**Southampton Serious Mental Illness Physical Health Checks (SMI-PH)**

People with SMI are at greater risk of poor physical health and have higher premature mortality than the general population. People with SMI die on average 15-20 years earlier due to cardiovascular disease, type 2 diabetes and cancer.

Menu of existing physical health follow-up interventions available in Southampton City.

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| **Physical Health Check Element** | **Follow-Up Intervention Available** | |
| * **Measurement of weight (BMI / BMI+waist circumference)** | Adult Weight Management Pathway attached providing details of the following:   * Tier 1 Universal Intervention * Tier 2 Weight Management Program * Tier 3 Specialist Weight Management Service * Tier 4 Surgical Intervention | Clinically, the interventions are similar for all abnormal results requiring support for lifestyle changes. Weight management and increased physical activity will support all elements.  There are additional small scale community support interventions such as health walks and opportunities to try short term activities through VCSE, but these services have limited capacity.  Social prescribers and Health Coaches may also be able to support individual patients with lifestyle changes. |
| * **Blood pressure and pulse check** | Primary care lifestyle advice and medication as per national guidance. |
| * **Blood lipid including cholesterol test** | Primary care dietary brief intervention and statin medication as per national guidance. |
| * **Blood glucose test/ HbA1c** | NHS Diabetes Prevention Programme for all new Pre-diabetes/impaired fasting glucose – this is a national service.  For newly diagnosed Type 2 diabetes patients can be referred for weight management interventions, please refer to the Adult Weight Management Pathway above. |
| * **An assessment of nutritional status, diet and level of physical activity** | Saints4Sports: VCSE for physical activity providing access to exercise for people who are homeless, have substance use disorder or are part of the criminal justice system. Feedback from some SMI patients is that anxiety contacting/ attending due to range of people supported. |
| * **An assessment of alcohol consumption**   *and*   * **An assessment of use of illicit substance / non prescribed drugs** | Change, Grow, Live (CGL) drug and alcohol harm reduction and recovery support for **adults 25 years and older**  **CGL Alcohol Support Line** - for anyone worried about alcohol, to help you understand the risks of alcohol, set achievable goals and help you take control. Telephone: 023 8200 2764  **Southampton Drug and Alcohol Support Services** - information, brief intervention, assessment and care coordination service  Website: [Change Grow Live](https://www.changegrowlive.org/) Email: [southampton@cgl.org.uk](mailto:southampton@cgl.org.uk)  ***Change, Grow, Live (CGL) Primary Care Outreach Team being developed in 2024/25 – more details to follow*** Drug and Alcohol Support Hub (DASH) provided by No Limits for Young People under 25 years of age - information, brief intervention, assessment and care coordination service. Telephone: 023 8022 4224 Website: [No Limits Help](https://nolimitshelp.org.uk/) Email: [advice@nolimitshelp.org.uk](mailto:advice@nolimitshelp.org.uk) | |
| * **An assessment of smoking status** | **Some pharmacies offer** smoking cessation/tobacco dependency services. **Up to date information at:** [Stopping smoking (southampton.gov.uk)](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.southampton.gov.uk%2Fhealth%2Ftobacco-alcohol-and-drugs%2Fstopping-smoking%2F&data=05%7C02%7Camanda.luker%40nhs.net%7Cdb7e83dfec0a4f421bb108dc765acdbe%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638515379592056194%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=jANc%2B5sWaO6wBlhOH5qFjlh37alm4v20jYBvdqfYZwY%3D&reserved=0)  **All** PCNs **are funded through Public Health to offer** smoking cessation/tobacco dependency services  Southampton Smokefree Solutions [www.southamptonsmokefreesolutions.co.uk](https://gbr01.safelinks.protection.outlook.com/?url=http%3A%2F%2Fwww.southamptonsmokefreesolutions.co.uk%2F&data=05%7C02%7Camanda.luker%40nhs.net%7Cdb7e83dfec0a4f421bb108dc765acdbe%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638515379592061746%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=dp3jxXYavnvTdr%2Beg3URiisNfcjJHOoDLAcmzni%2B1B8%3D&reserved=0)  promote and can deliver VBA training to PCNs/GP surgeries, get in touch with Chris McMahon [chris.mcmahon@solutions4health.co.uk](mailto:chris.mcmahon@solutions4health.co.uk)  to discuss any training needs to support smoking cessation conversations as part of the SMI Health Check  ***Further support for people with SMI being developed in 2024/25- more details to follow*** | |
| * **Support access to relevant national screenings** | No provision other than standard promotion. | |