

SMI Health Checks Webinar: Mind the Gap – the scandal of the 20 years of lost life.

People with SMI (Schizophrenia, bipolar and psychosis) face stark health inequalities and are less likely to have their physical health needs met as a result of their diagnosis. National evidence highlights this particular patient cohort as having an average of 15 - 20 years mortality gap with 3 times the risk of hypertension and metabolic syndrome and 5 times the risk of dyslipidaemia. They have double the risk of obesity and diabetes and are 3 times more likely to smoke.

The key to tackling this issue is not just a physical health check but the interventions that need to follow the findings of the health check. There is good evidence that people with SMI are able to benefit from lifestyle interventions if supported to access them. Physical health checks can also be an opportunity to re-enforce the benefits of vaccinations and national screening programmes such as cervical smears.

General practices across Sussex had started to carry out the nationally mandated physical health checks through locally commissioned services before Covid struck. The uptake was not high, running at about 16- 18% and sadly this figure has not improved with Covid. We need to address this. As of April, this year, all the baseline checks fall within QOF. There is a newly designed locally commissioned service coming on stream and new access facilitators will be recruited to support people with SMI to access the appointments and lifestyle interventions that they need.

Join the Friday Educational Webinar on 10th September at 13:00 to find out more.

The webinar will be interactive and include contributions from experts by experience, and clinicians. It will include information on the new locally commissioned service for physical health checks and new access facilitators who will be able to support patients to attend appointments and lifestyle interventions.

Presenter:

Lindsay Hadley FRCGP

Interim Clinical Lead for Physical Health Check in SMI

Sussex Health and Care Partnership

If you haven't received the invite please email e.costales@nhs.net or jenni.pulkkinen@spft.nhs.uk, and it will be forwarded to you.

Please note that we are also running a similar lunchtime session on Thursday 9th September through the CCGs as we would like to reach as many people as possible.