

Who we are

The team consists of Mental Health Nurses, Occupational Therapists, Assistant Practitioners and Support Time Recovery Workers.

The service operates with an emphasis on social inclusion, providing a service over a 7 day period working flexible hours.

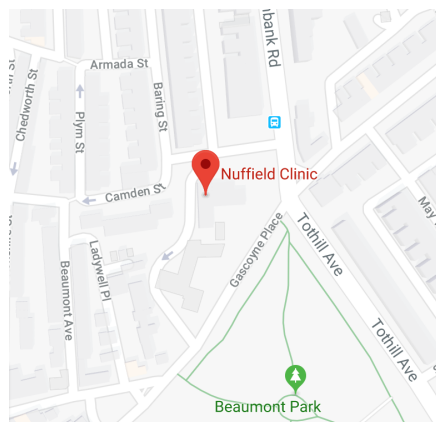
The Community Recovery Team are now offering a Physical Health Monitoring Clinic at the Nuffield Clinic on a Friday afternoon between 1pm and 4pm.

All patients under the Community Recovery Team will be invited to the Physical Health Monitoring Clinic for routine physical health checks.

Appointment letters will be sent to advise of the allocated appointment time in advance.

This leaflet is designed to inform service users and other health care professionals of the Physical Health Monitoring Clinics purpose with details of what to expect throughout the appointment.

Where to find us



Contact details

Community Recovery Team

Nuffield Clinic

Baring Street

PL4 8NF

Tel: 01752 435905

Email: livewell.crt-cft@nhs.net

Community Recovery Team



Physical Health Monitoring Clinic



Livewell Southwest



@livewellsw

Supporting people to be Safe, Well and at Home

Livewell
Southwest

Why is Physical Health Monitoring important?

Physical Health Monitoring is designed to pick up early signs of physical health conditions such as Diabetes or Heart Disease.

These conditions are more common in those who have a mental health condition.

Factors that increase the chance of developing physical health conditions are:

- * Taking antipsychotic medication
- * Smoking
- * Lack of exercise
- * Poor diet
- * Alcohol consumption

Regular Physical Health Monitoring allows your mental health team to recognise any physical health issue you may have.

The team can support you by referring you to the appropriate health professional or service such as smoking cessation.

You do have the right to decline the assessments outlined in this leaflet.

Regular Physical Health Monitoring is highly recommended for your overall wellbeing.

What assessments will be undertaken?

- * **A Physical Health Check Questionnaire (Rethink)** - Health and lifestyle questions (smoking status, diet, exercise, alcohol consumption etc.).
- * **Physical Observations** - Blood pressure, pulse, oxygen saturation levels and temperature.
- * **Height and Weight** - To assist with calculating your Body Mass Index (BMI).
- * **Blood Sample Collection** - will be obtained from you if you require regular blood monitoring due to your prescribed medication or any pre-existing physical health conditions (such as diabetes or high cholesterol).

You may be asked to provide a blood sample for baseline observation purposes or if there are any significant changes to your prescribed medication.

What assessments will be undertaken?

- * **Urinalysis** - If you are required to bring a sample of urine for testing this will be specified on your appointment letter.
- * **Electrocardiogram (ECG)** - This will monitor the electrical activity within the heart and will be completed on an annual basis. If clinically indicated you may require an ECG more than once a year e.g. when medication changes have occurred.
Please ensure that, on the day of your appointment, your skin is free from any products such as creams, lotions and oils as this may affect the accuracy of the ECG.

Feedback

Your views help us to maintain the effectiveness of our service and treatment, and we may ask you to complete a brief questionnaire regarding your experience.

With your consent, some of the feedback will be shared anonymously within Livewell South West who analyse the data to ensure that services are as good as they can be.