

Addressing Parity of Esteem in National Clinical Audit – A Guide: Appendix VI – Best practice examples of integrated physical and mental healthcare in the NHS

NHS England has showcased a number of examples of best practice where Trusts have succeeded in integrating physical and mental healthcare on its website¹:

- Oxford University Hospitals NHS Foundation Trust integrated psychological medical service²
 - Starting with palliative care, general medicine and gerontology, the service now has staff integrated into many of the Trust's high-need acute units
- Three dimensions of care for diabetes at King's College Hospital, London³
 - For patients with diabetes who also have mental health related-issues such as needle phobia, depression or anxiety. Since it launched in 2010/11 they have seen, among patients with diabetes, a 45% drop in A&E visits; 43% fewer hospital admissions; 22% fewer hospital bed days; a saving of £850 per patient in 12 months
- Psychological therapy helps people with long-term conditions to Live Well in Buckinghamshire⁴
 - Live Well helps people who are struggling with illnesses such as Chronic Obstructive Pulmonary Disorder (COPD) and diabetes who are more likely to experience anxiety or depression which can worsen their condition, affect their ability to self-manage, and lead to increased and longer hospital admissions
- Leicestershire Partnership NHS Trust – one year on from the Mental Health Taskforce⁵
 - Ensuring that the physical health needs of its service users with serious mental illness are addressed to the same extent as their mental health needs

The Recognising and Assessing Medical Problems in Psychiatric Settings (RAMPPS)

The course was formulated in 2011 through combined work of regional mental healthcare Trusts, Yorkshire and Humber School of Psychiatry and a clinical skills network. It is a short, interactive course for multidisciplinary teams using simulated patients to develop situational awareness, clinical skills and effective communication in medical emergencies occurring in psychiatric settings.

Breaking Down The Barriers

UCLPartners was commissioned by Health Education England in 2014 to conduct a needs assessment which highlighted a clear, urgent need and desire from NHS professionals to increase mental and physical health awareness, knowledge and skills through training. To improve awareness of mental and physical health needs across the NHS workforce, and help improve the quality of care in primary and secondary care settings, the Breaking Down the Barriers programme⁶ has designed and developed a suite of 14 free bespoke mental and physical health training modules in collaboration with North, Central and East London NHS healthcare organisations. Core training areas include mental health awareness in NHS acute, emergency and urgent care settings and physical health awareness training in mental health settings; including the management of people who are acutely unwell or affected by long-term conditions⁷.

Integrating Mental & Physical healthcare: Research, Training & Services (IMPARTS)⁸

An initiative funded by King's Health Partners (KHP) to integrate mental and physical healthcare in research, training and clinical services at Guy's, St Thomas's and King's College Hospitals, as well as South London and Maudsley NHS Foundation Trust.

The overall goal of IMPARTS is to improve mental healthcare provision within medical settings across KHP. The IMPARTS package for physical healthcare settings is designed to support clinical teams in providing timely, tailored, evidence-based care to patients presenting at KHP's acute Trusts and has led to the Dermatology service winning a BMJ award.⁹

The package has five components:

- 1) An informatics system that facilitates routine collection of patient-reported outcomes, with real-time feedback to guide clinical care
- 2) Development of mental health care pathways for patients identified via the informatics system
- 3) Training in core mental health skills for physical healthcare teams, alongside ongoing support and supervision from a mental health specialist
- 4) A portfolio of bespoke self-help materials tailored to specific patient groups
- 5) A research database to facilitate research through the routine collection of patient reported outcomes in medical settings

Heart 2 Heart¹⁰

An integrated cardiac rehabilitation and psychological therapy service at Oxford Universities Hospital Trust that achieved high levels of patient satisfaction and was shortlisted for a HSJ Care Integration Award in 2013¹¹.

Mind and Body¹²

King's Health Partners have developed a Mind and Body initiative which incorporates IMPARTS as well as learning modules and other projects such as the '3 Dimensions for Long-term Conditions (3DLC)¹³', which will provide improved mental and physical healthcare for patients with chronic obstructive pulmonary disease, heart failure and hypertension.

References

- ¹ www.england.nhs.uk/mental-health/case-studies/
- ² www.england.nhs.uk/mental-health/case-studies/oxford-culture-change/
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- ⁴ www.england.nhs.uk/mental-health/case-studies/buckinghamshire/
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- ⁶ uclpartners.com/what-we-do/clinical-themes/mental-health/breaking-down-the-barriers/
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- ⁹ www.bmi.com/company/wp-content/uploads/2016/05/WinnersBrochure2016.pdf
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- ¹¹ www.oxfordhealth.nhs.uk/news/heart2heart-shortlisted-for-hsj-care-integration-award
- ¹² www.kingshealthpartners.org/our-work/mind-and-body
- ¹³ www.kingshealthpartners.org/latest/427-3-dimensions-for-longterm-conditions