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## Physical health monitoring of inpatients in low secure general adult rehabilitation unit (NHS England Commissioned Independent Sector)

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Patients with severe mental illness have increased rates of physical health problems and reduced life expectancy. Epidemiological studies have consistently shown increased standardized mortality ratio in people with mental illness. The life expectancy in people with schizophrenia is 20% less than the general population; 60% of the excess mortality caused by same broad range of conditions that cause deaths in the general population (Brown et al 2000). The poor physical health has been attributed to decreased health awareness, altered lifestyle, fewer opportunities for healthier lifestyle, high rates of smoking and the health risks associated with some psychotropic medications. The consistent risk factors are obesity, lack of exercise, quality of physical health care and interventions. Physical health of patients on long stay psychiatric units is reported to be suboptimal with high rates of obesity, smoking and significant weight gain following admission to these units. The National institute of guidelines for bipolar disorder and schizophrenia recommend regular physical health monitoring and advice for patients. In secondary care improving physical health care to reduce premature mortality in people with severe mental illness is one of the commissioning for quality and innovation (CQUIN) mental health goals for 2014 to 2015. The Royal College of psychiatrists has been commissioned by the NHS England to support inpatient service providers in improving the assessment, treatment and commissioning between clinicians regarding cardio-metabolic risk factors. The College suggests the use of template such as the Lester UK adaptation of the positive cardio-metabolic health resource and CQUIN tool kit developed by RETHINK mental illness to improve the physical health monitoring and care of inpatients with severe mental illness and in time to extend this to outpatient care. The tool provides guidance for clinicians relating to assessment and monitoring of cardio metabolic parameters as recommended by NICE guidelines for psychoses and schizophrenia in adults. It supports implementation of physical health CQUIN which aims to improve collaborative and effective physical health care monitoring of patients experiencing severe mental illness focusing on antipsychotic medication.

### Biography

F S S Senthil, MBBS, MRCPsych has completed her Under-graduation in India and Post-graduate training in Psychiatry in UK. She has 10 years of experience in Psychiatry and her special interests are in improving physical health for patients with severe mental illness, recovery for women with mental illness and psychological therapies.

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