

The challenges of developing and implementing a Nutrition and Body Mass Index Clinical Link Pathway for inpatients with severe mental illness and/or learning disabilities

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Background to the NBMI CLiP

Key Points



- The life expectancy of people with severe mental illness (SMI) is 15–20 years lower than the general population
- The rate of obesity among people with a learning disability (LD) is 28% higher than the general population
- Locally, it was found that 63% of adults in contact with Tees, Esk and Wear Valleys NHS Foundation Trust have overweight or obesity

It's complex...



Barriers to a healthy weight

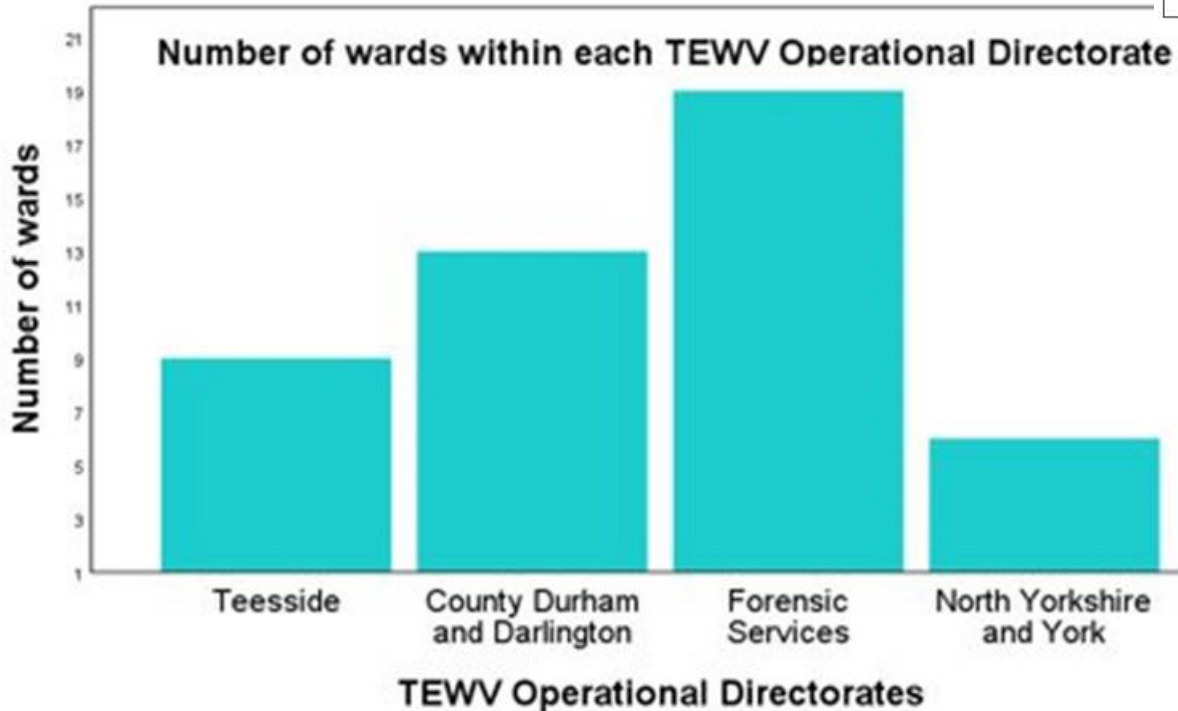
- Psychosocial factors
- Access to healthy food
- Means/ability to cook
- Options for physical activity
- Antipsychotic medication
- Inpatient settings
- And more...it's complex



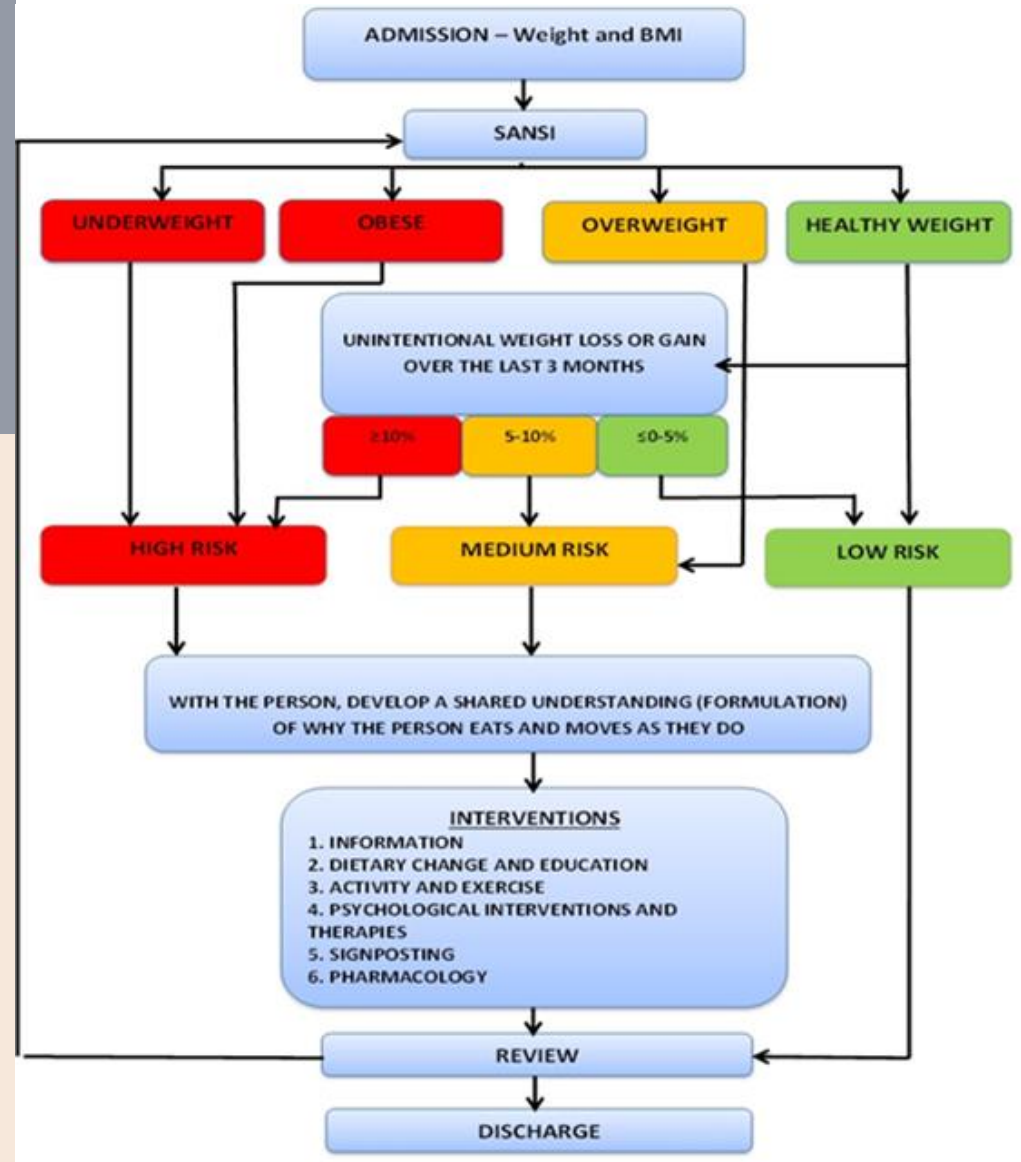
Tees, Esk and Wear Valleys

NHS Foundation Trust

- Adult Mental Health
- Adult Learning Disabilities
- Mental Services for Older People
- Secure Inpatient Services



The NBMi CLiP



The NBMi CLiP focuses on early identification of those at medium-to-high risk of obesity to formulate a tailored intervention plan.

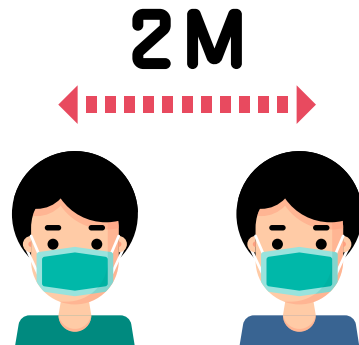


Evaluation: Interviews with TEWV staff



- Using the NBMi CLiP in practice
- Training on the NBMi CLiP
- The NBMi CLiP and patients
- Staff weight management

- DPH withdrew from studies - additional work packages taken on by team
- Difficulty in recruitment of participants
- No face-to face communication



Project Setbacks

- Completed funded work package on time
- Reached recruitment target for main survey
- Triangulation of results identified common patterns
- New data on NHS TEWV staff weight management

PROJECT
SUCCESSSES

Key Findings

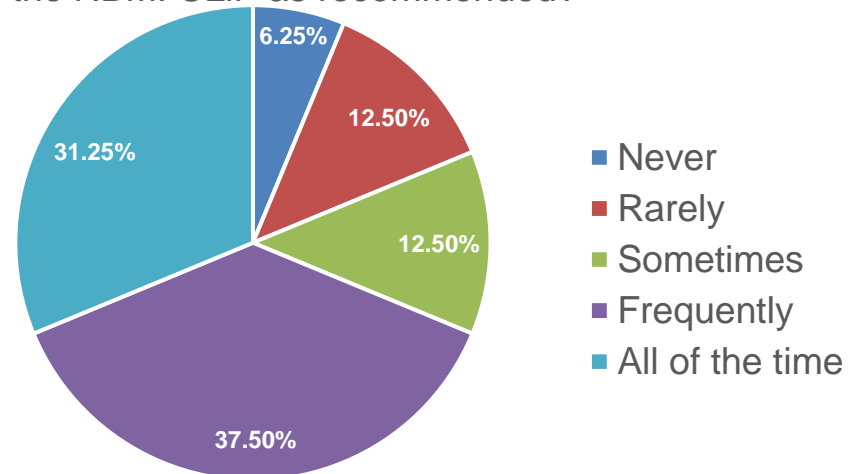
Staff interviews

- Dietitians
- Healthy food provision
- Accessible materials

Secondary data analysis

- Good results for recording
- of Key Performance Indicators

Q17 Do you feel that overall your ward is using the NBMI CLiP as recommended?



Key Findings

Staff Survey

- More staff training on the NBMI CLiP needed
- Dietitians
- Healthy food provision
- Accessible materials
- Staff weight management groups
- Obesogenic environment at work

Systematic Review

Currently being amended after peer review by the British Journal of Nutrition



Key recommendations for future practice in brief

Assess NBMI CLiP materials for accessibility.

Affordable physical activity options

Focus on the wards that scored low on the KPIs.

Learn from those that performed well.

Promotion of staff weight management programmes.

Training on the NBMI CLiP during staff induction.

Healthier food options for staff and inpatients on site.

Staff training on nutrition/cooking skills

Thank you from the team
for your time



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<https://www.tewv.nhs.uk/about-your-care/health-wellbeing/weight-off-your-mind/>

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