

Appendix 1 – SOP for Physical Health Investigations - Older Adult Community Teams

Purpose

To ensure all patients under the care of Older Adult Community Teams receive the standard range of investigations in line with NICE Guidance.

Scope

Applies to patients admitted to the following SHSC community mental health teams: Older Adult Community Mental Health Team, Older Adult Home Treatment Teams

Procedure

1. A physical health review will be completed:
 - For new patients, unless it has been recently completed by another SHSC service or in primary care as part of the referral process.
 - For existing patients on Mood Stabilisers or Antipsychotic medication (initiation and annual), at annual CPA review, or all other patients where there has been a significant change in physical presentation since the last review.
2. The following information will be required:
 - Information from primary care including physical health summary and up to date medication list.
 - Recent blood results.
 - Any other recent physical health investigations.
3. Ensure that you gather information about the following:
 - Smoking status
 - Alcohol consumption
 - Substance use
 - Diet
 - Physical activity
 - Weight
 - Blood pressure
 - Blood results

	Ref protocol	ACOMHS
FBC	√	X
B12 & Folate	√	X
U&E	√	X
LFT	√	X
TFT	√	X
Fasting plasma glucose/HbA1C	√	√
Lipid Profile	X	√
Calcium	√	X
Prolactin	√*	X

*Nb Prolactin level (if likely to receive an antipsychotic for the first time) felt to be unnecessary for older adults

If the information listed in 2 & 3 are not available, are more than 12 months ago, or if there has been a significant change in physical presentation then the team will be required to carry out the necessary interventions directly with the patient to obtain relevant, up to date information.

Additional investigations should be ordered if clinically indicated e.g. lithium level or thyroid function test.

Where blood results are not available, discuss with the patient preferable options for having blood tests taken which may include asking the GP to arrange the test, or for Mental Health Services to complete blood request form for the patient to access phlebotomy services at MCC, RHH or NGH.

Responsibilities

Admin staff must ensure that information is available at point of referral or prior to physical health review at request of clinician.

The lead professional is responsible for checking that all information outlined in 2 & 3 is available prior to the review and to carry out the necessary interventions where the information is not available. This may involve working in collaboration with other members of the MDT.

Results of the physical health review may be recorded in the patient care record:

- Physical Health Review Form (Annex 1)
- Antipsychotic check list (Annex 2)
- Scanned documents.
- ICE Lab reports.
- Physical health review for people prescribed Antipsychotic and/or Mood Stabiliser. (Annex 3)
- Initial Assessment/SCP Initial Assessment information.

If patients refuse examination/investigations or interventions:

- Document refusal on the physical health review form
- Develop a management plan within the patient's care plan
- Give patient information about the importance of investigations and repeatedly attempt to engage patient with the required interventions
- Monitor and record progress as part of care planning

	Intervention
Smoking	All smokers to be given Very Brief Advice and offer referral to smoking cessation worker in team if available and / or Sheffield stop smoking service.
Harmful use of alcohol	Complete alcohol screening tool and provide

	Very Brief Advice.
Substance use	Discuss potential adverse impact on mental and physical health and offer referral to the opiate or non-opiate service.
Diet and activity	Consider advice on: <ul style="list-style-type: none"> • healthy balanced diet • reducing sugar and salt intake • increasing fruit and veg • increasing activity levels/referral to SPARS https://spars.org.uk/
Weight	Consider effect of recent medication changes. Give advice on diet and activity as above.
Blood pressure	Give advice on diet and activity as above. Refer to GP if any concern.
High blood glucose levels	Advise on diet and activity as above and refer to GP.
Diabetes	Community teams have a duty to ensure that monitoring for diabetes is carried out by GP, diabetic clinic or other community team. Ask patient about diabetic review and check physical health summary from GP.
Cholesterol	Give advice on diet and activity as above. Advise to attend GP if abnormal blood results (Lipids).

- An ECG should be requested at baseline and annual review if the patient is prescribed antipsychotics and/or if required by the drug Specific Product Characteristic. Please see ECG SOP for further information.
- Do not routinely request a Brain scan unless clinically indicated e.g. evidence of neurological disease.
- Document clinical management / action plans within the physical health review form and develop a physical health goal with identified steps within the care plan.
- In the event of an acute physical health emergency, staff to ring 2222 from Trust line or 999 from outside line. For all non urgent matters, staff to consult with team medic.

Review of SOP

Review to be completed annually