



Severe Mental Illness (SMI) Health & Mental Health Checks Standard operating procedure

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Introduction

The purpose of this SOP is to provide clear guideline on checks needing to be undertaken on a patient during the SMI health check and mental health review

What is Severe mental Illness health check?

SMI (Severe Mental Illness) health checks, also known as annual physical health checks for people with SMI, are free health assessments offered to individuals aged 18 and over who have been diagnosed with conditions like schizophrenia, bipolar disorder, or psychosis. These checks aim to identify and address potential physical health problems associated with SMI, helping individuals manage their overall well-being. These can be completed by a Health Care Assistant (HCA).

What is a mental health review?

A mental health review is a conversation with a mental health professional to assess a person's mental state and determine the appropriate support or treatment, it can be a discussion to understand a person's needs and how their condition is affecting them. The review may involve a physical check-up, medication review and a review of past medical history.

Process

Booking of patients

Patients will be contacted by their care co-ordinator – these attempts will be by telephone and post which is then recorded on notes.

Patients can also access SMI health checks from Nilari agency – these will be sent a text from CKMP inviting them to drop in clinics

Checks for clinician – SMI review

Please use template mental health v19w Ardens template

This check should include:

1. Pulse
2. Blood pressure
3. Smoking status
4. Height
5. Weight
6. Waist Circumference
7. Bloods – HBA1C/U&E/Lipids/prolactin – and any others due
 - a. Send bloods to the Practice Nurse for QRISK to be calculated
8. Alcohol consumption
9. ECG if needed
10. Sexual health
11. Book a Long Term Condition (LTC) appointment if needed

Ask:

1. If they are sexually active and whether they would like support with contraception &/or STI screening?

Record these on the template

If yes book Tel con Sexual health – urgent and record on template “referral to contraception and Sexual health service”

If no – advise there is support available at practice if they ever need and code “signposting to contraception and sexual health services”

Vaccines

2. Would you like to discuss routine vaccines you may need? (check if app has already been made for this).

If yes, book a suitable appointment

If no, then please task TRN team so they can code as declined – “no consent for any immunisations”

Checks for Nurses

The Care co-ordinator will task the lead Nurse for patients booked for SMI – they will review notes and see if any vaccines are required.

If up to date, code “up to date with immunisations”.

If vaccines needed the nurse will attempt to combine appointments to offer and administer at joint appointment. If the patient declines, code as declined immunisations

Bloods will be received following the SMI review. They need the QRISK calculating, and the patient may be booked in for a LTC appointment – if bloods need forwarding, please send them to the patient's usual clinician.

Checks for Mental Health Practitioner – Mental health review

Mental health practitioner will be responsible for reviewing nutrition/diet, level of physical activity, illicit substance use, confirming oral care, & offering carers assessments where need is identified.

If any bloods are needed/completed, these will need to be sent to the buddy Practice nurse for QRisk to be calculated.

Version Control

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02/2025	1.0	J Godfrey	New Document