

# Key messages aimed to improve the care of people admitted to a mental health inpatient setting who are also physically unwell

## MESSAGE 1. ASSESS PATIENTS FOR ACUTE PHYSICAL HEALTH CONDITIONS ON ARRIVAL AT A MENTAL HEALTH INPATIENT SETTING AND THEN UNDERTAKE A DETAILED PHYSICAL HEALTH ASSESSMENT ONCE THE PATIENT IS ADMITTED



Patients admitted for mental healthcare but who are also physically unwell need complex care. Patients may need a transfer to a physical health hospital for an acute condition, and/or they may have at least one long-term physical health condition that needs monitoring

A detailed physical health assessment was not undertaken appropriately for 28/126 (22.2%) patients

Physical health conditions were not included in the initial clerking for 29/150 (19.3%) patients

## MESSAGE 2. DEVELOP A PHYSICAL HEALTHCARE PLAN FOR PATIENTS ADMITTED TO A MENTAL HEALTH INPATIENT SETTING



The ongoing physical healthcare of patients should be monitored to prevent deterioration

A plan for physical health observations was not documented for 48/217 (22.1%) patients

No advice was given about who should be notified in the event of physical health concerns for 47/169 (27.8%) patients

Physical healthcare plans were formulated for only 155/291 (53.3%) patients

## MESSAGE 3. FORMALISE CLINICAL NETWORKS/PATHWAYS BETWEEN MENTAL HEALTH & PHYSICAL HEALTHCARE



Mental healthcare staff need support in providing effective physical healthcare

127/268 (47.4%) mental healthcare professionals surveyed who reported feeling 'fairly'/'less than fairly' confident or competent in caring for patients with long-term conditions

Local care pathways or pre-existing arrangements with physical healthcare providers were used as part of the care plan for 71/291 (24.4%) patients

## MESSAGE 4. INVOLVE PATIENTS AND THEIR CARERS/FRIENDS/FAMILY IN THEIR PHYSICAL HEALTHCARE AND USE THE ADMISSION AS AN OPPORTUNITY TO ASSESS, AND INVOLVE PATIENTS IN THEIR GENERAL HEALTH



Hospital admissions are an excellent opportunity to assess and help improve a patient's general physical health and including family/carers can be a great form of support

15/29 (51.7%) organisations with a physical health strategy had a specific commitment to improve communication about physical health with patients and carers

No record that the physical health review had been discussed with the patient's family/ carers in 100/188 (53.2%) sets of notes reviewed

## MESSAGE 5. INCLUDE MENTAL HEALTH AND PHYSICAL HEALTH CONDITIONS ON ELECTRONIC PATIENT RECORDS



Effective electronic patient records for physical as well as mental health, that could be shared across providers, would improve patient safety and make communication easier

20/56 (35.7%) organisations reported that all elements of the clinical record were available in the electronic patient record

244/405 (60.2%) clinicians using the systems thought the electronic patient record allowed easy viewing/input of the patient's physical health needs