

A two pronged solution to completing physical healthchecks for people with SMI can support recovery in the context of covid-19

1 A flexible approach to completion of physical healthchecks and follow up interventions:

Elements where remote assessment is possible

- Assessment of alcohol consumption
- Assessment of smoking status

Elements where remote assessment is possible with access to equipment

- BMI & weight check
- Blood pressure and pulse

Elements where remote assessment is not currently recommended*

- Blood glucose test
- Blood lipid test

2 Prioritising physical health of people with SMI in the recovery and restoration phase:

Access to services	<ul style="list-style-type: none"> Services should proactively contact people with SMI to promote and support physical health, share existing resources, and 'make every contact count'.
Service adaptation	<ul style="list-style-type: none"> Services should re-instate physical healthchecks by moving to virtual methods of delivery or providing checks in-person safely and securely. Clinical judgement should be used to balance the risk of completing the check against the risk of an individual contracting Covid-19
Workforce	<ul style="list-style-type: none"> Appoint a senior STP/ICS lead, responsible for ensuring the physical health needs of people with SMI are actively met. Ensure a competent, multi-disciplinary team should be in place which covers: GPs, healthcare assistants, nurses, lived experience practitioners and peer support workers.
Partnership working	<ul style="list-style-type: none"> VCSE partnerships should be maximised for patient outreach, promotion of good physical health for people with SMI, and commissioning services to deliver annual physical healthchecks.
Vulnerable populations	<ul style="list-style-type: none"> There should be meaningful co-production to develop services that meet the needs of BAME communities, LGBTQIA+ populations, people who are clinically vulnerable and required to shield during the pandemic, and other groups that may require additional support.