

RightCare Toolkit for Physical ill-health and Cardiovascular Disease prevention in people with severe mental illness

The NHS Long Term Plan identifies cardiovascular disease as a clinical priority and the single biggest condition where lives can be saved by the NHS over the next 10 years. The Plan sets the ambition for the NHS to help prevent over 150,000 heart attacks, strokes and dementia cases over the next 10 years. It outlines how we, and partners in the voluntary and community sector and other national organisations will meet this ambition.

There are significant health inequalities for people living with severe mental illness (SMI). Life expectancy is 15-20 years lower than the general population and people with SMI have a 53% higher risk of having CVD and 85% higher risk of death from CVD.

The impact of this variation on health and care systems and the NHS is due to:

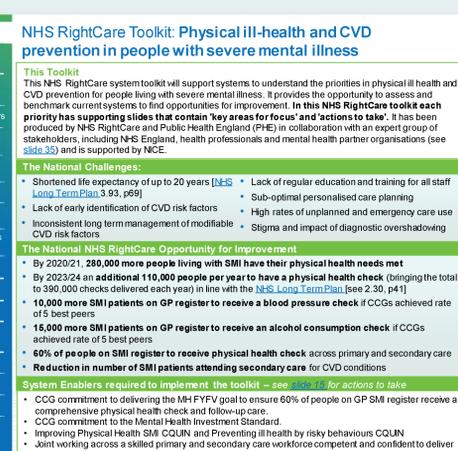
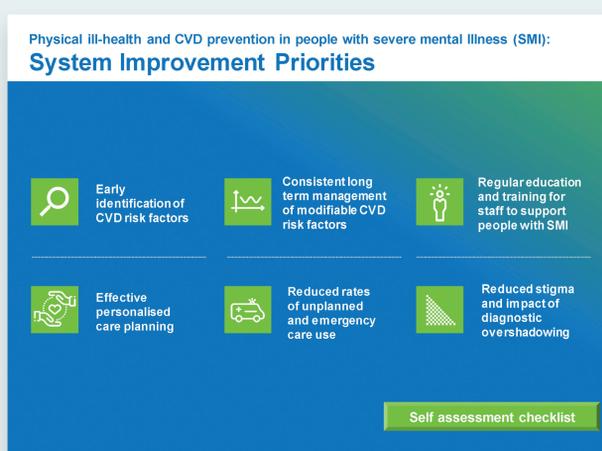
- Lack of prompt and timely identification of CVD risk factors
- Inconsistent or lack of long term management of modifiable risk factors
- Lack of or sub-optimal personalised care planning
- High rates of unplanned and emergency care use
- Stigma and the effect of diagnostic overshadowing

RightCare has developed a system toolkit in collaboration with Public Health England, NHS England's National Clinical Director for Cardiovascular Disease Prevention, the British Heart Foundation, MIND, Rethink Mental Illness, University College London, and the National Institute for Health and Care Excellence (NICE). It provides a national case for change and a set of resources to support local health systems concentrate their improvement efforts where there is greatest opportunity to address variation and improve population health.

National RightCare opportunities for improvement:

- By 2020/21, 280,000 more people living with SMI have their physical health needs met
- By 2023/24 an additional 110,000 people per year to have a physical health check (bringing the total to 390,000 checks delivered each year) in line with the NHS Long Term Plan
- 10,000 more SMI patients on GP register to receive a blood pressure check if CCGs achieved rate of 5 best peers, according to RightCare opportunity data
- 15,000 more SMI patients on GP register to receive an alcohol consumption check if CCGs achieved rate of 5 best peers, according to RightCare opportunity data
- 60% of people on SMI register to receive physical health checks across primary and secondary care, if key interventions are taken
- Reduction in number of SMI patients attending secondary care for CVD conditions

Please contact rightcare@nhs.net to find out more about opportunities in your system



Contact RightCare – rightcare@nhs.net [@nhsrightcare](https://twitter.com/nhsrightcare) [NHS RightCare](https://www.nhs.uk/rightcare)

