The East Midlands Mental Health Clinical Network
Parity of Esteem Programme

East Midlands Parity of Esteem Steering Group

Rich network of Stakeholders from each CCG, LA and Public Health
GP Clinical, Management and Quality Improvement Leads
Best practice Share and Learn Events bimonthly
across the East Midlands region spanning...

- 6 Counties
- 9 Health and Wellbeing Boards
- 19 CCGs
- 5 STPs

Sohrab Panday
Parity Lead & Chair Parity
What we have achieved in the East Midlands

• Shared Learning Exchanges

• Innovation pilot projects within the East Midlands

• **Conferences** on Innovation Pilots and Parity of Esteem

• **Published comprehensive report** on Parity of Esteem

• **Data analysis and infographics** to support STP plans
Sustainability and Transformation Plans (STPs)

- **STPs emergent**
  - latest attempt to create whole system partnership working to deliver holistic care
  - Need to address 3 key gaps – highly relevant to physical health in those with SMI

- **Health and Wellbeing gap**
  - Prevention e.g. bespoke smoking cessation
  - Health inequalities e.g. reduced access for SMI

- **Care and Quality gap**
  - Innovation
  - Technology

- **Finance and Efficiency gap**
  - Cost effectiveness of care in the community and hospital admissions
  - Data and Infographics for CCGs on Health Checks and Admissions
East Midlands Infographics

**37,090**

0.80% SMI Prevalence

1075 change in patients diagnosed with SMI across March 2014 (0.4%)

65.7% of people with serious mental illness have NOT received the complete list of physical checks.

Physical checks include: body mass index; blood pressure; cholesterol (aged 40 and over who do not have established CVD); blood glucose or HbA1c (aged 40 and over) ; alcohol consumption and smoking status.

Comparative emergency admission rates for long term conditions

<table>
<thead>
<tr>
<th>Condition</th>
<th>Crude admission rate per 10,000 population</th>
<th>Admission Rate Multiplier</th>
</tr>
</thead>
<tbody>
<tr>
<td>SMI</td>
<td>690.2</td>
<td>7.6 (CCG Range 5.4 - 11.5)</td>
</tr>
<tr>
<td>Non SMI</td>
<td>91.4</td>
<td></td>
</tr>
<tr>
<td>Cardiovascular Disease</td>
<td>196.5</td>
<td>9.3 (CCG Range 4.7 - 17.2)</td>
</tr>
<tr>
<td>COPD</td>
<td>83.6</td>
<td>10.6 (CCG Range 2.3 - 29.8)</td>
</tr>
<tr>
<td>Diabetes</td>
<td>7.9</td>
<td></td>
</tr>
</tbody>
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Parity Of Esteem

Produced by East Midlands Clinical Networks
Key Messages

- The inequity of health outcomes in people with SMI is morally compelling
- Commissioners and providers are passionate about achieving parity
- There is desire and a growing momentum to deliver change and improve outcomes for people with serious mental illness
- Parity in the East Midlands has achieved a high profile through partnership working and innovation
- Service user co-production is vital to ensure the methods work
- Reasonable adjustments are imperative to ensure equity of access to good quality appropriate care
- Integrated, tailored community care will reduce the need for expensive hospital admissions

“Let’s turn the inverse care law on its head”
Some examples of parity work at different stages of the patient pathway

Secondary Care

• Early Intervention Psychosis – to include physical health (prescribers) – National
• Bite sized teaching of nurses about physical health on mental health wards - Derbyshire
• Crisis and home treatment team – to include physical health checks – Chesterfield

Community and Primary Care

• Physform coordinated physical checks in primary and secondary care – Nottingham
• Practice Nurse Training in matters of mental health - Northamptonshire
• Continuing Professional Development of GPs in mental health training - Northampton
• Experts by Experience in voluntary sector and primary care – Lincolnshire
• Voluntary sector mental health champions in the Call Centre and community – Erewash

Public Health

• Mental Health Trusts to become smoke free for patients and staff alike - Lincoln
• Smoking cessation advisors to be mental health training – Derbyshire, Northampton
• Crisis and home treatment team – to include physical health checks – Chesterfield
Thank You

East Midlands Clinical Network – Find out more about our Parity of Esteem Programme


East Midlands Mental Health Clinical Network
Dr Sohrab Panday