

Why it is important to attend your annual review.

WHY IS IT IMPORTANT

Our bodies and minds are not separate, so it's not surprising that poor mental wellbeing can affect your body. Poor mental wellbeing can come with headaches, fatigue and digestive problems. It is understood that people with mental health conditions are 5 times more likely to have 3 or more physical health conditions and if you are aged between 55 to 74 this can be higher.

People with severe mental illness (SMI) are at higher risk of some physical health problems, such as diabetes, heart disease, obesity and stroke. The reasons for these higher risks are complex but could be due to:

- Lifestyle choices – unhealthy diet, not enough exercise or smoking
- Side effects from medications – some of the new antipsychotics are related to weight gain and diabetes
- Genetic factors

HOW CAN WE AVOID ANY PROBLEMS

We invite you for a health check so that any potential health and wellbeing problems can be dealt with promptly.

In your appointment our healthcare professional will:

- Weigh you and/or measure your waist. This is to see if you are at risk of developing diabetes, heart attack or stroke. Being too heavy can also increase your chance of getting other physical problems.
- Measure your blood pressure. Raised blood pressure can contribute to heart attack and stroke.
- Take a blood test to check whether your cholesterol and sugar are not too high. Raised cholesterol can also increase the risk of heart attack and stroke. High blood sugar can mean you have diabetes.
- Perform an electrocardiogram (ECG) to check your heart (patients not on medication or certain drugs may not require this).
- Discuss your lifestyle around: Smoking, alcohol, non-prescription drugs, exercise and diet.

You will also discuss:

- Other health problems
- What help you have or need at home
- What matters to you, to support you to be independent and access resources and support
- Your mental health plan and your support network

You will be offered an annual medication review with our pharmacist either face to face or by telephone, we will:

- Check you are prescribed the most appropriate medication and you are getting the best from these medications
- Check any side effects of your medication you may or may not be having

- Check if you are having any problems with compliance

WHAT WE HOPE TO ACHIEVE TOGETHER

A physical health check is an important first step towards taking charge of your physical health and wellbeing as well as you can be.

You and your health professional might identify actions that need to be taken. Your health professional will explain any recommended treatment and support options.

These health checks help prevent potential physical health issues from getting worse. Taking early action can also help to save you and your GP time in the future.