

Service Specification Template – 2024/25

Service Name & Number	Universal Offer – SMI Physical Health checks UO10SMI_SE&SW
Population and / or geography to be served	The service shall be available to all patients registered with a GP Practice within the agreed Primary Care Network (PCN) to whom the commissioner is responsible for providing services to.
Service aims and desired outcomes	<p>The Provider shall record all activity using the Universal Offer clinical template.</p> <p>Aims and objectives of service</p> <p>Everyone with a severe mental illness in Staffordshire shall receive an annual physical and mental health review, regardless of which service/s they are receiving care from.</p> <ul style="list-style-type: none">• Include providing; advice, intervention and signposting required following a review (physical, mental and social).• An information sharing pathway, in the absence of a digital solution.• Develop knowledge and skill of primary care staff in working with people with severe mental illness.
Service description and location(s) from which it will be delivered	<p>The Provider shall undertake a physical health check which will be made up of the following elements (appendix 2 outlines the full reporting requirements that will form part of the clinical report template and will be pulled centrally by the Data Quality Facilitators):</p> <p><u>Physical Health:</u></p> <ul style="list-style-type: none">• Weight• Waist Circumference• BMI• Blood Pressure• Pulse Rate• QRISK3• HBA1C• Lipid profile• Liver function• Renal function• Thyroid function• Prolactin• ECG (if indicated)• Personal history• Family history <p><u>Lifestyle Advice:</u></p> <ul style="list-style-type: none">• Smoking• Alcohol use• Drug use• Activity• Diet• Oral health• Sexual health and contraception• Attendance of health screening <p><u>Mental Health Review:</u></p> <p>Functioning:</p>

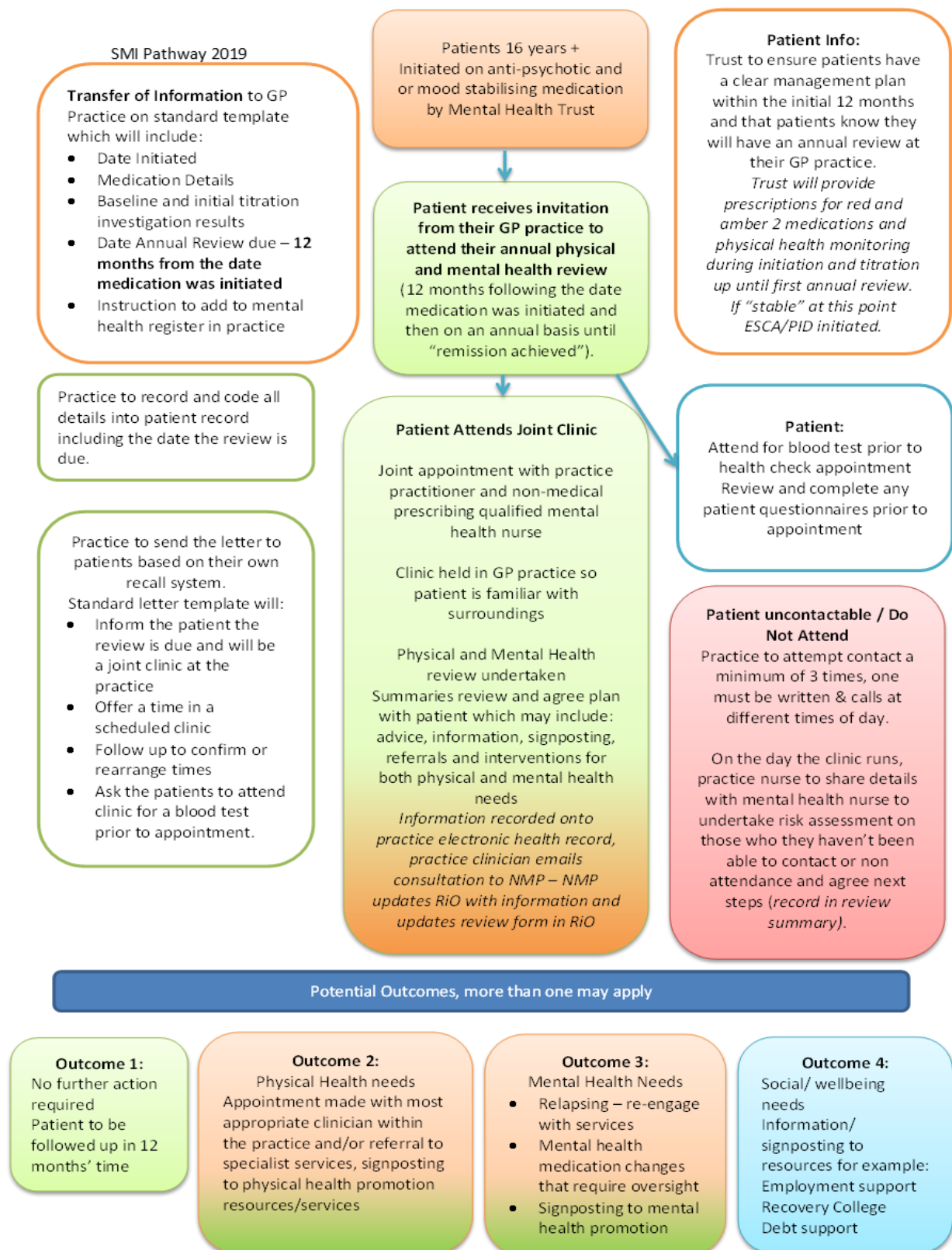
	<ul style="list-style-type: none"> • Employment/meaningful occupation • Relationships • Self-care <p>Experience of symptoms and impact</p> <p>Risks:</p> <ul style="list-style-type: none"> • Deliberate self-harm and suicide • Unintentional self-harm (self-neglect) • Harm to others • Harm from others (vulnerability) <p>Mental health medication review:</p> <ul style="list-style-type: none"> • Considering information from results of physical and mental health review, NICE guidelines and patient choice. <p><u>Personalised Care Planning – Consider:</u></p> <ul style="list-style-type: none"> • Brief advice/ information (including physical and mental health promotion) • Signposting (including physical and mental health promotion resources) • Referral onwards • Further review/ investigations • Change in treatment /care plan <p>The Provider shall record all elements of the health checks using an agreed clinical template. This will be made available via the Data Quality Facilitators. This is to ensure that all activity is consistently coded and recorded.</p> <p>The Provider shall deliver the service in line with the pathway outlined in Appendix 1 and the following model below:</p> <div data-bbox="421 1207 1386 1339" style="background-color: #4a7ebb; color: white; padding: 10px; border-radius: 10px;"> <p>All people registered on the GP SMI register (regardless of whether open to MPFT or not) are invited to attend a review on an annual basis by the GP practice. (Preferably have relevant blood tests prior to appointment so that results are available for appointment)</p> </div> <div data-bbox="421 1361 1386 1464" style="background-color: #4a7ebb; color: white; padding: 10px;"> <p>Joint appointment with practice nurse and non-medical prescribing qualified mental health nurse held in primary care; either in GP practice or based on GP locality.</p> </div> <table border="1" data-bbox="421 1473 1386 1767" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="background-color: #4a7ebb; color: white;">Practice Nurse</th><th style="background-color: #4a7ebb; color: white;">NMP</th></tr> </thead> <tbody> <tr> <td style="background-color: #4a7ebb; color: white;"> <ul style="list-style-type: none"> • Undertakes physical health assessment </td><td style="background-color: #d9e1f2;"> <ul style="list-style-type: none"> • Reviews mental health, functioning and medication alongside the physical health observations and results. </td></tr> <tr> <td colspan="2" style="background-color: #4a7ebb; color: white;"> <p>Provide advice, information, signposting, referral, intervention for both physical and mental health needs</p> </td></tr> <tr> <td style="background-color: #4a7ebb; color: white;"> <ul style="list-style-type: none"> • Record in primary care health record </td><td style="background-color: #d9e1f2;"> <ul style="list-style-type: none"> • Record in MPFT health record where open to service </td></tr> </tbody> </table> <p>The service shall be delivered from the GP practice or branch surgery of the delivering GP practice or from another healthcare setting within the delivering Primary Care Network.</p>	Practice Nurse	NMP	<ul style="list-style-type: none"> • Undertakes physical health assessment 	<ul style="list-style-type: none"> • Reviews mental health, functioning and medication alongside the physical health observations and results. 	<p>Provide advice, information, signposting, referral, intervention for both physical and mental health needs</p>		<ul style="list-style-type: none"> • Record in primary care health record 	<ul style="list-style-type: none"> • Record in MPFT health record where open to service
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Service Model	Care Pathway								

- The Mental Health Provider shall initiate treatment onto antipsychotic medication and update the patient's registered GP practice using a standardised letter. This shall include a clear date that the annual check is due. **This will be 12 months after the date the patient was initiated onto antipsychotic medication.**
- The GP Provider shall invite the patient for an annual physical and mental health check at the practice using their own recall processes and using a standard letter provided for the purpose of physical health checks for patients with an SMI, while making sure the right people are called by validating clinical records to ensure people with an incorrect diagnosis are not being called in unnecessarily and that people without an up to date diagnosis are not being missed. (An accurate register of those needing to be called in is essential in the effectiveness of this work - NHSE)
- The Mental Health Provider shall liaise with the GP Practices within their designated networks, to agree the dates and times a joint clinic will be held. Patients will then be invited into these pre-planned clinics.
- The GP Provider shall work with other practices within its network/locality to provide some flexibility for patients to attend nearby clinics, should the registered practices clinic times be unsuitable. The choice will remain with the patient.
- The invitation letter the patient receives will inform them to attend for blood tests prior to the appointment which should be in time to allow results to be available at the appointment.
- The GP Provider shall have a clear process in place for confirming the appointment with the patient if they are being sent a pre-booked appointment.
- The GP Provider shall have a clear process in place for following up patients who do not respond or confirm their appointments. This must include a minimum of 3 attempts to contact, with at least one being a written letter. If after 3 attempts the patient is still unreachable, the practice nurse will liaise with the mental health nurse on the day the clinics are run, to undertake a risk analysis and agree next steps together.
- The GP Provider and Mental Health Provider shall deliver a joint assessment to review the physical and mental health needs of the patient. This will be in line with **Service description and location(s) from which it will be delivered** section of this specification (see above). These appointments will be a minimum of 30 mins and maximum of 45 minutes and will vary depending on the needs of the patient.
- Both the GP Provider clinical system and the Mental Health Provider clinical system shall be updated with the same information within the clinic. This is to ensure the patient records are updated in real time and remain consistent. This is until a joint clinical record can be implemented.
- Following the clinic both the GP Provider and the Mental Health Provider shall undertake all relevant follow up actions as identified throughout the assessment. (Searches are available from DQT to identify any "gaps" of interventions or necessary follow-up actions).
- The GP Provider shall arrange any follow up appointments required within the practice. This will be with the most appropriate clinician depending on

	<p>the nature of the request (e.g. medication review with practice pharmacist or cardiovascular review by GP).</p> <ul style="list-style-type: none"> • The Mental Health Provider shall arrange any follow up interventions required with mental health services. • The mental health practitioner will be responsible for updating the care record and the care team of any person actively receiving care from the mental health provider. • Both the GP Provider and the Mental Health Provider shall jointly agree any wellbeing interventions required following the assessment. This may include signposting to job centres, voluntary groups to help social isolation issues, or referrals to debt advice services. A directory of these services will be available in each clinic as these will vary by area. <p>Any acceptance and exclusion criteria and thresholds</p> <p>Acceptance Criteria</p> <ul style="list-style-type: none"> • Patients 16 years old and over, who have been on antipsychotic medication for at least 12 months. • Patients residing in a care home shall be part of the recall system <p>Exclusion Criteria</p> <ul style="list-style-type: none"> • Patients under the age 16 • Patients with a primary diagnosis of dementia shall be excluded as they are subject to separate annual health reviews. • Patients with a primary learning disability are subject to separate annual health reviews.
Tariff	Practices will be paid £55 per fully completed health check with health check requirements as detailed in Appendix 2 of the specification.
Reporting and Payment	<p>You are required by the ICB to use UO resources provided by the MLCSU Data Quality Team to support the recording of patient data and reporting for the UO services.</p> <p>A clinical template written by MLCSU Data Quality Team (DQT) has been provided for recording patient data for services delivered as part of the Universal Offer (UO). The template has been validated by ICB clinical leads and built to ICB service specifications to support the UO service pathway. The clinical template will also help to demonstrate that the UO specified pathway has been used to deliver patient care.</p> <p>Using the clinical template will ensure the UO searches and claim reports (provided by the DQT) are populated correctly and submitted claims can be validated by the ICB against reports the ICB receive from the Data Quality Team. Where payment is made via RTP files, the report provided to the ICB will assist the ICB to validate the expected activity levels from the provider for that UO service.</p> <p>For EMIS practices the UO clinical templates are published centrally via Resource Publisher and will be maintained and updated by the DQT as and when required and will also reflect any Snomed code changes that may be required. Associated searches and reports will be updated where necessary and made available for use and practices will be notified of updates.</p> <p>For TPP S1 practices, the clinical templates are maintained and updated for you by your Data Quality Specialist.</p>

	<p>Various guidance documents to support using the resources provided by the MLCSU DQT for the UO services are available from the GP365 website Universal Offer (sharepoint.com) or you can contact your Data Quality Specialist for any queries regarding use of the DQT resources or any training requirements related to use of the UO clinical templates or UO searches & reports.</p> <p>If the activity is not coded correctly, it will not be paid for.</p>
Review Date	January 2027
Termination Notice Period	3 years with a six-month notice period for termination. The service specification will be subject to regular review.
Applicable quality requirements and Accreditation Requirements	<p>https://www.england.nhs.uk/mental-health/resources/smi/</p> <p>Best Practice guide for Improving SMI PHCs developed by MPFT/NSCHT and DQ Team.</p>

Appendix 1



Appendix 2

Physical Health Checks Input - Table 1	1.2.1 Patients on Mental Health Register (Not Coded as In Remission)
	1.4.1. BMI Recorded
	1.4.2. Blood Pressure Recorded
	1.4.3. Cholesterol or QRISK3 Recorded
	1.4.4. Blood Glucose or HbA1c Recorded
	1.4.5. Alcohol Consumption Recorded
	1.4.6. Smoking Status Recorded
	1.2.2. Patients With ALL 6 Supporting Measures Completed
Physical Health Checks Input - Table 2	1.6.1. Nutritional Status or Diet and Level of Physical Activity Recorded
	1.6.2. Use of Illicit Substance/Non-Prescribed Drugs Recorded
	1.6.3. Medicines Reconciliation or Review Recorded
Follow-Up Interventions input - Table 1	1.8.a. Patients With BMI 25+
	1.8.1. Patients With BMI 25+ offered Weight Management
	1.8.b. Blood Pressure Above Systolic 140mmHg OR Diastolic 90mmHg
	1.8.2. Patients With BP >140/90 Offered Lifestyle Intervention
	1.8.3. Patients With BP >140/90 Offered Pharmacological Intervention
	1.8.c. Patients With HbA1c 42-47mmol/mol OR FPG 5.5-6.9 mmol/L
	1.8.4. Patients With High-Risk/Prediabetic HbA1c or FBG Offered Intervention
	1.8.d. Patients With HbA1c 48+ mmol/mol OR FPG 7+ mmol/L
	1.8.5. Patients With Diabetic Range HbA1c or FBG Offered Diabetic Intervention
	1.8.e. Patients With A Record of Alcohol Misuse or High Alcohol Consumption
	1.8.6. Patients With A Record of Alcohol Misuse Offered Intervention
	1.8.f. Patients Identified As Current Smokers
	1.8.7. Current Smokers Offered Smoking Cessation or Nicotine Replacement Therapy
	1.8.g. Patients With A Record of Substance Misuse
	1.8.8. Patients With A Record of Substance Misuse Offered Intervention
	1.8.9. Patients Offered Lifestyle Interventions
	1.8.10. Patients Prescribed Statins
Cancer Screening Input - Table 1	1.10.1 Access To National Screening – Eligible For Cervical Cancer Screening
	3.4.1. Patients Receiving A Cervical Smear In Last 60m
	1.10.2 Access To National Screening – Eligible For Breast Cancer Screening
	3.4.2. Patients Receiving Breast Screening In Last 36m
	1.10.3 Access To National Screening – Eligible For Bowel Cancer Screening
	3.4.3. Patients Receiving Bowel Cancer Screening In Last 24m

Numbering as per SDCS collection.