

## Other sources of information

Diabetes UK

020 7424 1000 [www.diabetes.org.uk](http://www.diabetes.org.uk)

Cancer Research UK

020 7061 8355 [www.cancerhelp.org.uk](http://www.cancerhelp.org.uk)

Sexual Health

[www.love4life.uk.com](http://www.love4life.uk.com)

Family Planning Clinic

01603 287 345

GUM Clinic

01603 286 307

Smoking Cessation

08000 854 113

[www.givingupsmoking.co.uk](http://www.givingupsmoking.co.uk)

British Heart Foundation

020 7935 0185 [www.bhf.org.uk](http://www.bhf.org.uk)

Norwich Fringe Project

[www.thefringe.fsnet.co.uk](http://www.thefringe.fsnet.co.uk)

Health Walks

01603 423 303

Menopause

[www.menopausefacts.co.uk](http://www.menopausefacts.co.uk)

Friend Norfolk's Gay Helpline

01603 628 055

Asthma UK

[www.asthma.org.uk](http://www.asthma.org.uk)

PALS (Patients' Advice & Liaison Service)

Freephone: 0800 279 7257

Email: [PALS@nft.nhs.uk](mailto:PALS@nft.nhs.uk)

## For further information contact:

Physical Health Team

Kingfisher House

Hellesdon Hospital

Drayton High Rd

Norwich

NR65BE

Tel: 01603 421445

Code: Physical - 13/044

Review date: 01/2015

If you would like this leaflet in large print, audio, Braille, alternative format or a different language, please contact PALS and we will do our best to help

Email: [PALS@nft.nhs.uk](mailto:PALS@nft.nhs.uk) or call PALS

Freephone: 0800 279 7257

Norfolk and Suffolk NHS Foundation Trust values and celebrates the diversity of all the communities we serve. We are fully committed to ensuring that all people have equality of opportunity to access our service, irrespective of their age, gender, ethnicity, race, disability, religion or belief, sexual orientation, marital or civil partnership or social & economic status.

Norfolk and Suffolk   
NHS Foundation Trust

# Good physical health care

For people with severe mental illness

 your wellbeing  
in mind

 IN TRAN  
communication for all

© 2013 NSFT. GPN: 2990

## Introduction

Good physical health care is the core ingredient to mental wellbeing.

The term 'holistic care' encompasses the concept of caring for the whole person in terms of their physical, psychological, social and spiritual needs.

People with severe mental illness (SMI) need to take care of their physical health as well as their mental health.

## How does it work?

Most GP surgeries have registers for physical health diseases such as cardiac disease. As a person suffering from mental illness, you are entitled to be registered on the Mental Illness Register.

It is recommended that people with SMI, eg Schizophrenia, Psychosis, Bi-polar Disorder take advantage of being registered at their surgery.

## Aim

To check the physical health of people with SMI by recording and monitoring physiological measurements, such as blood pressure, height, weight, body mass index and mental health.

## Why would it be recommended?

Cardiovascular disease is four times more likely to happen in people with SMI.

Respiratory disease is four times more likely to happen in people with SMI.

Diabetes is five times more common in people with SMI because:

- 25% of people with SMI are obese
- 53% are smokers
- 11% have high blood pressure.

## What effects does it have on me?

### Benefits

The earlier a disease can be identified, the earlier it can be treated. Physical health care checks can allow the early identification of disease, eg cervical smears, breast screening.

Education and information on physical health issues can help to prevent disease through:

- smoking cessation
- weight management
- physical activity/exercise
- good nutrition
- good dental care
- improvement in general physical health
- sexual health advice.

Good physical health care may improve mental wellbeing.

## Risks

Poor physical health care may lead to early death.

## Alternatives

An holistic model of care is the gold standard in any care programme.

In addition to this, other specialist services may help, such as:

- the Trust's Norfolk Recovery Partnership (NRP)
- Genito-urinary medicine (GUM) clinics
- drop-in clinics, e.g. Bertram Diabetes Centre.