

Physical health assessment and medicines reconciliation on admission to an acute mental health unit: a quality improvement project

Authors: Arani Vivekanantham,^A Abdur-Raof Sheikh,^B Hisham Omer,^B Patrick Elder^B and Samuel Amis^B

Introduction

Patients with mental health disorders are at high risk of concomitant physical health problems.¹ Also, medicine reconciliation can help reduce prescribing errors.² The aim of this project was to increase the completion rate of physical health assessments and medicines reconciliations at an acute mental health day hospital in accordance with local/national standards.^{2,3}

Methods

Patient clerking documentation was audited for completion of physical assessments and medicines reconciliation on four occasions: baseline, 2 months after the first intervention, 2 months later (following the trial of an online record-keeping system), and, finally, prior to a third intervention (twice-weekly 'board round' and dedicated weekly 'physical health' clinics) being implemented.

Results

At baseline (n = 33), 16 (49%) had a physical examination, 15 (46%) had an electrocardiogram (ECG), 17 (52%) had baseline bloods and four (12%) had a completed medicine reconciliation form. After the second and third intervention (n = 31), these figures increased substantially to 81%, 81%, 74% and 74% respectively.

Conclusions

Physical health assessments and medicines reconciliation are important components of clerking in psychiatry. The interventions introduced so far have improved the completion rate, thereby improving patient care. ■

References

- 1 Robson D, Gray R. Serious mental illness and physical health problems: A discussion paper. *Int J Nurs Stud* 2007;44:457–66.
- 2 Baxendale L. *Procedure for Medicines Reconciliation on Admission to Inpatient Units (V6)*. Coventry and Warwickshire Partnership NHS Trust, 2016.

- 3 Royal College of Psychiatrists. Occasional Paper OP67. *Physical health in mental health*. London: RCPsych, 2009.

Authors: ^AArthritis Research UK Centre for Epidemiology, University of Manchester; ^BCoventry and Warwickshire Partnership NHS Trust