

## CARDIOVASCULAR MORTALITY PREVENTION IN NAFOS



NHS Foundation Trust

# **Newham Assertive Outreach Service (NAFOS)**

#### Aim

To increase the screening of cardiovascular risk to 80% of all patients under the care of NAFOS, by assessing the following risk factors:

- Lifestyle factors: smoking, drugs and alcohol use, diet and exercise.
- Observations and measurements: Weight, BMI and Blood Pressure
- Blood tests: Glucose /HbA1c and lipids / cholesterol

### Why is this important to service users and carers?

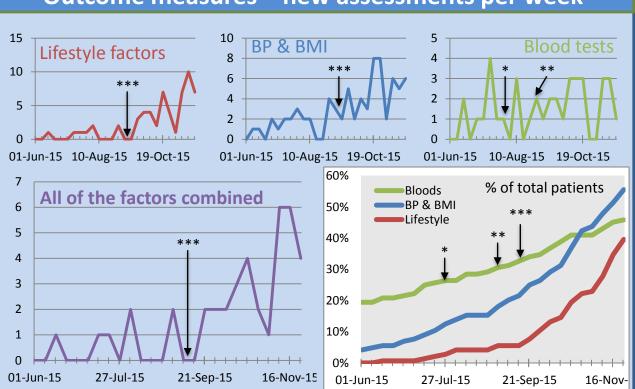
Mortality in Severe Mental Illness due to natural causes is higher than the normal population. Patients are also prescribed antipsychotic medication which can contribute to the development of cardiovascular risk factors associated with increased mortality. Screening and monitoring of these potentially modifiable risk factors (obesity, smoking, diabetes, hypertension, high cholesterol) is the first step to attempt to reduce this mortality. This is also now a national drive and a CQUIN target.

#### **Driver diagram AIM** PRIMARY DRIVERS SECONDARY DRIVERS **CHANGE IDEAS** Standardised CPA Data access and collection letter **CPA** process Team education session re: CPA Pre-CPA physical check documentation **Embedding GPEN** To increase to summary check in 80% the number **GP** liaison of service users having Access to tests Book joint GP review cardiovascular Improve blood request risk factors checked by October 15 Pilot electronic blood request form Lack of awareness Lab access training Patient Engagement to staff Patient education

## What are we testing?

- L. Pre-CPA and CPA physical checks
- Electronic blood request form internal factor (\*)
- Extended phlebotomy hours external factor (\*\*)
- Physical Health Monitoring in-line RIO Form (\*\*\*)





#### Learning

The use of the RIO inline form and the introduction of the CQUIN agenda may have increased the performance.