

PHYSICAL HEALTH PROMISE

OUR PROMISE

South London and Maudsley NHS Foundation Trust is making a new and important commitment to every service user.

We will provide, or help you access, care and treatment for the most important aspects of your physical health and well-being.

This promise does not replace the services you receive from your GP, practice nurse, community pharmacist or other specialist.

It does mean we support both your physical and your mental health care.

Which physical health services will we provide?

Our clinical staff will offer you a **physical health check** on admission to our services. You will also be offered an annual review while you are receiving care from us (or more often with your agreement).

Being overweight and smoking are major causes of heart disease, respiratory disease and cancer. We want to help you avoid these diseases. We will offer to check your blood pressure and an ECG (electrocardiogram) to monitor your **heart health**

For people who want to quit **smoking**: We will provide tobacco dependence treatment and support at the right time for you, using treatments based on your needs and preferences.

For people who are worried about their **weight** we will support you to monitor your weight in our community team bases and wards. We will give you information and support on being more active and eating healthily and your doctor will review your medication if you are concerned it is causing weight problems.

Alcohol and drug use can affect your physical and mental health, make it difficult to assess your illness, and change the way your medication works. It can be hard to cut down or stop. We are committed to supporting you whether or not you are ready to make a change at this time.

We will also offer you the opportunity for other physical assessments like checking your blood for **diabetes and cholesterol** (fats). With your permission, we will share information with your GP or refer you to a specialist to ensure you get the best care.

We will remind you about, and help you access, the **National Cancer Screening Programmes**. That means bowel cancer screening for everyone aged 60 to 74, cervical cancer screening for women aged 25 to 64 and breast cancer screening for women aged 50 to 70.

Finally, to reduce your risk of **flu**, we will offer the flu vaccination to all eligible service users between September and March each year.

For more information or to arrange your physical health check

Talk to your care coordinator, consultant or any member of your clinical care team.