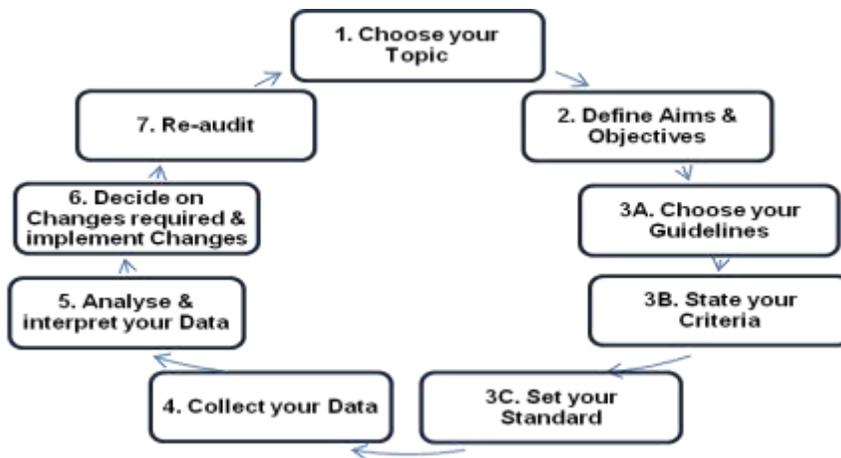




# Monitoring the Physical Health of Patients with Enduring Mental Health Illness (PHEMI) Sample Audit



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## **Purpose of ICGP sample audits on specific topics**

The purpose of the ICGP sample audit for each topic area is to provide practitioners with audit topic proposals and related tools in order to aid them in carrying out a clinical audit in this topic area. For each topic, a specific guideline is chosen which identifies best practice for the relevant topic. Following this, examples of the elements of care or activity that could be measured are provided – these are referred to as “criteria”. Finally, examples of the type of data that is required in order to audit the sample criteria are provided. A separate document, the ICGP Audit Toolkit, provides detailed generic instructions on how to carry out and report your audit.

**Sample Audit Topic:** Enduring Mental Illness – Physical Health Monitoring.

### **Best Practice Guidelines:**

#### Smoking

Smoking: reducing and preventing tobacco use. NICE Guideline 2015. Available at:

<https://www.nice.org.uk/guidance/qs82>

#### BMI

HSE/ICGP Weight Management Treatment Algorithm for Adults. ICGP/HSE Guideline 2011.

Available at: <https://www.icgp.ie/go/library/catalogue/item/DF2B8347-BCBE-4C31-94546BC305B29780>

Psychosis and schizophrenia in adults: prevention and management. NICE Guideline 2014.

Available at: <https://www.nice.org.uk/guidance/cg178/chapter/recommendations>

Bipolar disorder: assessment and management. NICE Guideline 2018. Available at:

<https://www.nice.org.uk/guidance/cg185/chapter/1-Recommendations>

Depression in adults: recognition and management. NICE Guideline 2018. Available at:

<https://www.nice.org.uk/guidance/cg90/chapter/1-Guidance>

#### Blood Pressure

Hypertension in adults: diagnosis and management. NICE Guideline 2011. Available at:

<https://www.nice.org.uk/guidance/Cg127>

Psychosis and schizophrenia in adults: prevention and management. NICE Guideline 2014. Available at: <https://www.nice.org.uk/guidance/cg178/chapter/recommendations>

Bipolar disorder: assessment and management. NICE Guideline 2018. Available at: <https://www.nice.org.uk/guidance/cg185/chapter/1-Recommendations>

Depression in adults: recognition and management. NICE Guideline 2018. Available at: <https://www.nice.org.uk/guidance/cg90/chapter/1-Guidance>

### Physical Activity

Physical activity: brief advice for adults in primary care. NICE Guideline 2013. Available at: <https://www.nice.org.uk/guidance/ph44>

Psychosis and schizophrenia in adults: prevention and management. NICE Guideline 2014. Available at: <https://www.nice.org.uk/guidance/cg178/chapter/recommendations>

Bipolar disorder: assessment and management. NICE Guideline 2018. Available at: <https://www.nice.org.uk/guidance/cg185/chapter/1-Recommendations>

### Vaccinations

Flu vaccine. HSE Guideline 2017/2018. Available at: <https://www.hse.ie/eng/health/immunisation/pubinfo/flu-vaccination/about-the-vaccine/>

**Professional Competence Domains:** Clinical Skills  
Management  
Patient Safety and Quality of Care

### **Sample Criteria**

1. Smoking – no exposure to tobacco
2. BMI is recorded; BMI target is 18.5 – 24.9 kgs/m<sup>2</sup>
3. Blood Pressure is recorded; BP target is <140/90 mmHg

4. Physical Activity – physical activity is at an adequate level
  
5. Vaccinations – had the influenza vaccination in the last flu session

Choose the criteria from the above on which to conduct your audit and then set your standard (sometimes known as your target). This is your desired level of performance and is usually stated as a percentage. Beware of setting standards of 100%; standards should be realistic for your practice (perfection may not be possible).

There is no minimum or maximum number of patients stipulated, however your sample should include current/recent patients. In general if you have a very small number of patients with the condition being considered, it is recommended that you examine a greater number of criteria in these patients. By contrast in an audit of a very large number of patients it may only be necessary to examine one criterion. The ICGP PHEMI uploader tool, available at the time of writing in Socrates, Helix Practice Manager and Health One systems, will assist you to undertake this audit by extracting the relevant data for you and returning your own practice based report. This uploader considers enduring mental illness as those coded with bipolar, schizophrenia, or recurrent depression. There are also finder and register tools which can assist you with coding patients who have an enduring mental illness. Details of the PHEMI uploader, finder and register can be found at the bottom of the following page: [https://www.icgp.ie/go/pcs/scheme\\_framework/clinical\\_audit](https://www.icgp.ie/go/pcs/scheme_framework/clinical_audit)

**The aim of a Data Collection tool is** to provide examples of the types of data that are required in order to audit each sample criterion.

**Criteria 1**

Smoking – no exposure to tobacco.

**Data Collection Tool** (*the 'recorded' aspect of the criteria*):

- Number of patients with enduring mental illness
- Number/percentage of these patients who have their smoking status recorded
- Number/percentage of the above who are smokers
- Number/percentage of the above who have been offered smoking cessation advice or referred for same

**Criteria 2**

BMI is recorded; BMI target is 18.5 – 24.9 kgs/m<sup>2</sup>

**Data Collection Tool** (*the 'recorded' aspect of the criteria*):

- Number of patients with enduring mental illness
- Number/percentage of these patients who have their BMI recorded
- Number/percentage of the above whose BMI is  $\geq 25$  kgs/m<sup>2</sup>
- Number/percentage of the above who have been offered appropriate advice or referred for same

**Criteria 3**

Blood Pressure is recorded; BP target is <140/90 mmHg

**Data Collection Tool** (*the 'recorded' aspect of the criteria*):

- Number of patients with enduring mental illness
- Number/percentage of these patients who have their BP recorded
- Number/percentage of the above whose BP is >140/90 mmHg

**Criteria 4**

Physical Activity – physical activity is at an acceptable level

**Data Collection Tool** (*the 'recorded' aspect of the criteria*):

- Number of patients with enduring mental illness
- Number/percentage of these patients who have their physical activity recorded
- Number/percentage of the above who are not engaged in an adequate level of physical activity
- Number/percentage of the above who have been offered appropriate advice or referred for same

**Criteria 5**

Vaccinations – had the influenza vaccination in the last flu session

**Data Collection Tool** (*the 'recorded' aspect of the criteria*):

- Number of patients with enduring mental illness
- Number/percentage of the above who had the influenza vaccination in the last flu season

The next steps are to:

- Analyse and interpret your data via comparison with your target
- Decide on what changes need to be made and to implement these changes
- Re-audit your (individual) practice

A detailed explanation of all of these steps can be found in the ICGP Audit Toolkit, which is available on the ICGP Website at: <http://www.icgp.ie/audit>