

# Commissioning for good patient experience in a High Secure Setting

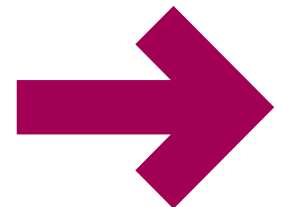
Alison Cannon  
Mark Edmond  
Karon Glynn

Head of Mental Health - High Secure Leads

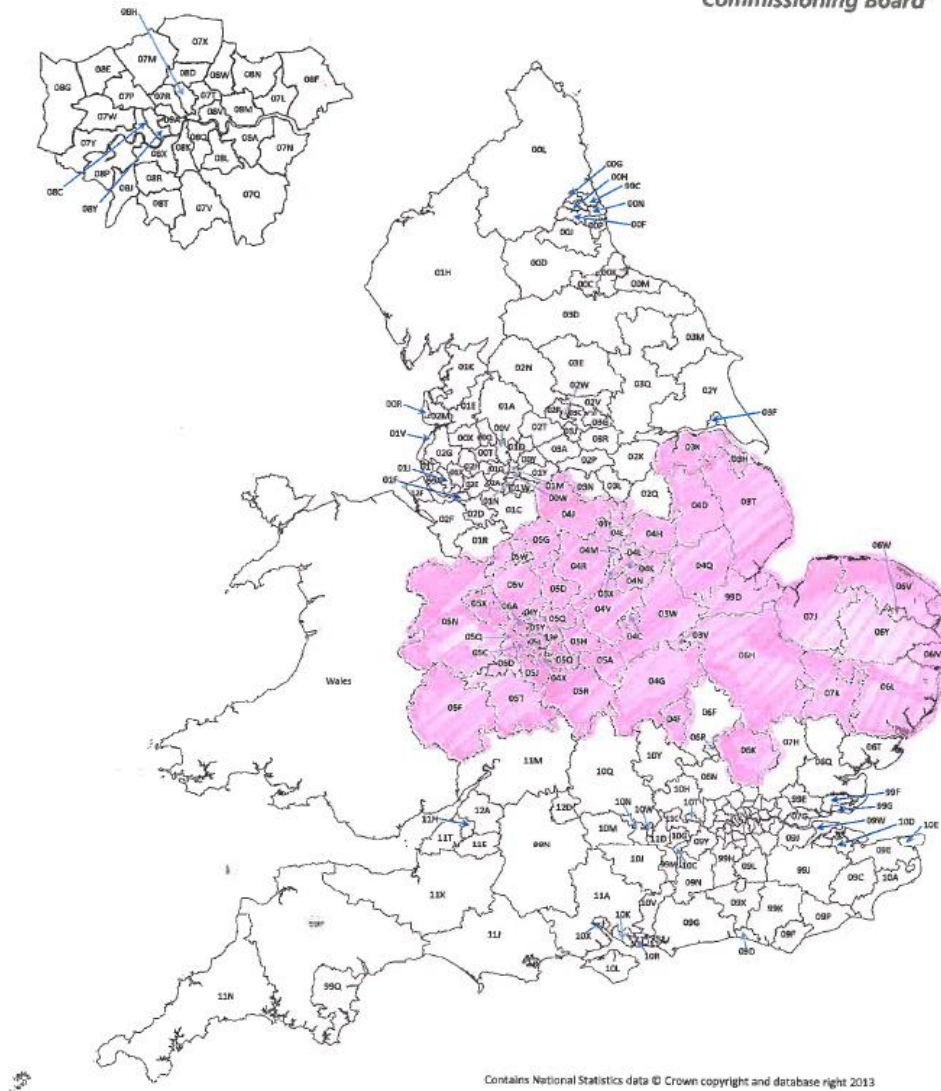


# Introductions and Reporting Framework

- NHS England High Secure Mental Health Leads
- One Commissioner lead for Ashworth, Broadmoor and Rampton Hospitals
- Specialised Commissioning Oversight Group (SCOG)
- National Oversight Group for High Secure Psychiatric Services (NOG)
- Secretary of State for Health







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# Policy Drivers influence positive change

**Five Year Forward View** - set out a vision for promoting mental health and well-being

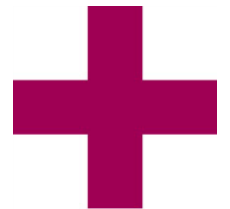
**CQUIN** – Commissioning for Quality and Innovation . 0.5% of contract value available if achieve SMI indicator and a further 1.75% on local indicators

**Parity of Esteem** – drive to achieve equality of access and outcomes between physical and mental healthcare

# Working Together

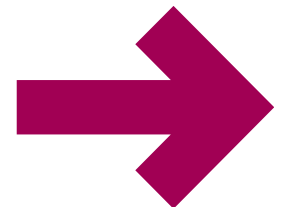


# CQUIN (Commissioning for Quality and Innovation) – encourage joint working and learning



# Joint Approach

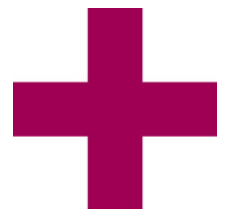
- CQUINs agreed across the 3 High Secure Hospitals
- Joint working and sharing success encouraged
- Each service is monitored annually by the 3 HS commissioners to ensure consistency
- Commissioners meet with patients, carers and staff





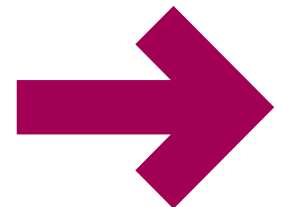
# Some Examples...

- Recovery College
- Ward Communities
- Meaningful Activity
- Minimising Restrictive Practice
- Physical Healthcare
- Carer Involvement

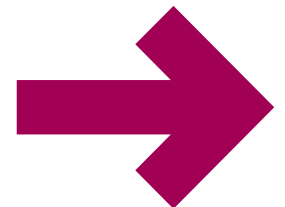


# Why Does Physical Healthcare Matter?

- People with SMI have significantly higher rates of physical illness – with a significant effect on life expectancy (Kings Fund)
- People with SMI die on average 20 years younger than the rest of the population
- Unhealthy Lifestyles
  - Almost 50% of all tobacco is smoked by people with MI (Lasser et al)
  - Obesity is more prevalent among people with MI (White M et al)



*“ My son was fit and active and weighed less than 10 stone. At 19 he was admitted to a psychiatric unit, given medication and the weight piled on. Now at 33 he weighs several stone more has diabetes and on statins” Carer, Rethink*





# Physical Activity ...what worked well

- Targeted individual programmes
- Fitness staff engaging with hard to engage patients on wards encouraging involvement
- Fitness cycling routes



# ♥ Diet ...what worked well...



- Inspirational personal success stories
- RAG rated shop goods
- Calorie counts displayed on shop goods
- Monitoring who is buying what
- Educational healthy eating events and awareness
- Recovery College healthy lifestyle events

# Carers Engagement

**carer events**

**staff lead on carer engagement**

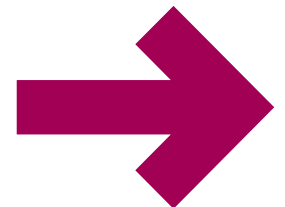
***carer hospital tours* more carers**

**carer feedback attending events**

# Carer Centre

**carers overnight  
accommodation**

**carer  
newsletter**



**What next?**



# Ongoing Challenges.....

- Patient choice - evidence of patients consuming significant calories from hospital shop in addition to provided meals
- Sedentary lifestyles - a significant challenge for detained patients
- Patient engagement



# Next Steps

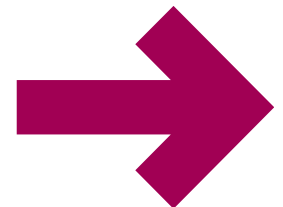
- Explore the legal position regarding restricting calorie intake in line with smoking cessation
- Learn from other areas on restrictive practices in particular internet access
- Engaging those who do not want to participate
- How to engage those in segregation?
- Maintain good practice on discharge
- Build on progress through CQUIN

# References

- Kings Fund, Mental Health; the connection between mental and physical health  
[www.kingsfund.org.uk/time-to-think-differently/trends/disease-and-disability/mental-and-physical-health](http://www.kingsfund.org.uk/time-to-think-differently/trends/disease-and-disability/mental-and-physical-health)
- Commissioning for Quality and Innovation guidance for 2015/16. NHS England March 2015
- Rethink, 20 Years Too Soon

## References cont

- Lasser K, Boyd J.W, Woolhandler S, Himmwistein Du et al, Smoking and Mental Illness: a population based study. JAMA 2000; 284(20): 2606-2610
- White M, Adamson A, Chadwick T, Howel D et al. The Changing Social Patterning of Obesity: An analysis to inform practice and policy development. Public Health Research Consortium. REPORT No: 4, 2007



# Thank You Any Questions?

