

GOOD HEALTH GOOD HEART

Ann McLean SCN (Project Lead)

Jonathon Bate Clinical Pharmacist

Amanda Murdoch RMN

Trixy Heather RMN

Sharon Adamson CPN

Ged Coughlin CPN



People who suffer from mental health problems, especially those with severe and enduring mental illness are far more likely to suffer from major physical illness, compared with the general population.

Patients found it difficult accessing ECG monitoring and physical health checks as per guidelines.



AIM OF PROJECT

- Devise care pathway for patients prescribed long term antipsychotic or Clozapine medications
- To ensure patients are able to access a physical health check and ECG as per guidelines
- To provide continuity of care in the community

PROCESS



- Weekly meetings
- Identified 46 patients for project
- Liaised with Forth Valley NHS
- Liaised with other relevant health professionals
- Atrial Fibrillation training
- Devised patient questionnaire

EFFECTIVE PRACTITIONER PILLARS



- Evidence based practice
- Self assessment tool
- Leadership pillar

ECG Monitoring and Physical Health Check Care Pathway NHS **Identify patients prescribed Fife** Clozapine and/or Antipsychotic medication Has the patient recently commenced Clozapine and/or prescribed high dose antipsychotic medication No **Yes Patient requires ECG Patient requires ECG** Monitoring as per Clozapine physical health check Standards and mental health every 12-15 months **Strategy 2012-2015** Does patient receive Physical health check And ECG monitoring By GP Yes No further **Refer to Victoria Hospital** Key worker to arrange **Action required** Kirkcaldy for ECG Physical health check monitoring And ECG Results to be sent to Refer to GP for **GP and RMO** physical Health Check

CONCLUSION



- Earlier identification and intervention of physical health issues
- Regular ECG monitoring of patients prescribed antipsychotic medication and/or clozapine
- Improve knowledge and skills Mental Health Community staff regarding of physical health issues and interventions
- Plans to work in collaboration with other projects
- Creation of physical health care pathway
- Plan to apply for funding for ECG training and equipment



GUIDELINES

- Mental Health Strategy 2012-2015
- Clozapine Standards
- Sign Guidelines 131 Management of Schizophrenia
- Delivering Mental Health Commitment 5
- NHS Fife Policy Guidance on Drug Treatment of Schizophrenia in Patients 18 years and over

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