

## King's Health Partners Mind & Body Programme

### Progress Update – June 2019

#### Summary

People are not separated into minds and bodies, and their health does not conform to medical specialties or disease-specific diagnoses. Now, more than ever before, we know that the mind and body are inseparable and that people have multiple, interacting health conditions. Yet too often we diagnose, treat and care for patients and service users in a disconnected way. The transformation of our local care system to deliver joined up mental and physical healthcare is potentially the single most powerful and innovative improvement we could make to improve health outcomes and experience for people locally and to make significant cost savings for our NHS.

The vision of the King's Health Partners Mind & Body Programme is for an ambitious and collaborative programme, co-designed and co-delivered with our partners, our patients and communities, with the aim of making the advancement of integrated mind and body care a reality. We are focused on those with co-morbid physical and mental health conditions – both people with severe mental illnesses, such as bipolar disorders or schizophrenia, who also have physical health conditions, and also those with at least one long-term physical health condition and co-occurring mental illness, such as depression or anxiety.

This short report aims to present a summary of progress over the 12 months from July 2018 through to June 2019. This is our second year of funded programme delivery and reflects an expanded delivery remit beyond King's Health Partners, which includes focused activity in primary, community and social care settings. Particular headlines to call out include:

- External (charitable) income generated now totals c.£3 million
- Programme scope formally extended to include social care, primary care and community services, enabled by seed funding from Southwark and Lambeth Clinical Commissioning Groups, GP Federations and Local Authorities
- More than 650 Mind & Body Champions recruited
- IMPARTS is now live in nearly 60 clinics with over 70,000 patient screens since its launch
- Launched a new 'Integrating Care: Depression, Anxiety and Physical Illness' Massive Open Online Course (MOOC), with more than 12,000 learners signing up. A further course is scheduled for September 2019 and 1,000 learners are signed up so far.
- Significant £1.7m three-year project underway to improve physical health of mental health service users, aiming to smooth pathways and experience of care between mental and physical health settings
- Our partners signed up to national 'Equally Well' collaborative, focused on improving physical health of those with severe mental illness. We hosted a learning event in May 2019 which was rated an average of 4.8 out of 5 with 100% of members saying they would highly

recommend an event like this to a colleague. You can read the blog on the Equally Well website [here](#).

## Context

The Mind & Body Programme is rooted within King's Health Partners, an Academic Health Sciences Centre, whose partners are Guy's and St Thomas', South London & Maudsley and King's College Hospital NHS Foundation Trusts, and King's College London. The Programme relies on annual funding contributions from these partners to enable delivery.

In discussion with the Southwark and Lambeth Strategic Partnership, a partnership which includes the King's Health Partner NHS Foundation trusts and Clinical Commissioning Groups, General Practice Federations and Local Authorities from across both boroughs, we identified a series of additional Mind & Body improvement projects within primary, community and social care settings. As a result, the Programme received additional funding to enable delivery in these areas, running from October 2018 through to September 2019.

By way of a brief recap, in seeking to define the work of the Programme, we have established three broad workstreams and a suite of enabling activity. These are described at Annex A. For further detail on the early phase set up and governance for the Programme, including existing learning on which the Programme seeks to build, see the [Mind & Body Progress Update \(June 2018\)](#).

## Engaging the Experts

There is no more powerful way to make the case for why mind and body matters and to shape our improvement efforts than to hear from those who are experts by experience. A range of mind and body blogs have been published on our King's Health Partners website to capture personal reflections on mind & body care.

[Penny](#), who has been an integral part of developing our Compass project (online psychological support for those with physical health conditions) shares her story and why mind and body matters for her recovery. To mark Mental Health Awareness Week in May 2019, which had a theme of body image, Mind & Body Champion [Jamie Williams](#) blogged about the importance of being kinder to ourselves and shared some tips on how we can maintain a positive body image and help others who are struggling. Watch a video of Mind & Body Champion [Nikki Helder](#) sharing her experiences of using the Staff Health and Wellbeing Toolkit with the A&E team at St Thomas' Hospital in July 2019. Full list of our blogs available [here](#).

## Enabling Direct Delivery & Strategic Leadership and Support for all Partners

The Programme's operating model is two-fold:

- i. Direct funding for a small core Programme team, a limited number of key projects and the Programme's cross-cutting enabling work, and

- ii. Provision of strategic leadership and support for a range of mind and body related projects across the partnership. This support includes identification of available funding and grant writing, joint leadership and guidance on project set up and monitoring, cross-system communications and facilitation of strategically advantageous partnerships, dissemination of exemplars, evidence and best practice, and a route through which operational issues can be escalated and performance reviewed.

To ensure clear and strong line of sight between the Mind & Body Programme's strategic aims and front-line clinical delivery, we have supported the establishment of the Mental Health Boards within Guy's & St Thomas' NHS Foundation trust, chaired by the new Director of Vulnerable Adults, and King's College Hospital NHS Foundation Trust, chaired by the Deputy Chief Executive. In South London and Maudsley NHS Foundation trust, we report into the Physical Health Strategy Implementation Board, chaired by the Director of Nursing. Through these relationships, we have been able to ensure Programme delivery is responsive to frontline need, and we are able to identify new projects and collaborations which are mutually beneficial.

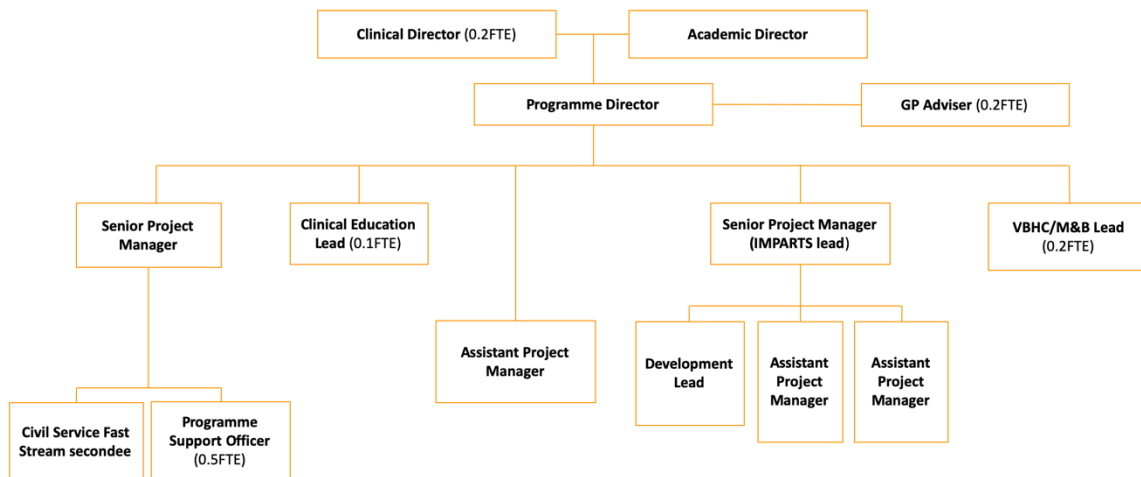
#### Programme capacity: creation of a core team

At June 2018, the core Programme team consisted of 0.4 full-time equivalent Clinical Director, 1 full-time equivalent Programme Director, 0.5 full-time equivalent Project Manager, and 1 full-time equivalent Programme Support Officer.

In response to the growing mobilisation of Mind & Body and increasing delivery demands on the central team, the Programme team has expanded. In particular, we have recruited those with non-hospital clinical experience to support the expansion of programme activity into primary, community and social care. We have been joined by a new GP Lead (0.2FTE), Senior Project Manager (1FTE) and Clinical Education leads (0.2FTE) who took up post in January. These new roles are enabled by the additional funding from the Southwark and Lambeth Strategic Partnership and are designed to improve the Programme's insight and quality of delivery in primary, community and social care settings.

Furthermore, we have taken the strategic decision to fully integrate one of our key projects, Integrating Mental & Physical Healthcare: Research, Training & Services (IMPARTS), within the core Programme team. Building on learning from King's College London's first phase roll out of the IMPARTS project, which has enabled strong demonstration of proof of concept, we are moving into a large-scale implementation phase targeting frontline settings across our NHS partners. We have agreed to bring the project under direct Mind & Body team management and so shift from a research-hosted to an NHS-hosted model of delivery, sitting within the Mind & Body team.

#### Figure 1: Mind & Body Programme team organisational structure



### Programme Delivery Highlights

Over the last 12 months, the Mind & Body Programme has been through a period of expansion, in terms of the remit and volume of activity and delivery.

A summary of our projects is set out in the table below, with a set of corresponding metrics to measure progress and benefits where applicable. Those which are directly funded by King's Health Partners financial contributions or resourced by the Programme team are noted (as per (i) above); other work has been resourced either through successfully securing external funding from outside NHS organisations, or through the discretionary in-kind investment of time, oversight and advice from a wide range of staff across the partnership and beyond, with facilitation and support from the Mind & Body Programme team.

In particular, a significant new area of activity for the Programme is our Integrating our Mental and Physical Healthcare Systems (IMPHS) project, a three-year programme of work funded by a £1.7m grant from the Maudsley Charity, focusing on closing the mortality gap for patients at South London and Maudsley NHS Foundation Trust. The project will be delivered through three workstreams aimed at improving physical health of South London and Maudsley NHS Foundation Trust patients by improving the support for physical health in in-patient settings through training, quality improvement and piloting new services; in community settings through a volunteer-delivered intervention; and across the trust via a digital tool.

Using an Implementation Science framework, we have developed a plan for evaluation of the approaches (implementation strategies) undertaken by the core programme team. This will assess the effectiveness of our interventions in 'real world' settings across our partnership. We began by developing a Logic Model as a helpful process for considering the value of our inputs, processes, outputs and outcomes across the team. We have also analysed existing data that is routinely collected from training courses, feedback from the King's Health Partners Stakeholder Survey (carried out in early 2019), Learning & Development Workforce Survey (2015-2018), and the Staff

Health & Wellbeing Toolkit launch event (March 2019) to highlight any gaps in our understanding of the appropriateness and current reach of our programme activities. Through autumn 2019, we are proposing to undertake a light touch formative evaluation to assess the extent to which the implementation of Mind & Body interventions and approaches are effective to date and the findings/recommendations will be published.

We have included a very high-level description of some of the intended benefits at Annex B. We have characterised Programme benefits into process, output and outcomes metrics which describe the layers of impact.

Project/Enabler	Progress Update	Delivery Metrics (where applicable)
<b>Integrating Mental &amp; Physical Healthcare: Research, Training &amp; Service (IMPARTS) [directly funded by King's Health Partners]</b>	<ul style="list-style-type: none"> <li>• Ongoing collaboration with King's Health Partners Institutes to roll out IMPARTS</li> <li>• Scoping and planning for IMPARTS to expand screening to the King's College Hospital south sites, including Princess Royal University Hospital</li> <li>• Paper-based screening pilot in GP practice to assess the feasibility and applicability of IMPARTS screening in this setting</li> <li>• Development of e-learning package for staff working in clinical services to facilitate ongoing training in the use of IMPARTS screening component</li> <li>• Development of IMPARTS microsite</li> <li>• Second round of 3-week 'Integrating Care: Depression, Anxiety &amp; Physical Illness' massive open online course (MOOC). More than 12,000 enrolments to date</li> <li>• Presentation on Integrating Mental &amp; Physical healthcare – the importance of patient voice in guiding healthcare priorities and research, co-presented with two members of the Patient and Public Involvement Group in October 2018</li> <li>• Successful IMPARTS Seminars on Psychological Interventions at the Mental/Physical Health Interface, Trauma and Healthcare, and Food and Mind.</li> </ul>	<ul style="list-style-type: none"> <li>➤ At 30 June 2019: live in c.60 clinics &amp; 31 clinics in pipeline/set up</li> <li>➤ Between 01 July 2018 – 30 June 2019: 17,388 screening encounters - - Breakdown Guy's and St Thomas' (10,833) and King's College Hospital NHS Foundation Trust (6,555)</li> <li>➤ Cumulatively 70,896 screening encounters since implementation began in 2012, reaching c.40,000 patients</li> <li>➤ Average of 695 screening encounters per month</li> </ul>
<b>Three Dimensions for Long Term Conditions (3DLC)</b>	<ul style="list-style-type: none"> <li>• Independent evaluation by the University of York demonstrated that 3DLC patients have statistically significant improvement in anxiety, depression and disease specific physical health outcomes</li> <li>• Prevalence data in line with national evidence – c.30% of all those screened require follow up on psychological/psychiatric parameters</li> <li>• Most common social issues identified and support provided by social support worker include housing, benefits, transport and immigration advice.</li> </ul>	<ul style="list-style-type: none"> <li>➤ Between Jan 2017 – June 2019:             <ul style="list-style-type: none"> <li>➤ 2,400 patients screened</li> <li>➤ 900+ referrals to 3DLC team</li> <li>➤ 200 patients consented for research</li> <li>➤ 950 staff trained</li> <li>➤ Evaluation shows service reduced length of hospital stay by c. 50%</li> </ul> </li> </ul>

<p><b>Resource for Electronic Development of Interventions for Talking Therapies in Long-Term Conditions (RE-EDITT)</b> [directly funded by King's Health Partners]</p>	<ul style="list-style-type: none"> <li>• Compass: Navigating your long-term condition - development of an online trans-diagnostic Cognitive Behavioural Therapy platform for supporting patients with anxiety and depression in the context of long-term physical health conditions</li> <li>• Therapist supported model of delivery with regular contact via phone or online message supplementing programme over 12 weeks</li> <li>• In-depth user-testing of the (patient, services and researcher) platforms. Content has been developed with a range of clinicians &amp; patients</li> <li>• Implementation plan defined including parallel pilots with Southwark 'Improving Access to Psychological Therapies' (IAPT) service and three Guy's and St. Thomas' NHS Foundation Trust services: Renal, Xeroderma Pigmentosum and Neurofibromatosis.</li> <li>• Interoperability with IAPT data system (via Mayden) has been tested and signed off</li> <li>• Implementation support package includes face-to-face training, therapist manuals, supervision, administration support and launch documents.</li> </ul>	<ul style="list-style-type: none"> <li>➤ Between July 2018 – June 2019:             <ul style="list-style-type: none"> <li>➤ Patient, service level and researcher platform functionality tested and signed off</li> <li>➤ Extensive stakeholder engagement from patients (e.g. reading content, checking information leaflets) and therapists (e.g. reviewing therapist platform, highlighting training needs)</li> <li>➤ Approved patient leaflets and therapist training manuals developed and printed.</li> <li>➤ Training sessions delivered to 11 therapists</li> <li>➤ 10 additional services both internal and external have expressed interest</li> </ul> </li> </ul>
<p><b>Integrating our Mental and Physical Healthcare Systems Project (IMPHS)</b> [funded by Maudsley Charity]</p>	<ul style="list-style-type: none"> <li>• Funded by £1.7M from Maudsley Charity</li> <li>• Three workstreams in set-up phase:             <ul style="list-style-type: none"> <li>➤ Workstream 1 – Pathways Plan in progress for QI feasibility testing and new pharmacy and acute medicine pilot services and acute ward staff engagement at South London and the Maudsley NHS Foundation Trust nearing completion</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>➤ External funding secured: £1.7M</li> <li>➤ Between November 2018 – July 2019:             <ul style="list-style-type: none"> <li>➤ Project Team recruited</li> <li>➤ 7 out of 20 Acute Adult Wards engaged for Workstream 1</li> <li>➤ 11 QI and new service interventions evaluated for</li> </ul> </li> </ul>

	<ul style="list-style-type: none"> <li>➤ Workstream 2 - Health Champions Research Proposal ready for ethics submission, Health Champions training in development and voluntary sector resource database in progress;</li> <li>➤ Workstream 3 - Healthlocker Project Initiation Document three in progress</li> <li>• Project Team supporting 'adopted' research projects and research collaborations (Cogstack, ECG Project, Dental, Cancer).</li> </ul>	<p>Workstream 1 using the King's Improvement Science Framework</p>
<p><b>King's Health Partners Institutes</b></p> <p><b>Haematology Institute: Mind &amp; Body Project</b></p>	<ul style="list-style-type: none"> <li>• Development of a clinical service delivery model using bio-psychosocial approach. Project funded by Leukaemia UK</li> <li>• Provides a wide range of inpatient/ outpatient multi-disciplinary interventions</li> <li>• Recruited Consultant Psychiatrist, Clinical Psychologist, Social Worker and 3 Volunteers. Research fellow and assistant recruitment summer 2019</li> <li>• The developed patient pathway will be tested with four initial groups including IP/OP chemotherapy, OP 'watch and wait' and novel therapies (CAR-T)</li> <li>• IMPARTS screening including anxiety and depression, alcohol and smoking, pain, fatigue, quality of life, exercise, nutrition and resilience.</li> </ul>	<ul style="list-style-type: none"> <li>➤ Service to go live: autumn 2019</li> <li>➤ Psychological support training delivered</li> <li>➤ Social support pathway mapping underway</li> <li>➤ IMPARTS new clinics: 1</li> </ul>
<p>- <b>Cardiovascular</b></p>	<ul style="list-style-type: none"> <li>• Institute wide engagement to increase uptake of Mind &amp; Body approaches</li> <li>• Presented at a Vascular Integration Meeting attended by two vascular surgeons Held a follow-up IMPARTS meeting with to progress new IMPARTS pilot clinic at Gassiot House</li> <li>• Funding secured for continuation of 3DLC heart failure service</li> <li>• New IMPARTS clinic identified and feasibility testing completed in diabetic foot clinic.</li> </ul>	<ul style="list-style-type: none"> <li>➤ Presented at 3 Integration Workstream meetings</li> <li>➤ Discussions ongoing regarding secured funding for 3DLC heart failure service – see above for details</li> <li>➤ Operational Plan in place</li> </ul>
<p>- <b>Diabetes, Endocrinology and Obesity</b></p>	<ul style="list-style-type: none"> <li>• Led by Prof Khalida Ismail, T1 Diabetes &amp; Disorder Eating (T1DE) service has been established. The service includes IMPARTS screening</li> <li>• MSc in Advanced Diabetes and Obesity, which includes a mental health and diabetes module. Available from Oct 2020 for students internationally</li> </ul>	<ul style="list-style-type: none"> <li>➤ Funding from NHS England (£295k over 15 months)</li> <li>➤ IMPARTS new clinics: 1</li> </ul>



	<ul style="list-style-type: none"> <li>• KCH Clinical Audit in development for patients on waiting list for Bariatric Surgery to consider equity in provision for patients with Serious Mental Illness.</li> </ul>	
- Neurosciences	<ul style="list-style-type: none"> <li>• New IMPARTS clinic in General Neurology Outpatients</li> <li>• Functional Neurological Disorder Masterclass took place in May</li> <li>• Supported bid to MS Society in collaboration with Health Psychology colleagues to develop an MS specific Compass platform and care pathway</li> <li>• Undertook a review of resilience training needs of staff led by Neuro Psychologist – review is due in Q2 (end July). Stage 2 will include an assessment of suitability of Mind &amp; Body offer for neurosciences. This will inform future communications across the institute</li> <li>• Symposium held on 26 June which featured research on Parkinson’s Disease, anxiety, depression and dementia</li> <li>• Assessing possible benefits of Team Twinning between Neuro-rehab and Neuropsychology teams</li> <li>• IMPARTS training to be undertaken by three MS clinicians in Q2.</li> </ul>	<ul style="list-style-type: none"> <li>➤ 7 monthly meetings held with Neuro colleagues</li> <li>➤ Supported bid for £275k</li> <li>➤ IMPARTS new clinics: 2</li> </ul>
Men’s health services at King’s College Hospital	<ul style="list-style-type: none"> <li>• Burdett Trust grant funding of £200k to enhance the provision of integrated care in men’s health pathways at King’s College Hospital NHS Foundation Trust</li> <li>• Mental health (erectile dysfunction) nursing and psychology input to be recruited to embed routine screening, develop mind and body care pathways, and provide education and training to staff</li> <li>• Erectile Dysfunction Project Oversight Board established, team fully recruited and starting in September 2019.</li> </ul>	<ul style="list-style-type: none"> <li>➤ Team recruited</li> <li>➤ Service to launch: autumn 2019</li> </ul>
Learning & Development [resourced by Programme team]	<ul style="list-style-type: none"> <li>• Awarded £40,000 from Health Education England (HEE) Workforce grant for a programme of work to empower future leaders of the mental health workforce</li> <li>• Developed a Staff Health and Wellbeing Toolkit, four leadership development training sessions, and three runs of a two-day Mind &amp; Body simulation course –</li> </ul>	<ul style="list-style-type: none"> <li>➤ Between July 2018 – June 2019:             <ul style="list-style-type: none"> <li>➤ Induction content reached more than 5600, which is just over a</li> </ul> </li> </ul>

	<p>‘Healthy Lives, Healthy Mind, Healthy Bodies’. The course aims to support health and care staff to have helpful health change conversations with patients and service users across all healthcare settings, including with people who also have associated mental health conditions</p> <ul style="list-style-type: none"> <li>• Re-piloted a Mind &amp; Body one-day Children and Young People’s Health Clinical Skills Course. These have proved popular, and were delivered in November 2018, January 2019, March 2019. These will continue in the 2019/20 funding cycle</li> <li>• A variety of other courses continued, including digital modules (e-learning and Massive Open Online Course (MOOC)), the adult one-day clinical skills course and five-day IMPARTS course, and several simulation courses provided in partnership with Maudsley Simulation</li> <li>• Mind &amp; Body e-learning embedded onto all local Trusts learning management systems, and both Southwark and Lambeth social care learning platforms.</li> <li>• Recruited a Clinical Education Lead, Dr Lindsay Ip (Senior Clinical Psychologist), on a 0.1FTE basis to co-develop and deliver bespoke mind and body training to local health and social care teams (in post since January 2019)</li> <li>• Began a ‘Team Twinning’ pilot project between Acute Medicine teams at King’s College Hospital NHS Foundation Trust and Aubrey Lewis inpatient men’s ward. The initiative will bring staff together in a half-day shared learning session, and create opportunities for shadowing to improve knowledge, confidence, and communication skills</li> <li>• Funded Maudsley Simulation to develop a mind and body virtual reality scenario and training package to be delivered to staff from a range of health and care settings. Filming and completion of the pilot will occur in Autumn/Winter 2019.</li> </ul>	<p>doubling relative to the year before.</p> <ul style="list-style-type: none"> <li>➤ Attendees cross all training interventions: 1171</li> <li>➤ eLearning accessed by 262 people</li> <li>➤ Five deliveries of the adult one-day Clinical Skills Course, with 89 participants</li> </ul>
<p><b>Patient &amp; Public Engagement</b>  <i>[resourced by Programme team]</i></p>	<ul style="list-style-type: none"> <li>• Held five Expert Advisory Group (EAG) meetings</li> <li>• EAG members continue to inform all aspects of our work, and attend a variety of strategic and operational boards</li> <li>• Developed a dedicated website page to highlight patient and carer stories</li> </ul>	<ul style="list-style-type: none"> <li>➤ Between July 2018 – June 2019:             <ul style="list-style-type: none"> <li>➤ Five EAG meetings</li> <li>➤ Approximately 154 patients, families, carers and members of the public engaged with through focus group meetings,</li> </ul> </li> </ul>

	<ul style="list-style-type: none"> <li>• Have made greater contacts with social care teams across Southwark and Lambeth to widen the reach of the programme and explore social care teams' perceptions of mind and body care, learning needs, and areas for improvement.</li> </ul>	<p>roadshows, and community events (154 total engagements)</p>
<p><b>System Engagement and Alignment</b></p>	<ul style="list-style-type: none"> <li>• With the Lambeth &amp; Southwark Neighbourhood Development programmes, collaboration on various Mind &amp; Body projects</li> <li>• Mental Health Boards continuing within acute trusts to drive operational delivery and trust level strategic plans for enhancing integrated care</li> <li>• Expansion of Mind &amp; Body interventions to primary, community and social care settings as well as local voluntary and community sector groups, particular interest around Mind &amp; Body education and training opportunities</li> <li>• Ongoing engagement with the Sustainability and Transformation Partnership (STP) Mental Health Steering Group and workstream – specific links on education and training and 'Improving Access to Psychological Therapies' services.</li> </ul>	
<p><b>Communications including Champions Network</b></p> <p>[resourced by Programme team with King's Health Partners Communications]</p>	<ul style="list-style-type: none"> <li>• We currently have 644 Mind &amp; Body Champions</li> <li>• Attended Nurses Day and signed up 42 new Champions</li> <li>• Launched our digital Champions newsletter with a total of 313 clicks and a high average open rate of 34.1%</li> <li>• Launched our Staff Health and Wellbeing toolkit attended by 80+ Champions Created a video of an A&amp;E sister successfully implementing the toolkit with her teams</li> <li>• Engaged with staff at a range of conferences and events, including King's Health Partners 10th Annual Conference, Equally Well UK network learning event, stalls at various events, introductory meetings at staff away days and team meetings, and through greater engagement with social care teams across Southwark and Lambeth</li> <li>• News, information and blogs about Mind &amp; Body and Champions Network routinely shared in all partner communications channels and newsletters</li> <li>• Celebrated the first Birthday of the Champions Network</li> </ul>	<ul style="list-style-type: none"> <li>➤ Between July 2018 – June 2019:             <ul style="list-style-type: none"> <li>➤ 172 additional Champions recruited</li> <li>➤ Held 6 Champion's Events with 184 attendances</li> <li>➤ The Staff Health and Wellbeing Toolkit - 192 downloads and 9th most read story of 2019</li> <li>➤ Mini-series of 60-second videos received &gt; 2,352 views</li> <li>➤ 44 news stories and blogs promoted via comms channels</li> </ul> </li> </ul>

	<ul style="list-style-type: none"> <li>• Carried out a Mind &amp; Body Workforce Survey, and demonstrated significant improvement in workforce mind and body skills, and increased uptake of training opportunities</li> <li>• Developed a new patient and public engagement page on the King's Health Partners website.</li> </ul>	<ul style="list-style-type: none"> <li>➤ Busiest month on Twitter: October 2018 – 57,996 impressions</li> <li>➤ Toolkit launch - 91% of attendees felt more confident in supporting their own or their colleagues' wellbeing</li> </ul>
<b>Research</b>	<ul style="list-style-type: none"> <li>• Major grants obtained to explore the following areas:           <ul style="list-style-type: none"> <li>➤ Ultra-long term serial EEG: association of a novel seizure likelihood index with seizure occurrence, stress, sleep and medication (Epilepsy Research UK, £150k);</li> <li>➤ Closing the treatment gap in anorexia nervosa (Brain and Behaviour Research Foundation, £25k);</li> <li>➤ New approaches to understanding Social-Cognition in Anorexia (Wellcome Trust, £300k);</li> <li>➤ Developing Innovative clinical pathway for women with Autism spectrum features and Eating Disorders (DIAED), (Health Foundation, £75k);</li> <li>➤ Mental illness in atopic eczema and psoriasis: how big is the problem, why does it happen and how can we prevent it? (NIHR, £146,000).</li> <li>➤ Mechanisms and consequences of depression-related multimorbidity over the life course: coordinated analysis of population and primary care data (Medical Research Council, £364k)</li> <li>➤ Mental and physical multimorbidity in patients among working-age ethnic minority adults in Lambeth (Guy's and St Thomas' Charity, £124k)</li> <li>➤ Brain, Immunity and Psychopathy following very Preterm birth (Medical Research Council, £1.07m)</li> </ul> </li> <li>• Published journal articles and research studies including:           <ul style="list-style-type: none"> <li>➤ Patel, M. James, K. Moss-Morris, R. Husain, M. Ashworth, M. Frank, P. Ferreira, N. Mosweu, I. McCrone, P. Hotopf, M. David, A. Landau, S. Chalder, T. Persistent physical symptoms reduction intervention: a</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>➤ Research funding for projects relating to integrating physical and mental health of c.£3.5m</li> </ul>

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## 2019/2020 – Programme Mobilisation

The second phase of delivery of the Programme has been on fully mobilising programme resources and maintaining the momentum that had been built across the system (and which is mirrored by national priorities and interest). Whilst we have been through a period of expansion over the last 6-12 months, the next phase of the programme is focussed on maintenance of delivery and ensuring sustainability of impact. This phase is therefore characterised by continuation and iteration of existing work on the Programme's workstreams.

We will, however, be exploring the implementation considerations of key projects, in order to identify approaches to strengthen our existing approach and support ongoing sustainability of service improvements. With guidance from implementation science experts from KCL, we will carry out both project level and programme level reviews to inform our next steps.

We have established Mind & Body as a complex programme of work, with varying timelines to realise short, medium and longer term impacts. Critically, over time we expect to see improvements in organisational cultures, attitudes and confidence in the practice of integrated mind and body care, as well as the ultimate goal of improving health outcomes for our local populations.

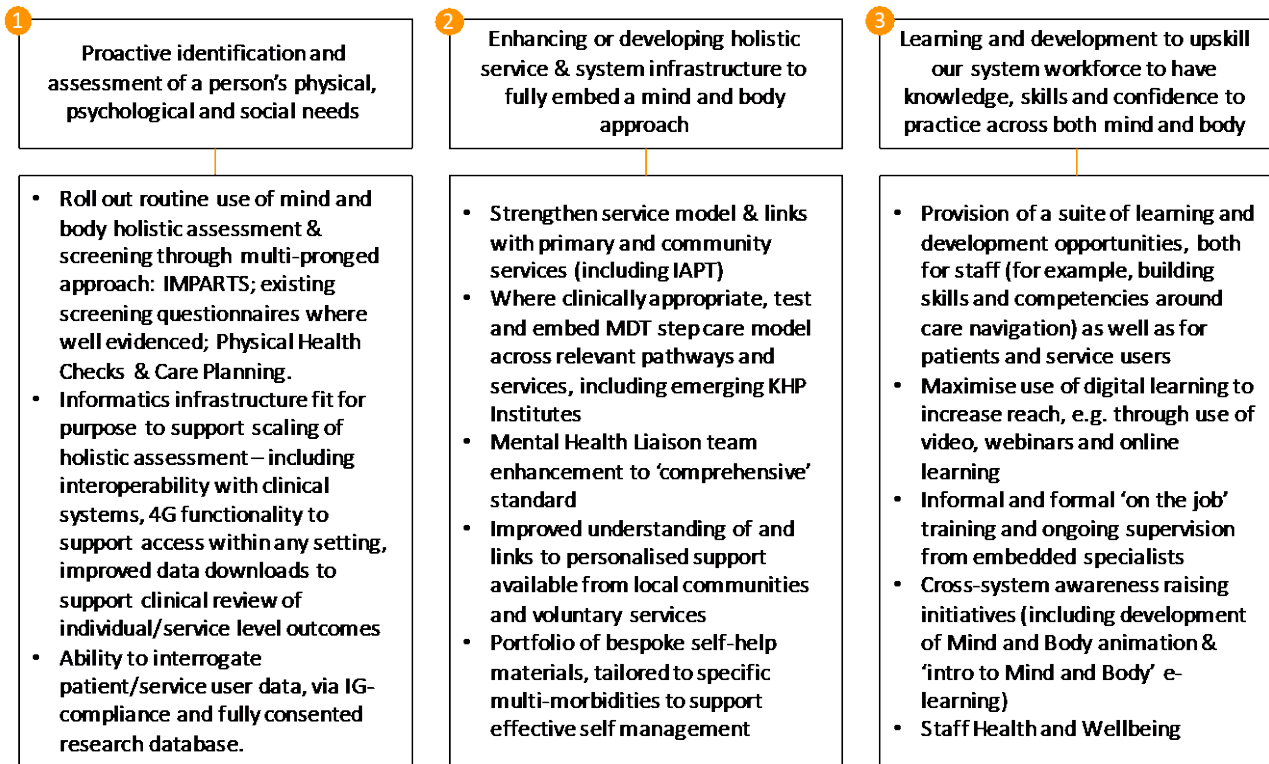
**Sophie Gray**, Senior Project Manager

**Kate Lillywhite**, Programme Director

**Dr Sean Cross**, Clinical Director

## ANNEX A

Figure 2: Mind & Body Programme workstreams



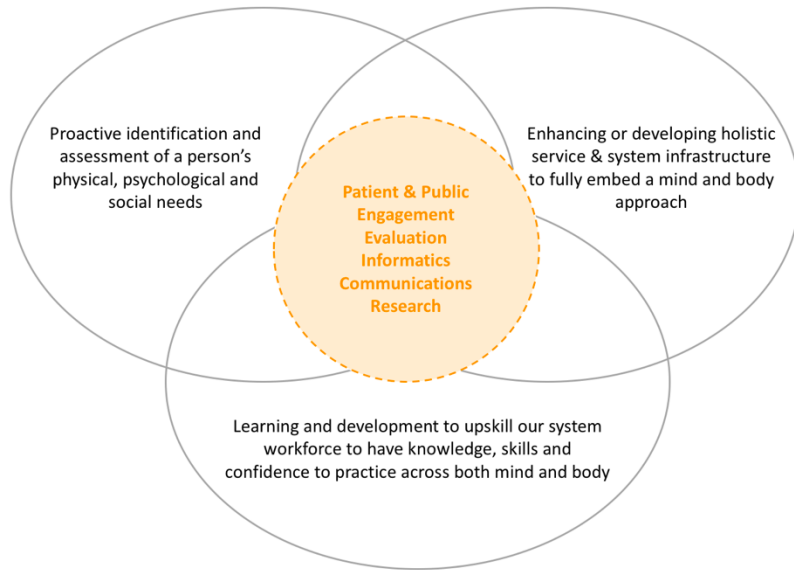
Importantly, the Programme is not purely focussed on care delivery, but also the wider infrastructure required to create sustainable change. For example, engaging patients and the public on our work, supporting our staff to refresh and learn new skills, providing the tools for clinicians to better identify, support and monitor the complex needs of patients, and working with academia, public health and commissioners on population health intelligence.

Enabling activity essential for successful delivery:

- Patient and public engagement: to ensure that our Programme delivers in a way that is meaningful and transformative for our patients and service users, along with their carers and families
- Evaluation: to understand clearly what works, taking a broad, inclusive perspective on benefits which includes economic, social and health impacts
- Informatics: supporting integration and service transformation through sharing of data, Electronic Patient Record improvements, and interoperability of multiple systems to develop a single record
- Communications and awareness: to more effectively engage frontline staff on the importance of Mind & Body, to raise awareness and understanding, increase uptake of training opportunities and, ultimately, change behaviours
- Research: to establish a continuous feedback loop between patient data, treatment outcomes, and service improvement and commissioning.

The Programme’s workstreams and enablers provide the principles and structures for embedding a Mind & Body framework across the multiple services, pathways, and organisations with whom we work. However, we retain flexibility in our approach to the development of solutions and implementation that is co-designed with clinicians, managers and patients, families and carers, to remain impactful, clinically relevant and operationally pragmatic, given the wide variety of contexts across our local patch.

Figure 3: Workstream and enablers matrix





**ANNEX B**

WORKSTREAM	DELIVERABLES	IMPACT/OUTCOMES
<b>To spread the provision of seamless integrated care in order to reduce the mortality and morbidity rates driven through co-morbid physical and mental ill-health</b>		
IMPARTS	<ul style="list-style-type: none"> <li>• Launch of IMPARTS at home model enabling patients to complete in advance of appointments and reducing the need for facilitation within clinics</li> <li>• Where Vital 5 approach piloted, IMPARTS used as platform to collect data on 4 out of 5 domains</li> <li>• Increase IMPARTS coverage across outpatient clinics by 25% (including set up at PRUH)</li> <li>• Continued development of self-help resources</li> </ul>	<ul style="list-style-type: none"> <li>• Real time access to a patient's mental and physical health information leading to improved care delivery.</li> <li>• IMPARTS clinic level data used to improve care pathways and service development.</li> </ul>
Service development projects (also see Partnerships below)	<ul style="list-style-type: none"> <li>• Institutes: Roll out of IMPARTS; mind and body training offered embedded and delivered within core training; identify opportunities for more transformational pathway based projects (seeking external funding to pump prime); build on existing projects (e.g. 3DLC and Haem) to collect evidence base &amp; agree sustainable funding plan.</li> <li>• Launch and testing of online e-CBT platform, available to all patients/service users in primary, community and secondary care &amp; clear pathways to access from each setting. Develop commercial model to underpin roll out.</li> <li>• Scale up successful approaches to IAPT out-reach within secondary care pathways (testing in gastro, diabetes &amp; MSK)</li> </ul>	<p>Benefits sought across all projects include:</p> <ul style="list-style-type: none"> <li>• Improved psychological and physiological outcomes for patients and service users;</li> <li>• Improved patient and service user experience of care; and</li> <li>• Demonstrate cost-effectiveness through resultant reductions in healthcare utilisation, principally ED attendances &amp; admissions, outpatient appointments, admissions &amp; re-admissions, and length of stay</li> </ul>
Education & Training	<ul style="list-style-type: none"> <li>• Significant investment in Mind and Body education and training offer to enable delivery at scale and with dedicated resources including new e-learning and digital delivery using virtual reality technologies</li> <li>• Bespoke training design &amp; delivery for primary, community and social care staff</li> </ul>	<ul style="list-style-type: none"> <li>• Improved access to learning and development opportunities for local staff</li> <li>• Increased uptake of these opportunities by our workforce</li> <li>• A more confident workforce, capable of delivering Mind and Body care</li> <li>• Improved delivery of care for interacting mental and physical health needs of our populations</li> </ul>
Comms & Engagement	<ul style="list-style-type: none"> <li>• Continued development of resources to enable Mind &amp; Body Champions to lead local, incremental service improvement projects</li> <li>• Delivery of comprehensive comms strategy, including building social media impact, website development, roadshows &amp; events</li> <li>• Involvement in national network 'Equally Well' which promotes physical health of those with mental illness</li> </ul>	<ul style="list-style-type: none"> <li>• Increased awareness and understanding of why mind and body matters</li> <li>• Engaged group of Champions to support project delivery</li> </ul>
Partnerships	<ul style="list-style-type: none"> <li>• Delivery of externally funded projects – Improving Physical health of those with SMI &amp; Maudsley Charity; Men's Health &amp; Burdett Trust; Renal outcomes for those with SMI &amp; Kidney Care UK; training for Champions &amp; Health Education England.</li> <li>• New partnerships scoped &amp; established (in progress with MS Society, KCH Charity, others via KHP Fundraising)</li> </ul>	<ul style="list-style-type: none"> <li>• External grant income totals £3m+ to date</li> <li>• Programme generating funding for innovation without immediate cost pressures to KHP partners (will require investment via business planning in due course)</li> </ul>