding of the physical healthcare gaps in mental health setting, especially within the community”

By the next Equally Well UK Learning Event we aim to...

4 months // 19 weeks // 135 days

- Create spaces for our customers to have discussions about health.
 - ↳ looking at what *they* living healthily means to them.
 - ↳ how we can support people to access services available to them in the borough.
- looking at what support people would like from our service / organisations.

“Create spaces for customers to have discussions about health”

By the next Equally Well UK Learning Event we aim to...

4 months // 19 weeks // 135 days

- 1/ Embed escalation across services + ↑ % of group escalations.
- 2/ Complete + share audits on physical health assessments to improve practice.
- 3/ Develop effective community clinics to ↓ cardio-metabolic risk factors.

“Complete & share audits on physical health assessments to improve practice”

By the next Equally Well UK Learning Event we aim to...

4 months // 19 weeks // 135 days

- Review the standard of care for Diabetes within 3 Rehab wards - with the aim to understand what support, education needs to be implemented.

“Review standard of care for Diabetes within 3 Rehab wards ...to understand what support & education needs to be implemented”

By the next Equally Well UK Learning Event we aim to...

4 months // 19 weeks // 135 days

Write ^{or more} blogs, Do a Podcast
Sophia ^{with the best} group
more effectively
Learn Skills

“Write blogs, do a podcast”

By the next Equally Well UK Learning Event we aim to...

4 months // 19 weeks // 135 days

Explore screening for national cancer programmes at SLAM inc. existing PH services such as SHRINE for sexual health.
Share Slam's PH Strategy with Equally Well UK members.
Share details of Maudsley Learning with members. (GAPS - similar to at St George's).

“Explore screening for national cancer programmes at SLAM inc. existing PH services such as SHRINE for sexual health”

By the next Equally Well UK Learning Event we aim to...

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- embed Community Matrons + primary care to as a matter of routine visit our Recovery campus (pt + severe SMH (PH) who currently have v. limited access to ph care.
- staff trained as trainers from all wards + depts in brief intervention for alcohol + rolling out training
- successfully run our PH in MH conference + inspired attendees to develop ideas for promoting interventions for pts in their areas

“Successfully run our PH in MH conference & inspired attendees to develop ideas for promoting interventions for patients in their areas.”

By the next Equally Well UK Learning Event we aim to...

4 months // 19 weeks // 135 days

Have Equality & Diversity throughout everything that we do.

“Have equality & diversity throughout everything that we do.”

By the next Equally Well UK Learning Event we aim to...

4 months // 19 weeks // 135 days

- Share the pledge across the org
- Share the commitments we made with managers.
- Lay the foundation / initiate a working group.
cross-departmental.
• Comm
• BD
• OP
- Find more about what is going on in the org

“Lay the foundation/ initiate a working group”

Next steps: Action Planning (2)

After thinking through what they would like to achieve by the next learning event, participants were tasked with creating an action plan to think through resources needed and potential next steps. We will share back these templates with participants.

Action planning - Equally Well UK

1. Adapting the national aim to the local context: What are you going to do between now and September?

- Train clinicians
- Improve communication between services
- Supporting S.U. to improve their Phys
- Rebrand on local groups
- Physical Health Conference
- Equality & diversity

2. What resources do you need?

Mind in Sport -> Sports in Mind, The Achieve Programme, Physical Health Copanda leaflets

- Pedometers
- > APPS

3. Who do you need to bring on board?

Local services, GPs, service users, other Multi-disciplinary team members, family (carers)

4. What are the potential barriers to overcome?

- > Stigma
- Silo working
- > reduced staff
- > social circumstances
- > social
- > substance misuse

5. How will you know if you've been successful?

- Feedback from patients
- feedback from staff + 3rd sector orgs

6. What help can Equally Well UK provide?

- any leaflets / apps / tools developed by other organisations - to be shared across

Action planning - Equally Well UK

1. Adapting the national aim to the local context: What are you going to do between now and September?

Share Slan PH Strategy

- Explore Distress as part of MPEB - ^{Q1 project to test feasibility} - ~~not stream 2~~ - health change
- Explore screening for national cancer screening programmes + existing social health screening @ SHINE
- Share Maudsley learning - simulation course details with network

2. What resources do you need?

PH Strategy, Distress resources (Ray has the link)

3. Who do you need to bring on board?

Jr Doctors, Peter Savioni (cancer screening + prevention), Elizabeth Davies, cancer screening, Angela Williams, SHINE

4. What are the potential barriers to overcome?

- Lack of interest, capacity, confidence, organisational backing to deliver
- Sustainability of HEE funded Distress initiative. ~~See Task~~ Funding + sponsorship to potentially take forward project (G1 feasibility testing)

5. How will you know if you've been successful?

- Improved cancer screening rates amongst service users at Slan
- Reduced health inequalities of local SMI population

6. What help can Equally Well UK provide?

Ongoing info sharing + communications

Action planning - Equally Well UK

1. Adapting the national aim to the local context: What are you going to do between now and September?

- Talk to people and make connections with networks that are already in place.
- To a new doctor starting in September
- I will be finding my feet in a new trust and identifying other people to collaborate with.

2. What resources do you need?

- Evidence
- previous QI / templates for change that have worked.
- previous interventions that can be applied to different trusts

3. Who do you need to bring on board?

- heads of departments
- MDT teams or boards
- patients
- hospital policy makers.

Action planning - Equally Well UK

1. Adapting the national aim to the local context: What are you going to do between now and September?

- Publish findings of Mth trust survey and community survey of service providers & identify key areas for action, focusing on knowledge/skills shortages; collaboration; evidence-based resources.

2. What resources do you need?

- Funds to disseminate resources.
- C

3. Who do you need to bring on board?

- Stakeholders locally + nationally i.e. PHE, NHSE; Trusts; RCPsych; RCN; RCGP; Champions in LAs.

4. What are the potential barriers to overcome?

- resistance to change
- ~~the~~ lack of resources ~~People not wanting~~

5. How will you know if you've been successful?

- Auditing - collecting data
- speaking to service users / patients and getting qualitative + quantitative feedback

6. What help can Equally Well UK provide?

- Share resource from other trusts that have worked
- Keep us updated on what, how other trusts are meeting their targets and making change.

4. What are the potential barriers to overcome?

- Attitudinal → culture. Sometimes still pro-smoking.
- Mental Health professionals strapped for time

5. How will you know if you've been successful?

- Get recognition at high levels that smoking cessation interventions in primary + secondary care are currently insufficient.

6. What help can Equally Well UK provide?

- General collaboration & endorsement of report findings and briefs.
- Help with network-building.
- ~~Example~~ Connect us with case studies of best practice, and connect us with service users

Action planning - Equally Well UK

1. Adapting the national aim to the local context: What are you going to do between now and September?

- Take themes/issues back to teams - Develop IPE / Sims / skills / across fields
- > Inspire students to consider roles
- > Collaborate with Trust
- > Develop expert by experience network
- > Write blogs
- > Discuss in curriculum meetings

2. What resources do you need?

- look at current provision / resources

3. Who do you need to bring on board?

- Associate Professors / Team leaders

4. What are the potential barriers to overcome?

5. How will you know if you've been successful?

- new developments / Delivered
- Student evaluations -
- Increase in skill + capacity of our workforce

6. What help can Equally Well UK provide?

- Show resources -

Action planning - Equally Well UK

1. Adapting the national aim to the local context: What are you going to do between now and September?

- Improve physical health checks in community

2. What resources do you need?

- Nurse practitioners, adult trained, to set up clinics, educate staff, hand over clinic + maintain extension

3. Who do you need to bring on board?

- Service director, medical + nursing direct

4. What are the potential barriers to overcome?

- ✓ Consent of NP leading - buy in
- ✓ Resources
- ✓ Ability to recruit
- ✓ Co-ordination of staff at all levels
- The value of patients on community care beds
- how to identify + direct care to primary care + how to ensure data + "map up" those who aren't being monitored

5. How will you know if you've been successful?

- Audit + assessment of physical parameters
- ? Reduction use primary + secondary care

6. What help can Equally Well UK provide?

- Start the conversation about the role of "mental health" Trusts + monitoring of community based patients

Action planning - Equally Well UK

1. Adapting the national aim to the local context: What are you going to do between now and September?

Audit standard of care of diabetes in 3 Rehab wards

2. What resources do you need?

Dedicated time (with staff)
Support from ward
Access to Prio.
Audit template
Training Records
Relationship with Audit

3. Who do you need to bring on board?

Ward staff (managers/Dr's/Nurse)
Audit team
Service user input (what do they want from checks)
PHC.
TNA.

4. What are the potential barriers to overcome?

Dr.
NHS Managers
Time (budget) (service need pull)
By n-lead from top.
Developing template (audit)

5. How will you know if you've been successful?

If we understand what the problems are so we can understand how to look at interventions

6. What help can Equally Well UK provide?

Relate
Networking

LPFT not a member - here on behalf of HEE

Action planning - Equally Well UK

1. Adapting the national aim to the local context: What are you going to do between now and September?

Identify the "wicked problems" w relation to Smoking Cessation and healthy weight Management
Create a Collaborative plan to address inequalities in these areas

2. What resources do you need?

office space, laptop phone
Contact list. flexibility re Expenses.

3. Who do you need to bring on board?

Equally Well partners public health, England, NHS England, Mental health innovation network, local NHS Trusts re (South East)

4. What are the potential barriers to overcome?

~~Time~~ • Not enough time. Changes slow
• Conflicting agendas.
• Disconnect between third sector & NHS Services. • low Staffing in the NHS.

5. How will you know if you've been successful?

• fewer people with SMI Smoking
• Significant weight loss in people with SMI

6. What help can Equally Well UK provide?

Knowledge Pool
Relationships & Connections.
Data, evidence, research.

Microactions for change (1)

To continue momentum after the event participants were introduced to the concept of microactions. Participants reflected on everything we had heard throughout the day and shared a small, actionable step they would take to make change. We will share back participant microactions one month after the learning event.

Microaction for change

Share PH strategy slides from AM session, details of Maudsley Learning simulation courses with Equally Well network members.

“Share PH strategy, slides from AM session, details of Maudsley Learning simulation courses with Equally Well network members.”

Microaction for change

Ask my manager where the team is with implementing Diabetes Audit.

“Ask my manager where the team is with implementing Diabetes Audit.”

Microaction for change

Research the current networks relevant to Equally Well in panel.

“Research the current networks relevant to Equally Well ...”

Microaction for change

Meet with another physical health lead to see how they do Bloods, store them, transport them, finances needed to do this.

“Meet with another physical health lead to see how they Bloods, store them, transport them, finances needed to do this.”

Microaction for change

Send group email to practice managers to arrange a meeting.

“Send group email to practice managers to arrange a meeting.”

Microaction for change

- Attend care management meeting and discuss.
- Develop comms plan w Cat
- Speak to Alex

“Develop comms plan...”

“Attend care management meeting and discuss.”

Microaction for change

Develop + agree detailed research plan with wider team for pending grant on initiation of physical activity for people with SMI.

“Develop & agree detailed research plan with wider team for pending grant on initiation of physical activity for people with SMI.”

Microaction for change

- Get in touch with Equally Well UK + other partners to update them on our work so far + prelim findings of our recent research so they can share.

“Get in touch with Equally Well UK & other partners to update them on our work so far & preliminary findings of our recent research so they can share.”

Microactions for change (2)

Participants then voted on the microaction they felt would make the most impact if it was implemented across all Equally Well UK organisations. The top eight were then entered into a world cup play-off.

The top 8 microactions

Microaction for change

- Arrange meeting with physical health nurse / nursing development team at MH Trust
- Meet with skills/sims team to start developing ideas/ plans.

“Arrange meeting physical health nurse/ nursing development team at MH Trust. Meet with skills/ sims team to start developing ideas/ plans.”

Microaction for change

TO SHARE MY LEARNINGS FROM TODAY WITH THE REST OF THE TEAM

“To share my learning from today with the rest of the team”

Microaction for change

Start a discussion group with service users - team meeting.

“Start a discussion group with service users – team meeting.”

Microaction for change

FEEDING BACK IDEAS FROM DISCUSSION GROUPS & PRESENTATIONS TO PHYSICAL HEALTHCARE MEMBERS, ESP. RE DIABETES & WOUND CARE

“Feeding back ideas from discussion groups & presentations to physical healthcare members, esp. re diabetes & wound care.”

Microaction for change

HAVE A MEETING WITH LOCAL CCG'S PUBLIC HEALTH + BOTH ACUTE & MH HOSPITALS.

“Have a meeting with local CCG's Public Health & both & MH hospitals.”

Microaction for change

Construct an email summarising today's key take aways, actions with my team + manager, particularly highlighting a key action I want to implement

“Construct an email summarising today's key take aways, actions with my team & manager, particularly highlighting a key action I want to implement.”

Microaction for change

Write a blog

“Write a blog.”

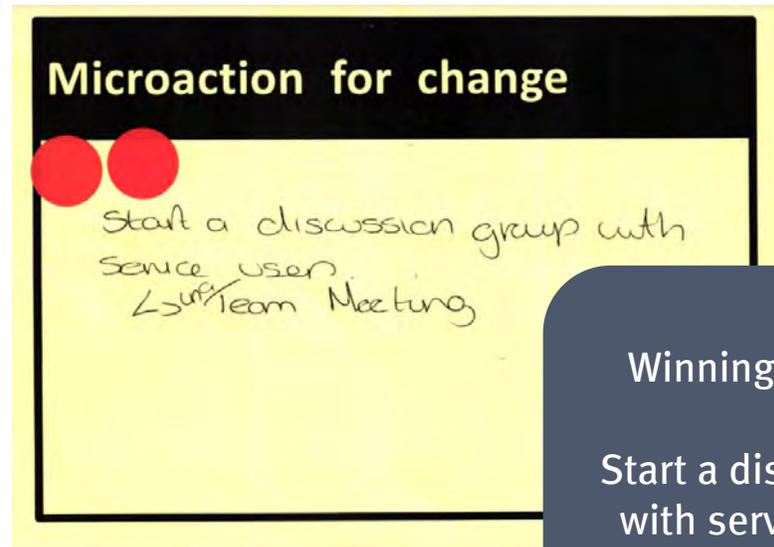
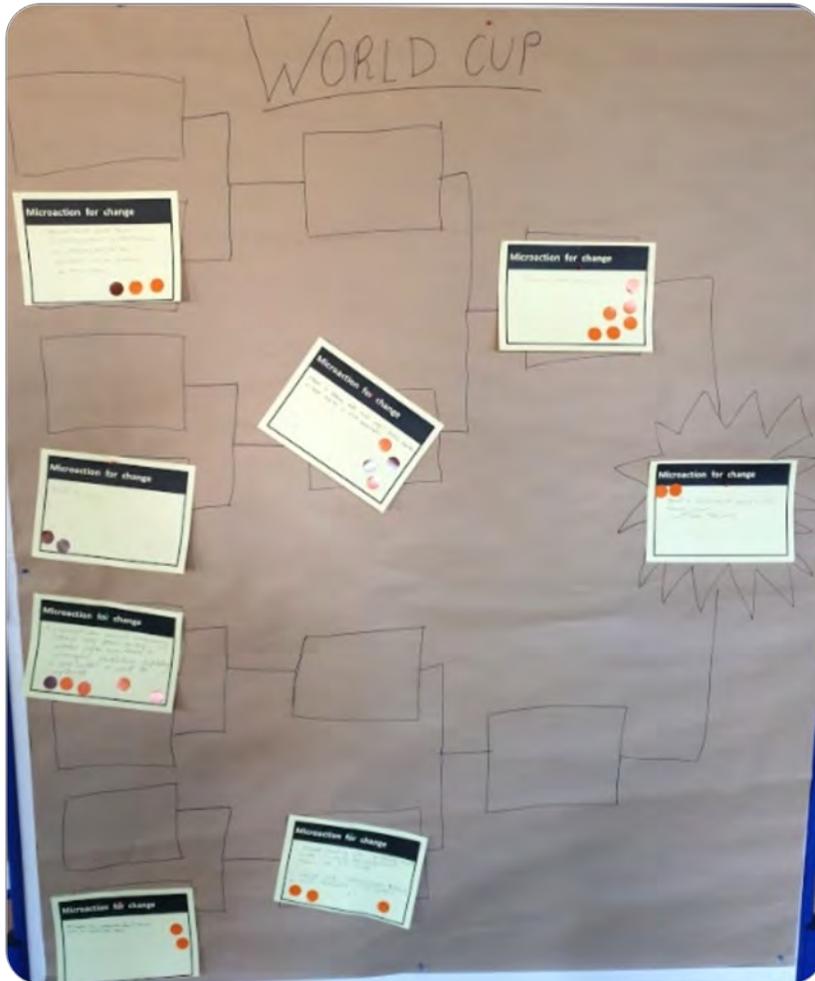
Microaction for change

Create a useful contact list

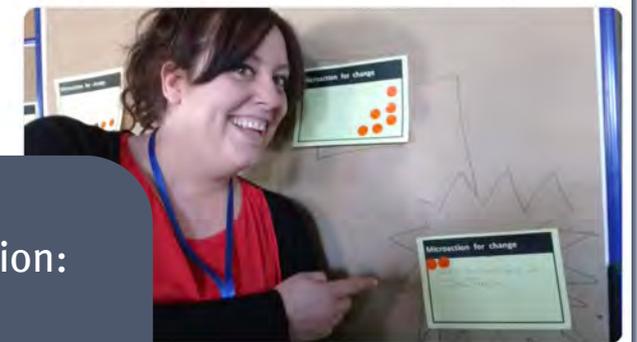
“Create a useful contacts list.”

Microactions for change (3)

Participants voted between the top 8 microactions until one winner was left.



Look Ahead @lookaheadtweets · May 14
Victoria West from our Richmond MH service won the microaction world cup at #EquallyWellUK with her customer focused suggestion to "start a discussion with service users & in a team meeting". Well done, Victoria!



Winning microaction:
Start a discussion group with service users in a team meeting

EVALUATION

100

Average score:

% of attendees agreed or strongly agreed that they would recommend an event of this type to a friend

4.8/5

Insights and reflections:

3 words to describe the event:



“Listening how others implement similar projects that we are doing”

“Work with patients and organise community physical health checks”

“Start networking and support what is happening”

“Teamwork and co-production are essential. Keep motivated”

“Understanding practicalities and barriers when starting an intervention. Make sure to have good team behind you”

Thank you for such constructive input - we really appreciate it

If you have any further comments or questions please email:

emma.bailey@centreformentalhealth.org.uk