

CLAHRCBITE

Brokering Innovation Through Evidence

TITLE: Evaluation of an integrated approach to meet the physical health needs of mental health service users - The *Knowsley Live Well* project



Addressing health inequalities by offering physical health assessment to those attending mental health services. The aim of this being the early identification of need or illness, the identification of previously unknown or unmet physical health need and referral to health promotion services. It is hoped that by taking this approach premature mortality, quality of life and health inequality can be improved.

Background

The purpose of the evaluation was to determine the effectiveness of the physical health assessment and most effective point of delivery. Specific aims included investigating the experiences and views of service users who attended and of staff involved in the assessments to identify enablers and barriers to encourage attendance in the future. Data from the assessments provides a baseline for comparison within the organisation and to compare to national data.

What did we do?

- Qualitative data -gathered from questionnaires and semi structured interviews with those identifying themselves as being willing to be interviewed via the questionnaire and included service users who had accessed physical health assessment, those who had refused it and staff members involved in the offer and delivery of assessment.
- Quantitative data was obtained from service user records of those who had attended for PH assessment to explore which groups are accessing the health assessment and to gather information about the health status of those accessing assessment.

What we found and what does this mean?

The data - 185 women and 187 men attended for assessment within the two teams over a 12 month period

47% of these were smokers (42% females and 58% males) which is more than two and a half times the national average of 19%

54% of these had an abnormal BMI (47% females and 53% males)

28% of the males and 28% of females attending for assessment smoked tobacco and had an abnormal BMI.

Service users questionnaires

47 service users (28 women/19 men) returned questionnaires, 44 of these said they would recommend the PH assessment to family and friends. 18 assessments led to onward referral and 18 service users identified life style changes they made as a result of the assessment which could be seen as early evidence of intention to improve health. Two service users were interviewed having attended for assessment and completed an questionnaire. This was from a cohort of 22 service users who were approached having expressed an interest in being interviewed via the questionnaire. This is a limitation of the evaluation.

Staff members questionnaire and interviews

22 questionnaires were returned and 12 members of staff interviewed. Staff valued the assessments and enablers identified were the availability of local services to refer to particularly NWBH services, the offer of early screening and having structures and processes within the team to support the work.

What next?

To undertake further work to better understand the long term impact of attendance and of any onward referral with regard to any previously undiagnosed illness and/or of any resultant behaviour change. To work with clinical teams to enhance the way clinical data is used to target those with the greatest health need.

Partners/Stakeholders



What is NIHR CLAHRC NWC?

The mission of the NIHR CLAHRC NWC is to work collaboratively with Partner organisations and other stakeholders including members of the public to co-produce and conduct high-quality, leadership enhancing, applied research designed to decrease health inequalities and improve the health of the population of the North West Coast.

Find out more

<http://www.clahrc-nwc.nihr.ac.uk/index.php>

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