

KING'S HEALTH PARTNERS MIND & BODY PROGRAMME

PROGRESS UPDATE – JUNE 2021

SOUTH LONDON AND MAUDSLEY
NHS FOUNDATION TRUST

INSIDE

Summary & Context

Workstream One Updates

Workstream Two Updates

Workstream Three Updates

Mind & Body Enablers Updates



SUMMARY

People are not separated into minds and bodies, and their health does not conform to medical specialties or disease-specific diagnoses. Delivering integrated mind and body care is crucial, as many patients regularly attend for clinical care at multiple health and care organisations, including above average A&E attendances and unplanned inpatient admissions. Furthermore, there is significant unmet need, particularly in the population of people living with long-term conditions, up to 40% of whom are estimated to have depression or anxiety, the presence of which worsens the overall health outcomes of all long-term conditions. Severe and enduring mental health problems such as schizophrenia, on the other hand, are associated with a 15–20-year shorter life expectancy, largely due to unaddressed physical health needs.

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. The King's Health Partners Mind & Body Programme works across south east London to make integrated mind and body care a reality. Our focus is on people with co-morbid physical and mental health conditions – both, people with severe mental illnesses who also have physical health conditions, and those with at least one long-term physical health condition and co-occurring mental illness.

This short report aims to present a summary of progress between June 2020 and June 2021. Particular headlines to call out include:

- The Mind & Body Champions Network is in its fourth year and boasts 918 members across partner organisations. 98 new Mind & Body Champions were recruited in the last year.
- External (charitable) income generated by the programme for mind and body care now totals more than £4.5 million. This includes a new grant from Impact on Urban Health to co-design and test an approach to caring for chronic pain patients in primary care.
- A five-person psycho-social team was recruited and is being embedded into the critical care service at King's College Hospital (KCH), with funding support from the KCH Charity.
- Remote screening through e-IMPARTS was launched to support virtual care delivery in response to the Covid-19 pandemic.
 - e-IMPARTS is being rolled out and is live in 64 services, with a further five services screening patients face-to-face.
 - Since going live in June 2020, over 10,000 patients have been able to report their mind and body outcomes as part of routine clinical care in physical health settings.
 - An internal evaluation found that 90% of patients who had completed an IMPARTS screening felt that it had an impact on their clinician's awareness of their needs.



- As part of the Integrating Mental and Physical Health Services (IMPHS) project, funded by the Maudsley Charity, key achievements include:
 - Launched Consultant Connect at South London and Maudsley (SLaM), which enables clinicians to receive physical health advice from colleagues at King's College Hospital (KCH) and Guy's and St Thomas' (GSTT). 937 Consultant Connect calls have been placed since launch and more than 320 SLaM clinicians have downloaded the Consultant Connect App.
 - Developed a series of webinars on prescribing and medicines optimisation. 55 prescribers have attended the first six of twelve webinars.
 - Submitted ethics application for a new study to understand how SLaM service users use technology to support their physical health.
 - Launched new physical health functionality in Beth, SLaM's personal health record for patients.
- COMPASS, an online, therapist-supported programme to treat illness-related anxiety and depression for people with long-term physical health conditions, has been tested in eight NHS services across King's Health Partners. A national trial was run in collaboration with charities, including Crohn's & Colitis UK, MS Society and Kidney Care UK.
- The [Mindfulness 4 All](#) Platform was launched in January 2021. Over 460 KHP staff and non-staff members have enrolled onto the platform since launch and the platform videos have been watched 850 times.
- King's College Hospital and South London and Maudsley were successful in achieving the national [HSJ Workforce Initiative of the Year award 2020](#) for the Covid-19 Staff Support and Wellbeing Programme. Dr Mary Docherty, Consultant Liaison Psychiatrist at King's College Hospital NHS Foundation Trust, who co-led the COVID-19 Staff Support and Wellbeing Programme, said:

"This was a truly collaborative effort across organisations, professions and teams. Every single person went above and beyond driven by a desire to help, contribute and show their gratitude to all King's College Hospital NHS Foundation Trust staff for their remarkable ongoing work during the COVID-19 pandemic."

CONTEXT



The Mind & Body programme is a part of King's Health Partners, an Academic Health Sciences Centre based in south east London and bringing together world-class research, education and clinical practice for the benefit of patients. Our partnership is made up of one of the world's top research-led universities, King's College London, and three NHS Foundation Trusts: South London and Maudsley, Guy's and St Thomas' and King's College Hospital.

The programme is committed to joining up mental and physical healthcare, training and research to improve health outcomes for our patients and service users across King's Health Partners and, more broadly, south east London.

The Mind & Body Programme in its current form, and with its strategy, was established in 2016. Building on our work over the last five years, the publication of the KHP five-year plan and wider system developments, we have decided to refresh our strategy.

The aim of the Mind & Body Programme continues to be an ambitious and collaborative programme, co-designed and co-delivered with our partners, patients and communities, and working to make the advancement of integrated mind and body care a reality. This encompasses service delivery, but also the wider infrastructure required to create sustainable change, including supporting our staff to refresh and learn new skills; providing tools for clinicians to better identify, support and monitor the complex needs of patients; and working with academia to make sure that lessons from research are used more swiftly, effectively and systematically to provide better, more joined up healthcare services for people with physical and mental health problems.

However, as part of our strategy refresh we are shifting the focus of the Mind & Body programme in a number of areas.

In line with the King's Health Partners mission, we will strengthen our focus on 'delivering better health for all through high impact innovation' by prioritising work to develop new ways to provide mind and body care for our local communities. To maximise impact, we will ensure we align with the top ten most common long-term conditions.

Having built up an understanding of mind and body care models within secondary care, we will aim to work more closely with partners across south east London Integrated Care System, in particular primary, community and voluntary care, to test and deliver new approaches. This recognises our shared aims around integrating care delivery and addressing health inequalities, as well as the move towards an Academic Health Sciences System.

At the same time, it will be important to ensure that any improvements can be disseminated so that people across south east London, and beyond, can benefit from improved mind and body care. To that end, we will work with local and national partners to develop a Mind & Body accreditation scheme, setting out a framework for what good integrated mind and body care looks like.



The Mind & Body programme is being delivered through three work streams and we remain convinced of their value and relevance. However, the priorities within the work streams will reflect our shifts in focus as part of the strategy refresh.

- 1. Proactive identification and assessment of a person's physical, psychological and social needs**
 - Continued roll-out of IMPARTS across King's Health Partners and testing in new settings to help patients record their health outcomes
 - Aligned to, and focused on, the top ten most common long-term conditions

- 2. Enhancing or developing holistic service and system infrastructure to fully embed a mind and body approach**
 - Strengthened focus on developing new ways to provide mind and body care across our local system, including through securing external funding
 - Launch a Mind & Body accreditation scheme to establish a benchmark for how physical and mental health needs are addressed together to improve outcomes, promote wellbeing and reduce health inequalities
 - Improve our understanding of the benefits and economic impact of mind and body care at a system level, reflecting our increasing involvement across the south east London Integrated Care System

- 3. Learning and development to upskill our workforce to have knowledge, skills and confidence to practice across both mind and body**
 - Deliver a holistic training offer to enable delivery of mind and body care within secondary care and beyond

Mind & Body enablers

- **Patient and public engagement:** To ensure that our programme delivers in a way that is meaningful and transformative for our patients and service users, as well as their carers and families
- **Mind & Body Champions:** To encourage a Mind & Body culture and approach across the NHS
- **Communications and awareness:** To more effectively engage frontline staff on the importance of joined up mental and physical healthcare
- **Partnership working:** A new enabler to maximise benefits of collaboration and shared learning locally and nationally



WORKSTREAM ONE

Proactive identification and assessment of a person’s physical, psychological and social needs

Projects/Deliverables	Progress updates	Delivery metrics
<p>Integrating Mental & Physical Healthcare: Research, Training & Service (IMPARTS)</p>	<ul style="list-style-type: none"> • Ongoing collaboration with King’s Health Partners Institutes to roll out IMPARTS, including in new services, such as ‘long covid’. • Expanded screening to the King’s College Hospital south sites, including Princess Royal University Hospital. • Impact on Urban Health Charity have granted funding to test IMPARTS screening in primary care setting, as part of a bio-psycho-social approach to care for patients with chronic pain. • Ongoing collaboration with programmes of work for people with multiple long-term conditions, and the development of new electronic patient records. • ‘Integrating Care: Depression, Anxiety & Physical Illness’ short course is now “always available”. More than 33,000 enrolments across 177 countries to date. • Successful IMPARTS Lunchtime Seminar on “Reflections on virtual clinics and patients’ 	<ul style="list-style-type: none"> • At 31 July 2021: IMPARTS is live in 75 clinics & 63 clinics in pipeline/set up • Between 1 July 2020 – 30 June 2021: 9,911 screening encounters: <ul style="list-style-type: none"> • Guy’s and St Thomas’: 3,763 • King’s College Hospital NHS Foundation Trust: 6,148 • Cumulatively 91,987 screening encounters since implementation began • Average of 826 screening encounters per month in 2020-21



perspectives on integrated mind and body care”.



WORKSTREAM TWO

Enhancing or developing holistic service and system infrastructure to fully embed a mind and body approach

Projects/Deliverables	Progress updates	Delivery metrics
<p>IMPHS</p>	<ul style="list-style-type: none"> Funded by Maudsley Charity Workstream 1 – Pathways: <ul style="list-style-type: none"> Virtual Physical Health Clinic launched at the Maudsley. Following evaluation, these will now be run for its second year featuring face-to-face clinics and specialist nursing. Physical health advice made available to South London and Maudsley NHS Foundation Trust clinicians via Consultant Connect. After 12 months, Consultant Connect was made available to community clinicians in addition to inpatients. Prescribing guidelines developed to optimise medication for patients with co-morbidities. Based on initial scoping, a series of webinars is being delivered by KCH pharmacists to increase prescribing knowledge and confidence. Development of an observational study to understand the context of physical healthcare delivery in community teams. 	<ul style="list-style-type: none"> 937 Consultant Connect calls placed since launch in June 2020. Based on reported outcomes 66% of calls answered resulted in referral avoided, admission avoided, or patient treated out of hospital. 51 specialist services have been contacted (provided by GSTT, KCH, UHL & SLAM) 21 patients referred to the virtual physical health clinic 55 prescribers across SLAM, KCH and GSTT have attended the first six of twelve pharmacy webinars Two guidelines have been drafted on prescribing for patients with inflammatory bowel disease and heart failure as a co-morbidity 158 referrals into the Health Champions programme, with 55 participants consented to take part in the trial Two protocols have been published: Williams J. et al. (2021) <i>Development and rapid evaluation of services to support the physical health of people using psychiatric inpatient units during</i>



	<ul style="list-style-type: none"> • Workstream 2 – Health Champions: Health Champions Following ethics approval, volunteer and participant recruitment closed after 11 months. • Workstream 3 – Potential of Digital: Delivered on two phases of Beth development to include physical health-related functionality launched. Submitted ethics application for a new study to understand how SLaM service users use technology to support their physical health • Project Team supporting ‘adopted’ research projects and research collaborations (Cogstack for diabetes pathway (D Patel), ECG Project (F Gaughran), Erectile Dysfunction (I McMullen, G Shields)). • Recruitment for service user and carer experts by experience, and staff advisors, to co-design the development, evaluation and dissemination of all workstreams • Evaluation plans of workstreams 1 and 2 has begun, including research, implementation science, health economics and statistical input. 	<p><i>the COVID-19 pandemic: study protocols ; Williams J. et al. (2021) A feasibility hybrid II randomised controlled trial of volunteer ‘Health Champions’ supporting people with serious mental illness manage their physical health: study protocol.</i> The articles have been accessed 696 and 416 times respectively.</p> <ul style="list-style-type: none"> • Two abstracts were accepted for presentations at the UK Implementation Science Conference 2021. One of the presentations was awarded ‘Runner-Up’ for best presentation, as voted by the conference delegates.
<p>COMPASS</p>	<ul style="list-style-type: none"> • COMPASS: development of a digital therapeutic to treat anxiety and depression in the context of long-term physical health conditions. • Therapist-guided, with regular contact via phone or online message supplementing therapeutic program over approx. 12 weeks. 	<ul style="list-style-type: none"> • 74 participants included in analyses of the intervention at Guy’s and St Thomas’ and South London and Maudsley. • Significant improvements found in depression, anxiety and daily functioning outcomes. • 194 participants randomised into the national hub trial. Results are being analysed.



	<ul style="list-style-type: none"> • COMPASS has been launched in NHS services across Guy's and St Thomas' and South London and Maudsley. • Randomised controlled trial conducted in collaboration with five national charities, including Crohn's & Colitis UK, MS Society and Kidney Care UK. Support offered via a central 'hub' of eight therapists within the KCL team. The results, including quantitative data and interview feedback, are being analysed. 	<ul style="list-style-type: none"> • COMPASS training provided to over 20 therapists. • Confirmation of additional IAPT service to use COMPASS.
<p>Pain: Equality of care and support in the community (PEACS)</p>	<ul style="list-style-type: none"> • Successful funding proposal to Impact on Urban Health for a 2.5-year project. • The aim of the project is to co-develop and test a bio-psycho-social approach to caring for chronic pain in primary care. It will focus on working predominantly with people from Black communities, recognising higher prevalence of chronic pain and historic inequalities in access to care and health outcomes for this group. • Key partners are Grantham Practice, South London and Maudsley and Comuzi. • Project is planned to start in autumn 2021. 	<ul style="list-style-type: none"> • Funding proposal submitted and approved
<p>Cardio-respiratory liaison</p>	<ul style="list-style-type: none"> • New psychologist started in July 2021 and a Social Support Worker is being recruited. • eIMPARTS went live in COPD at King's College Hospital in December 2020, and Heart Failure is aiming to go live by end of September 2021. • Progress on the Social Support Measure, which aims to assess social circumstances which can 	<p>Between June 2020 – June 2021:</p> <ul style="list-style-type: none"> • 99 patients screened in COPD using IMPARTS between December 2020 and June 2021; Heart Failure have not been screening due to team capacity



	<p>adversely affect both physical and mental health.</p> <ul style="list-style-type: none"> • In June 2021, launched a pilot certificate in psychosocial practice in respiratory care. This will be a 12-month course blending bite-sized teaching, case-based discussion and experiential learning to advance skills in psychosocial care. • In response to the COVID-19 pandemic: <ul style="list-style-type: none"> • A video self-help resource was created jointly with the CRL team and patient representatives: “Advice for patients with long-term health conditions coming out of lockdown”. • Development of ‘Coping with COVID-19’ support manual across King’s Health Partners. • Weekly Q&A sessions run over four months with four clinical teams to provide rapid response and advice to clinical teams for patients struggling with COVID-19. • Regular reflective practice with one clinical team throughout second wave of the COVID-19 pandemic. 	<ul style="list-style-type: none"> • 181 referrals to cardio-respiratory liaison team (NB not all patients completed IMPARTS screening due to a variety of issues including clinical appropriateness, system and operational challenges and COVID-19) • 56 patients enrolled in an online community winter programme or a 4-month programme of befriending which ran over wave 1 and wave 2 of the COVID-19 pandemic • > 40 staff from cardiovascular network attended events to support staff well-being
<p>ICU psycho-social team</p>	<ul style="list-style-type: none"> • Successfully secured funding from King’s College Hospital NHS Foundation Trust, KCH Charity and NHS Charities Together to embed a psycho-social team in the critical care service over 18 months. 	<ul style="list-style-type: none"> • Funding secured • Psycho-social team recruited • Service to go live from August 2021



	<ul style="list-style-type: none"> • Set up of steering group, chaired by the critical care clinical director and clinical lead. • Psycho-social team recruited, including a psychiatrist, two psychologists, social worker and social support worker. • Service delivery model and evaluation approach developed. 	
<p>Haematology Mind & Body team</p>	<ul style="list-style-type: none"> • Development of a clinical service delivery model using bio-psycho-social approach • Team provides specialist integrated mind and body care, and integrates multiple specialities for onward referral and support; • Full implementation of eIMPARTS in Myeloma outpatient clinics; • IMPARTS has collected patient reported outcomes for health-related quality of life, nutrition, anxiety, depression, smoking, as well as used to highlight areas of concern for patients including pain, sleep difficulties, mobility, fatigue, sexual difficulties, and social concerns including financial, housing and safeguarding. • Extension of programme to other specialist clinics, including launch in post bone marrow and stem cell transplant clinics; • Research ethical approval granted for a discussion paper on the process of implementing mind and body care for myeloma patients using eIMPARTS and audit data • Leukaemia UK funded project period coming to 	<ul style="list-style-type: none"> • Service now live since autumn 2019; • Service moved over to eIMPARTS in October 2020; • Psychological support training delivered • Since October 2020, more than 500 IMPARTS screening encounters have taken place, reaching more than 350 patients; • Research outputs in preparation.



	<p>an end, and team planning for long term sustainability</p>	
<p>Learning disabilities</p>	<ul style="list-style-type: none"> • In June 2020, the Mind & Body team formally launched the King’s Health Partners Learning Disability Strategy view here • During wave one of the COVID-19 pandemic, rapid implementation of new Learning Disability pathways were established, publications of resources on the King’s Health Partners website were developed and a co-developed leaflet was endorsed by NHS England & Improvement • We successfully utilised our King’s Health Partners platform to ensure that our local population took part in international research in the learning disability field – see infographic and article 	<ul style="list-style-type: none"> • 20 twice-monthly meetings took place during the Covid-19 pandemic • £1.6m secured for LeDeR bid • 300+ complex patients under the care of the Mental Health LD team in Southwark received their Covid-19 vaccinations
<p>Mind & Body Accreditation Scheme</p>	<ul style="list-style-type: none"> • Gained support from King’s Health Partners CEOs for the development of a Mind & Body accreditation scheme • Scoped and researched existing accreditation schemes and good practice guidelines • Developed a project initiation document, project plan and engagement plan • Engaged with key stakeholders such as CQC, NHSEI, Royal Colleges and Centre for Mental Health • Co-developed key design principles with the working group and Mind & Body Expert Advisory Group (EAG) 	<ul style="list-style-type: none"> • 5 working group meetings and 3 engagements with our EAG took place through focus groups • 50+ stakeholders from local, regional and national organisations expressed interest in the accreditation scheme



	<ul style="list-style-type: none">• Co-developed the accreditation framework and approach	
Health economic evaluation	<ul style="list-style-type: none">• Mind & Body is scoping the best approach for undertaking a health economic evaluation of integrated mind and body care• Early conversations held with colleagues from King's College London University and NICE	<ul style="list-style-type: none">• Scoping is being undertaken



WORKSTREAM THREE

Learning and development to upskill our workforce to have knowledge, skills and confidence to practice across both mind and body

Projects/Deliverables	Progress updates	Delivery metrics
Learning & Development	<ul style="list-style-type: none"> The Mind & Body Education & Training Programme has undergone a significant review due to the COVID-19 pandemic, and the delivery of all training and education has transitioned to digital. The Mind & Body Education & Training framework aims to support the learning and development needs of KHP's workforce, organised by three distinct levels: <ul style="list-style-type: none"> Level 1 – All clinical and non-clinical staff. Level 2 – Clinical staff who may provide care to patients with, or at risk of, physical and mental health comorbidities. Level 3 – Clinical staff who regularly provide care to patients with, or at risk of, physical and mental health comorbidities. As part of our Level 1 provision, the Programme offers and introduction to mind and body care at all staff inductions across KHP, and the Level 	<p>Between July 2020 – June 2021:</p> <ul style="list-style-type: none"> Induction content reached more than 1,919 new staff members across KHP. Level 1: Mind & Body Healthcare learners: 94. Level 2: Mind & Body Awareness and Communication Skills learners: 87. IMPARTS e-learning course learners: 72. IMPHS Physical Health Pharmacy webinar series attendees: 59. Mind & Body-funded places on Maudsley Learning courses: 118. <ul style="list-style-type: none"> Understanding Loss and Bereavement: 19. Prescribing Psychotropics in Physical Illness: 4. Wellbeing in Action: Preventing Illness and Sustaining Recovery: 24. Mental Health and Wellbeing in the Workplace: 24.



[1: Mind & Body Healthcare – Addressing mental and physical health needs](#) e-learning.

- As part of our Level 2 provision, in April 2021, we launched the [Level 2: Mind & Body Awareness and Communication Skills \(Adults\)](#) e-learning, which provides a more comprehensive look into mind and body care and aims to help learners to improve their confidence and competence when taking care of patients' mental and physical health needs.
- Additionally, as part of the Level 2 provision, work is on-going on the development of a Level 2: Mind & Body Awareness and Communication Skills (Children and Young People) e-learning which will be launched in August 2021.
- The Level 2 e-learning courses for staff working with adults and staff working with children and young people will be followed by a Level 3 masterclass session where learners will be able to apply their knowledge and skills in a simulated environment.
- We have also commissioned 118 Mind & Body-funded places on a variety of Maudsley Learning courses running from June 2021 – November 2021.

- Mental Health Awareness in Acute Hospitals: 28.
- PROTECT: A Novel Approach to Suicide Prevention Training: 19.



MIND & BODY ENABLERS

Projects/Deliverables	Progress updates	Delivery metrics
Communications	<ul style="list-style-type: none"> In March 2021, the KCH COVID-19 Staff Support & Wellbeing programme, involving staff from SLaM and facilitated by the structure and unique skillset of the Mind & Body Programme, won the 'Workforce Initiative of the Year' award at the HSJ Awards. In August 2020, the Mind & Body team featured in SLaM's 'Reshaping our Services' campaign – shining a spotlight on how the Mind & Body Programme continues to develop services across KHP. Our COVID-19 Staff Health and Wellbeing page continues to be one of the most viewed pages on the KHP website. In June 2021, the IMPHS team presented the Consultant Connect service and the Health Champions project at the 4th UK Implementation Science Research Conference. 	<p>Between July 2020 – June 2021:</p> <ul style="list-style-type: none"> 36 Mind & Body news stories and blogs promoted via comms channels. 70 Tweets published from the KHP Mind & Body Twitter account, which have been seen over 85,000 times. 15 Champions newsletters have been published, sustaining a high open rate of 22%.
Patient and Public Engagement	<ul style="list-style-type: none"> Expert Advisory Group (EAG) meetings were put on hold during a part of the covid-19 pandemic. Meetings resumed virtually in 2021. Five EAG meetings and ad hoc focus groups were held and regular engagement continued via email. 	<p>Between July 2020 – June 2021:</p> <ul style="list-style-type: none"> Five EAG meetings and ad hoc focus groups Monthly email bulletins to update members on Mind & Body progress



	<ul style="list-style-type: none"> EAG members continue to inform all aspects of our work, and attend a variety of strategic and operational boards, including the Mind & Body Programme Delivery Board. 	
<p>Mind & Body Champions Network</p>	<ul style="list-style-type: none"> We currently have 918 Mind & Body Champions, with 98 new Champions having joined the Network between July 2020 and June 2021. We celebrated the third birthday of the Champions Network virtually in November 2020. News, information, and blogs about Mind & Body and Champions Network continues to be routinely shared in all partner communications channels and newsletters. Despite the COVID-19 pandemic, we continued to engage with staff virtually at a range of conferences and events, including King's Health Partners 11th Annual Conference, HealthWatch Lambeth's and Maudsley Charity's World Mental Health Day celebrations, 4th UK Implementation Science Research Conference. 	<p>Between July 2020 – June 2021:</p> <ul style="list-style-type: none"> 98 new Champions have joined the Mind & Body Champions Network, bringing the total number of Champions to 918. 15 Champions newsletters have been published, sustaining a high open rate of 22%.