

## Yorkshire and the Humber Early Intervention in Psychosis Network Minutes

22 March 2018, 13:30-16:30  
Oxford Place Centre, Leeds

No.	AGENDA ITEMS	Action By
1.	<p><b>Welcome, Introductions &amp; Housekeeping, Sarah Boul, Quality Improvement Manager, Yorkshire and the Humber Clinical Networks</b></p> <p>Sarah Boul welcomed everyone to the meeting and reiterated that the aim of the meeting was to focus on best practice in physical health.</p>	
2.	<p><b>National, Regional and Local Update, Moggie McGowan, Co-Chair, Clinical Advisor (Y&amp;H IRIS &amp; NHS England North)</b></p> <p>Moggie McGowan introduced the agenda for the day to the attendees and then provided an overview of the national focus for EIP in the coming months.</p> <p>Moggie provided the attendees with an overview of the EIP triangulation document and reiterated that the Unify system will soon be turned off and the results of the CCQI audit will be due out soon. Moggie also advised the attendees that the National Audit of Schizophrenia (NAS) was likely to change and would be sent out for completion in the Autumn. Moggie also advised that NHs England and NHS Improvement had issued a letter to CCGs stating that monies allocated to mental health must be used for mental health services and that this would be regulated using the mental health investment standard.</p> <p>Moggie then provided the attendees with a brief regional update focussing on the themes from the most recent round of service deep dives. Moggie also encouraged services to check the online service map and send any updates required to Sarah Boul.</p> <p><b><i>For Action: All services to review the information in the online EIP Map <a href="#">here</a> and email any required updates to <a href="mailto:sarah.boul@nhs.net">sarah.boul@nhs.net</a>.</i></b></p> <p>Moggie also advised the attendees that the trust in which he works, South West Yorkshire Partnership Foundation Trust (SWYPFT), have recently finalised a Standard Operating Procedure (SOP) for EIP services and copies of this could be shared with services that are developing their own SOP.</p> <p><b><i>For Action: All services developing/updating their SOP please contact <a href="mailto:Stephen.McGowan@swyt.nhs.uk">Stephen.McGowan@swyt.nhs.uk</a> to request a copy of the SOP developed by SWYPFT.</i></b></p> <p>Moggie lastly advised the attendees that the Yorkshire and the Humber EIP Network would continue throughout 2018/19 and that work is being undertaken to update the IRIS website.</p> <p>Please see the presentation slides for more information.</p>	<p>All / Sarah Boul</p> <p>All / Moggie McGowan</p>
3.	<p><b>Physical Health and SMI – In Conversation, Dr David Shiers, Honorary Research Consultant, Psychosis Research Unit</b></p> <p>Steve Wright introduced David Shiers to the attendees and Steve and David then conducted a conversation exploring David's experiences of physical healthcare for people with serious mental illness.</p>	

	<p>David shared with the audience the experience of his daughter Mary who was diagnosed with schizophrenia at the age of 16. David highlighted to the attendees that Mary experienced care in CAMHS and adult settings and whilst the staff were dedicated there were not enough of them and there was very little focus on physical health and so Mary’s experiences were poor. David advised that the family were very concerned about the side effects of medication that Mary was placed on, particularly the dose of clozapine; concerns were also highlighted about Mary being exposed to second hand smoking on the wards, though she did not smoke herself and that Mary’s individual interests in dancing and walking were not encouraged within the setting she was placed in. The combination of medication and lack of physical activity meant that Mary’s weight increased significantly and this caused her much distress. It was at this point that David and colleagues in the health system, including Dr Helen Lester, began to champion the physical health of people with SMI and the Lester Tool was developed. Encouraging primary and secondary care to work together has been critical in helping people who have multiple co-morbidities to navigate the healthcare system. Physical health of people with SMI is now core business. David stated that Mary is currently in supported living and is helped to self-care and engage in the activities that she enjoys such as dancing and shopping. However, though services have come a long way there is still work to be done and one new initiative is around improving the oral health of those with SMI. David encouraged all attendees to focus on giving the best physical and mental health care possible right from the start.</p> <p>The Lester Tool can be downloaded <a href="#">here</a> and more information about the physical health of those with SMI, including the “Right from the Start” leaflet can be found <a href="#">here</a>.</p>	
<p>4.</p>	<p><b>Physical Health and SMI – Research Update, Professor Simon Gilbody, Director of Mental Health and Addictions Research Group (MHARG), University of York</b></p> <p>Simon Gilbody introduced himself to the attendees, advocated the use of the Lester Tool and thanked David Shiers for all the work he has undertaken and the support he has given to the EI community.</p> <p>Simon Gilbody provided the attendees with an overview of the smoking cessation for people with severe mental ill health (SCIMITAR) trial. Simon advised the attendees that the focus of the intervention was on behaviour change and medication (nicotine replacement) but was delivered by a mental health practitioner; was a little more intensive than regular smoking cessation and had a strong focus on medication management. The pilot site trials indicate that the SCIMITAR intervention was potentially effective and a qualitative study of the trial has also been conducted. More information can be found in the research papers produced on the trial.</p> <p><b>Action: Sarah Boul to download research papers and circulate to attendees.</b></p> <p>Simon Gilbody also presented some myth busting slides to the attendees on smoking cessation with people who have serious mental illness. The National Centre for Smoking Cessation and Training (NCSCT) has developed various tools and information and these are available to anyone who works with smokers with mental health issues. Further information can be found at the following link: <a href="http://www.ncsct.co.uk/publication_MH_specialty_module.php">http://www.ncsct.co.uk/publication_MH_specialty_module.php</a></p> <p>Please see the presentation slides for more information.</p>	<p>Sarah Boul</p>

5.	<p><b>Group Discussion</b></p> <p>Steve Wright introduced the group discussion session as a world café asking attendees to focus on the following topic areas:</p> <ul style="list-style-type: none"> <li>• Oral Health</li> <li>• Physical Health Monitoring</li> <li>• Physical Health Interventions (inc. medication)</li> <li>• Healthy Lifestyle</li> <li>• Smoking</li> <li>• Miscellaneous</li> </ul> <p>Steve Wright asked the attendees to select a topic of their choice, discuss, share best practice and capture feedback on the forms provided.</p>	
6.	<p><b>Summary, Dr Steve Wright, Consultant Psychiatrist, TEWV</b></p> <p>Steve Wright summarised the conversations that had been held on the topic areas outlined above and fed back on a selection of good practice ideas that had been shared including: having a mobile clinic for patients who could not attend for physical health check-ups; having in service champions for nutrition and physical activities, making links around cooking tuition, having targeted interventions for vulnerable groups and ensuring robust data recording to collate information on oral health. Steve Wright advised the attendees that the feedback captured from each discussion topic would be consolidated and typed up by the Clinical Network.</p> <p><b><i>ACTION: Sarah Boul to consolidate and type up group discussion feedback.</i></b></p>	Sarah Boul
7.	<p><b>Next Steps, Evaluation and Close, Dr Steve Wright, Consultant Psychiatrist, TEWV</b></p> <p>- <b>Evaluation</b></p> <p>Steve Wright asked the attendees to complete their evaluation forms and leave them on the tables for collation by the network.</p> <p>- <b>Closing Remarks</b></p> <p>Steve Wright thanked the presenters, all attendees and the Clinical Network. Steve Wright also advised that if anyone had suggestions for the next meeting to please get in touch.</p>	
<b>ITEMS FOR INFORMATION</b>		
	<p><b>Future Meetings:</b> June 2018, 13:30-16:30, Date and venue to be confirmed as soon as possible. The meeting will focus on the outcomes from the CCQI audit.</p>	