

# mind & body

## 2018 progress report

The [mind and body](#) are inseparable and people's physical and mental health conditions are often connected. Yet too often we separately diagnose, treat, and care for patients and service users.

[King's Health Partners](#) is committed to joining up mental and physical healthcare, training and research to improve patient outcomes and experience.

Our partners – Guy's and St Thomas', King's College Hospital, and South London and Maudsley NHS Foundation Trusts, with King's College London and Southwark and Lambeth Strategic Partnership – provide a unique combination of research, teaching and clinical expertise in both mental and physical health to address the relationship between mind and body.

To improve mind and body care we have focused our work on three key areas:

- **Proactive** identification and assessment of physical, psychological, and social needs of service users
- **Enhancing** or developing holistic services to fully embed a mind and body approach across our partnership
- **Learning and development** to upskill our workforce with the knowledge and confidence to practice whole person care.

**Highlights of our recent activities and achievements:**

### Improving patient outcomes

We are designing pathways of care that [improve patient outcomes](#), experience and increase value for money. Crucially, these are outcomes that matter to patients, service users and carers.

*The mind is such a fragile thing. How can someone begin to heal physically if they are mentally broken? I don't think they can.*

**Billie, patient**

The [3 Dimensions for Long-term Conditions \(3DLC\) programme](#) combines medical, psychological, and social support to help patients manage long-term conditions. [3DLC scaled up 3 Dimensions of Care for Diabetes \(3DFD\)](#), which specifically looked at providing integrated care to people with diabetes. In the original 3DFD service, using a mind and body approach led to savings of £850 per patient per year, through reduced hospital admissions, accident and emergency attendances and hospital bed days.

Between January 2017 – December 2018:

- **2,005 patients** were screened, and 752 referred to the 3DLC service
- **700 staff** were trained, with staff reporting feeling more confident in responding to psychological and social support needs following training.

### Digital first

[RE-EDITT](#) (Resource for Electronic Development of Interventions for Talking Therapies in Long-Term Conditions) is developing an online therapy and support tool for anxiety and depression for people with long-term conditions.

The RE-EDITT team has developed an online cross-diagnostic Cognitive Behavioural Therapy platform, branded as 'Compass'. The Compass prototype is now complete and includes integration with 'Improving Access to Psychological Therapies' (IAPT) services.

*Using Compass gave me 'permission' to finally move on and accept that my life before cancer won't come back, but that life after cancer is different and that's ok.*

**Penny, patient**

## Supporting integrated care

The [IMPARTS](#) (Integrating Mental & Physical healthcare: Research, Training & Services) project supports clinical teams in providing timely, tailored, evidence-based care to patients, by screening for mental health conditions as part of physical health care appointments and providing training for staff.

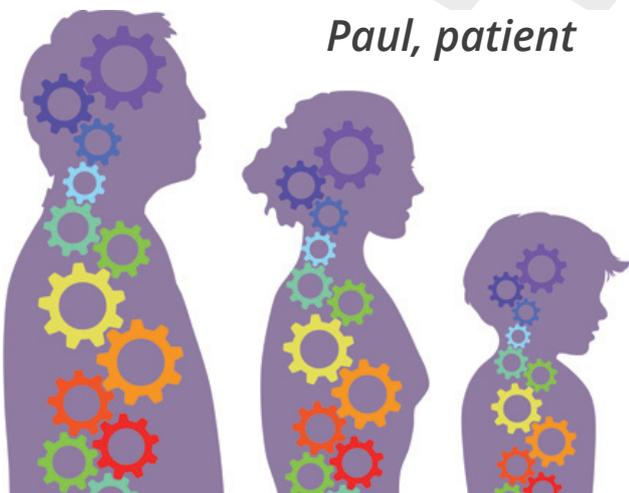
IMPARTS is now live in nearly 60 clinics across King's Health Partners. In 2018, 18,048 patients were screened, taking the cumulative total at the end of 2018 to 61,268 screens since implementation began in 2012.

## Empowering staff

[Mind & Body Champions](#) are advocates for the importance of treating mental and physical health as one. We are delighted to have almost 600

*Long-term conditions are not just a physical challenge, they are a mental challenge too. Don't suffer in silence, speak to your doctor or nurse, speak to your friends and family. Let them know how you feel.*

**Paul, patient**



Champions signed up to this mission. To support staff we have developed a range of training courses and networking opportunities.

In 2018:

- **nearly 4,900** King's Health Partners staff received Mind & Body induction content
- **more than 1,100** people took part in training sessions
- **more than 200** people completed Mind & Body [elearning](#)

*It was like a light bulb went on, because of their depression and anxiety, no wonder they're unable to manage their diabetes.*

**Diabetes clinician**

More than 5,300 people signed up for our massive open online course (MOOC), '[Integrating Care: Depression, Anxiety and Physical Illness](#)', that took place in September 2018. The course, open to staff, patients and members of the public, is designed to improve understanding and approaches to care.

## Stay in touch

**Sign up** to the King's Health Partners newsletter at <http://bit.ly/KHPnews>

**Follow us** on Twitter [@KateMindandBody](#)

**Email us** with comments, suggestions and ideas at [mindandbody@slam.nhs.uk](mailto:mindandbody@slam.nhs.uk)

**Find out more** about the Mind & Body Champions Network at [bit.ly/MindBodyChampions](http://bit.ly/MindBodyChampions)