

2020/21 CQUIN Guidance PSS2- Adult Medium and Low Secure

## **My Physical Health Passport in relation to Managing a Healthy Weight – what does good look like?**



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## Foreword

The information contained within this document has been co-produced with experts by experience and professionals who are all passionate about not only providing helpful, supporting information to commissioners, providers, service users and their families and carers but also about raising the profile about how important this work is. This has been a key focus for the Adult Secure Clinical Reference Group over the last two years and the group looks forward to more progress in this area during 2020/21 with the implementation of this CQUIN.

*Mayura Deshpande – National Speciality Adviser/CRG Chair – Adult Secure*

## Introduction

This document has been developed by members of the Managing a Healthy Weight Task and Finish Group to the Adult Secure Clinical Reference Group (AS CRG) to support all commissioned adult medium and low secure services in relation to **PSS2: Adult Secure Healthy Weight CQUIN- Eligible service users should have a Physical Health Passport (PHP) in relation to managing a healthy weight**. The purpose of the document is to describe what good looks like in relation to the development of passports.

## Context

Causes of obesity for service users in adult secure services are complex with interlinked drivers going beyond just eating habits and physical activity levels and may relate to the physical effects of pharmacological treatment interventions and emotional triggers. Developing a service environment and a systems approach to healthy lifestyles that takes account of these complexities and the needs of service users is likely to make it easier for service users to achieve and maintain healthy weight during admission and as part of the whole pathway. This will be different for individual service users. NHS England and Improvement, through the Adult Secure Clinical Reference Group, has been working with stakeholders to develop practice guidance for commissioners and providers of adult secure services, those who use these services and their families and carers.

The aim is to provide helpful and informative guidance to support all stakeholders to ensure that these issues are addressed effectively with positive outcome for all those involved.

As part of this work a CQUIN has been developed for 2020/21 building on the CQUIN in 2019/20 and focussing on the introduction of a co-produced physical health passport in relation to managing a healthy weight is being introduced across all adult medium and low secure services, for all eligible service users.

The principles of what information is required within the Physical Health Passport (PHP) and how it is designed and implemented to support the guidelines and CQUIN have been included with examples developed to help services.

This was developed through the Managing a Healthy Weight Task & Finish Group and the Yorkshire and Humber Involvement Network, who acted as a Reference Group to the Task and Finish group. The group comprised of Experts by Experience, service users and carers, Clinicians, Commissioners and other key stakeholders including Public Health England (PHE).



The Task and Finish group and Adult Secure CRG are very grateful to the Yorkshire and Humber Involvement Network which is made up of service users and staff from all the adult secure providers across Yorkshire and Humber, alongside specialised commissioning colleagues. They meet regularly to share best practice and think together around different service improvement initiatives, this includes a quarterly CQUIN meeting. The last meeting in January 2020 looked at co-produced work about 'what good looks like' in relation to the PHP. Workshops took place collectively and in services with service users and staff to think about how to make the passport accessible, individual, fun and user friendly.

For more information about the Yorkshire and Humber Involvement Network please follow the link: [www.yorkshireandhumberinvolvementnetwork.nhs.uk/](http://www.yorkshireandhumberinvolvementnetwork.nhs.uk/)

These 5 principles and examples should be used in conjunction with the Managing a Healthy Weight Guidance and CQUIN targets to allow service users, carers and staff to support themselves and each other to work towards achieving a healthier weight and improved health. The aim of the PHP is to allow service users to monitor, track and motivate themselves on their physical health journey and to allow clinicians to understand and support the service users in relation to their goals, barriers and motivations to achieving a healthy weight and lifestyle.

## 5 Principles of the Passport

1. Include a narrative that describes the patient's journey in relation to managing a healthy weight
2. Be individualised so people can take ownership of their passport
3. Be interactive and accessible with fun approaches to encourage engagement
4. Be motivational and informative
5. Include ways to chart progress and identify 'sticking points' early

## Five Principles - 'what good looks like' in respect of a PHP

### 1. Include a narrative that describes the patient's journey in relation to managing a healthy weight

Support from the guidance	Examples
<ul style="list-style-type: none"> <li>Staff feel confident and comfortable talking with service users about their physical healthcare and weight</li> <li>Staff have the skills and confidence to use alternative methods as a medium for engagement. Where food is the medium, attempts should be made to use healthier options.</li> </ul>	<ul style="list-style-type: none"> <li>Diary</li> <li>Story or individual ways to describe your journey</li> <li>Where you are</li> <li>Where you are going</li> <li>How you want to do it</li> <li>What help you will need</li> <li>Who can help you</li> </ul>

### 2. Be individualised so people can take ownership of their passport

Support from the guidance	Examples
<ul style="list-style-type: none"> <li>Coproduce a 'passport' that service users keep and made available to carers, that covers all physical health requirements</li> <li>Mealtimes are recognised as part of the overall treatment plan for a healthier lifestyle and meals are more appealing and exciting to service users</li> </ul>	<ul style="list-style-type: none"> <li>Full size photos to track progress</li> <li>Pictures of favourite foods at each stage of the journey which is helping lose weight</li> <li>Pictures of exercise activities that you enjoy and are engaged in at each stage to tell your story and see progress</li> </ul>

### 3. Be interactive and accessible with fun approaches to encourage engagement

Support from the guidance	Examples
<ul style="list-style-type: none"> <li>Co-design and/or provide a range of information in a range of formats</li> <li>Patient education sessions and activities for healthy lifestyles and diet are co-produced and available for everyone across the units</li> <li>Staff are supported and encouraged to engage in physical health activities with service users</li> <li>Group treatment to promote healthy diet, activity and weight loss</li> </ul>	<ul style="list-style-type: none"> <li>A 'passport' in its real sense – charting a journey – with where you are and where you would like to travel, including ways in which you'll do it, with stamps when you 'visit' each step</li> <li>Join together with others to complete a goal as a team or community – for a common cause eg a charity event</li> </ul>

### 4. Be motivational and informative

Support from the guidance	Examples
<ul style="list-style-type: none"> <li>Service users are informed of how to maintain good physical health</li> <li>be informed about potential physical health issues including weight gain, diabetes and cardio metabolic problems</li> <li>be made aware of need to be active, have a varied and healthier diet and monitor their own weight</li> <li>Be made aware of the healthcare facilities and opportunities to eat healthy and remain active during their hospital stay</li> </ul>	<ul style="list-style-type: none"> <li>Interactive ways to share information – like word searches or quizzes etc in the passport</li> <li>Follow a journey and draw where you have been and where you want to go – match the miles on a bike, find photos and put them in your 'passport'</li> <li>Use full size photos or an avatar to draw or find pictures of how you see yourself and what the stages are that you want to reach, when and how</li> </ul>

### 5. Include ways to chart progress and identify 'sticking points' early

Support from the guidance	Examples
<ul style="list-style-type: none"> <li>Service users have a 'Physical Health Passport' that enables them to set goals and chart their progress</li> <li>Service users are supported to feel empowered to make healthier choices while on section 17 leave</li> <li>Service users are supported and enabled to make healthier choices and reduce frequency of consumption of take-aways</li> <li>There are alternatives to food to use for rewards and activities</li> </ul>	<ul style="list-style-type: none"> <li>Visual ways to show what works and doesn't work for you</li> <li>Accessible formats – paper <i>and/or</i> digital eg. Via an app, on ipads etc</li> <li>Health star (updated like the recovery star)</li> <li>'Snakes and ladders' to make a game from things that help or hinder you and your weight</li> <li>Ways to celebrate achievements – certificates, things to keep and look back on</li> </ul>

The PHP is a live document that is used continuously through a service user's care pathway. The PHP should be reviewed and discussed at CPA and CTR meetings with the PHP updated accordingly in agreement with service users' goals and needs.

### All PHPs should;

- be co-designed with service users, staff, carers and family (where relevant)
- clearly articulate agreed goals in relation to how the service user will work towards improving their physical health and managing a healthy weight using SMART goals, *in relation to food and nutrition, increasing levels of physical activity, and understanding issues in relation to medication*
- include a narrative that describes the service user's personal journey in relation to managing a healthy weight
- be individualised so the service user can take ownership of their passport
- be interactive and accessible with fun approaches to encourage engagement
- be motivational and informative
- include ways to chart progress and identify 'sticking points' early
- contain baseline information, including but not limited to height, weight, BMI and waist circumference (where clinically indicated), resting heart rate, blood pressure, HbA1c and other health markers appropriate to the service user. The format collected should allow the service user and staff to monitor these throughout the journey including a weight tracker.  
This should also contain a list of all current prescribed medications and a section to collate previous and outstanding medical appointments/investigations
- include a 'Goal Setting Section' – This should be co-produced with short- and long-term goals and what changes or interventions can be made to achieve these goals. This should be accompanied by an articulated appropriate way to monitor progress and achievements with these interventions, whilst also identifying any areas of a lack of engagement in order to support the service user to identify why and how this could change
- be developed by the time of first CPA, within 3 months of first admission
- be reviewed at least 6 monthly in line with CPA reviews and/or CTRs

How the PHP is co-produced will be **individual to the service user** but needs to be engaging and motivational to support the service user to manage and monitor their own physical health.

### Examples of how sections of the PHP may look

Below are examples of some of the information that is required and helpful within the passport including examples of different sections of how the PHP can be designed. **Please note, these are meant to be helpful examples and is not a standard template that must incorporate all examples.**

Whilst every service should have a co-produced template to ensure all necessary information is collected in a form suitable to the individuals, space should be left to allow service users to individualise their own PHP in a way that will enable them to monitor and manage their physical health in relation to their personal motivations and goals.

Hopefully this information is helpful and supportive in term of implementation. Good Luck!

# My Physical Health Passport

## Managing My Healthy Weight

*(Area for Personalised Front Page,  
i.e. pictures drawings)*

**My name is:**

Tom

.....





# My Information

**Date Passport started**

01.04.2020

01.10.2020

**Date of Next CPA**

## My Information

Full length photo  
now

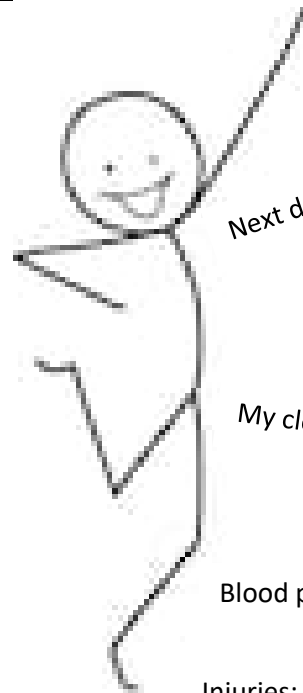
Date:.....

A photo of where I  
want to be

Goal Date:.....

My Weight now.....(kg)  
My Height..... (cm)  
My BMI now .....

My Ideal Weight.....(kg)  
My Height..... (cm)  
My Ideal BMI .....



Next dentist date: .....

My clothing size: .....

Blood pressure: .....

Injuries: .....

<b>Your Goal</b>	<b>Information you need</b>	<b>What's holding you back?</b>
<i>Use my S17 leave for walking</i>	<i>How long is my S17 leave, where can I go</i>	<i>Being tired, not having S17 leave</i>
<i>Eating healthy</i>	<i>What can I eat? What is healthy</i>	<i>If there is nothing nice or healthy to eat in canteen. If I don't have access to cooking sessions</i>

<b>Your Goal</b>	<b>Who can help you?</b>	<b>How can they help you?</b>
<i>Use my S17 leave for walking</i>	<i>Exercise Therapist Dietitian Occupational Therapist Primary nurse</i>	<i>-Knock on my door -Encourage me by reminding me why being healthy is important to me</i>
<i>Eating healthy</i>	<i>Exercise Therapist Dietitian Occupational Therapist Primary nurse</i>	<i>Dietitian can teach me about carbs, protein, fats and what healthy eating is</i>

<b>Your Steps to Success</b>
<b>1.</b> <i>Get an alarm clock</i>
<b>2.</b> <i>Buy walking shoes</i>
<b>3.</b> <i>Get a pedometer to count steps</i>
<b>4.</b>
<b>5.</b>

# How I'd like others to support me

## Peers

Geoff and myself are going to play table tennis every day before lunch

## Staff

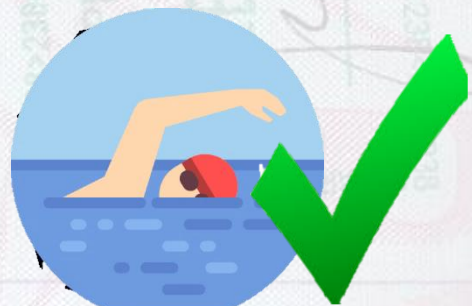
I find it hard to get up in the morning. Exercise Therapist to knock and wake me 30mins before our session

Like my 1:1 sessions to be a walk and talk instead of sitting down

## Friends & Family

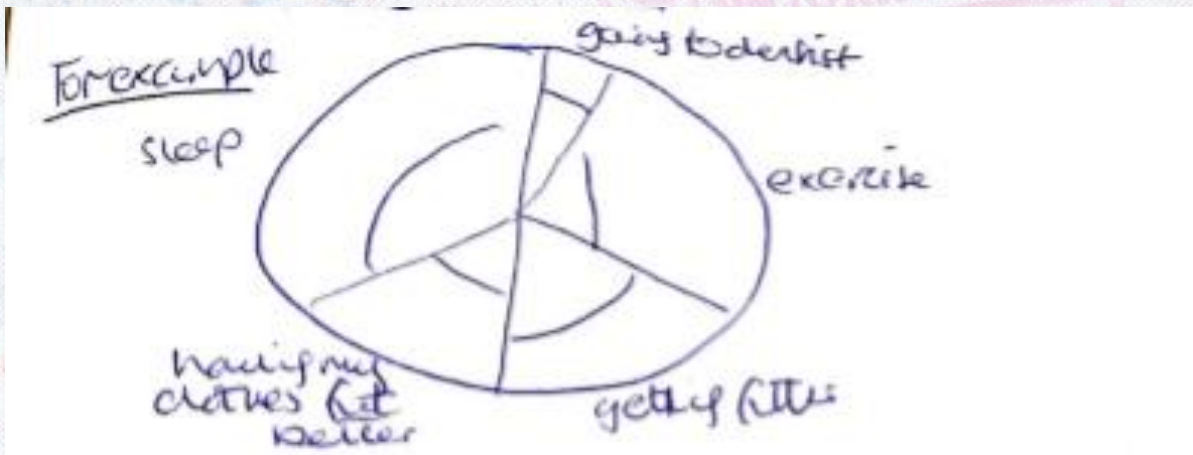
Ask family to support me by reducing the amount of fizzy drinks they bring me and to bring healthier options instead.

When on leave would like to have someone to go for a swim with me



## Make my Goals

- **S** – Specific (or Significant)
- **M** – Measurable (or Meaningful)
- **A** – Attainable (or Action-Oriented)
- **R** – Relevant (or Rewarding)
- **T** – Time-bound (or Trackable)

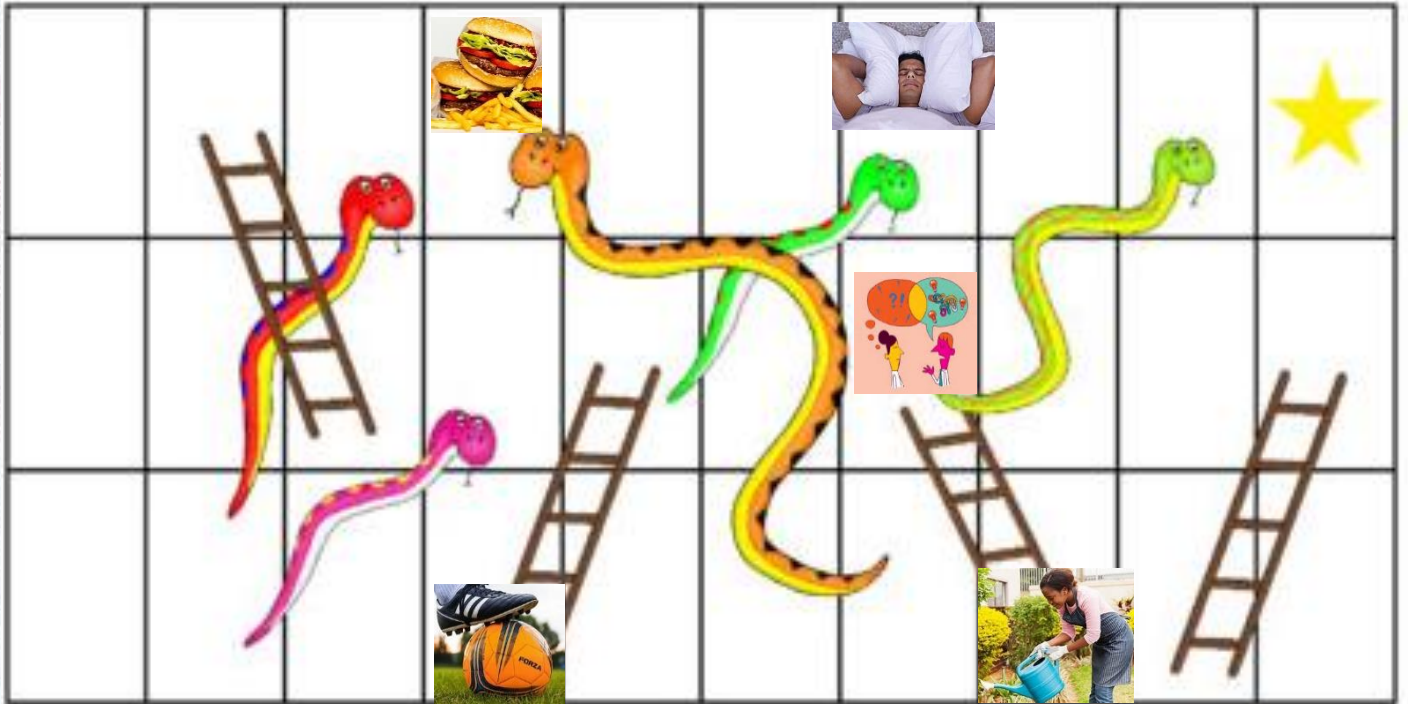


1. Think of up to six things you would like to achieve
2. Section the circle up with bigger slices for those harder goals and smaller ones which are easier to achieve
3. Decide on your priorities. Draw a line to show where on your slice you feel you are now
4. Begin with the goal most important to you, it can be big or small. It is your choice
5. Think of what information you need to know to reach your goal. What is it?
6. What is holding you back?
7. Who can help you? Think of your family and friends and members of the care team
8. Now make your plan

## My Progress Chart

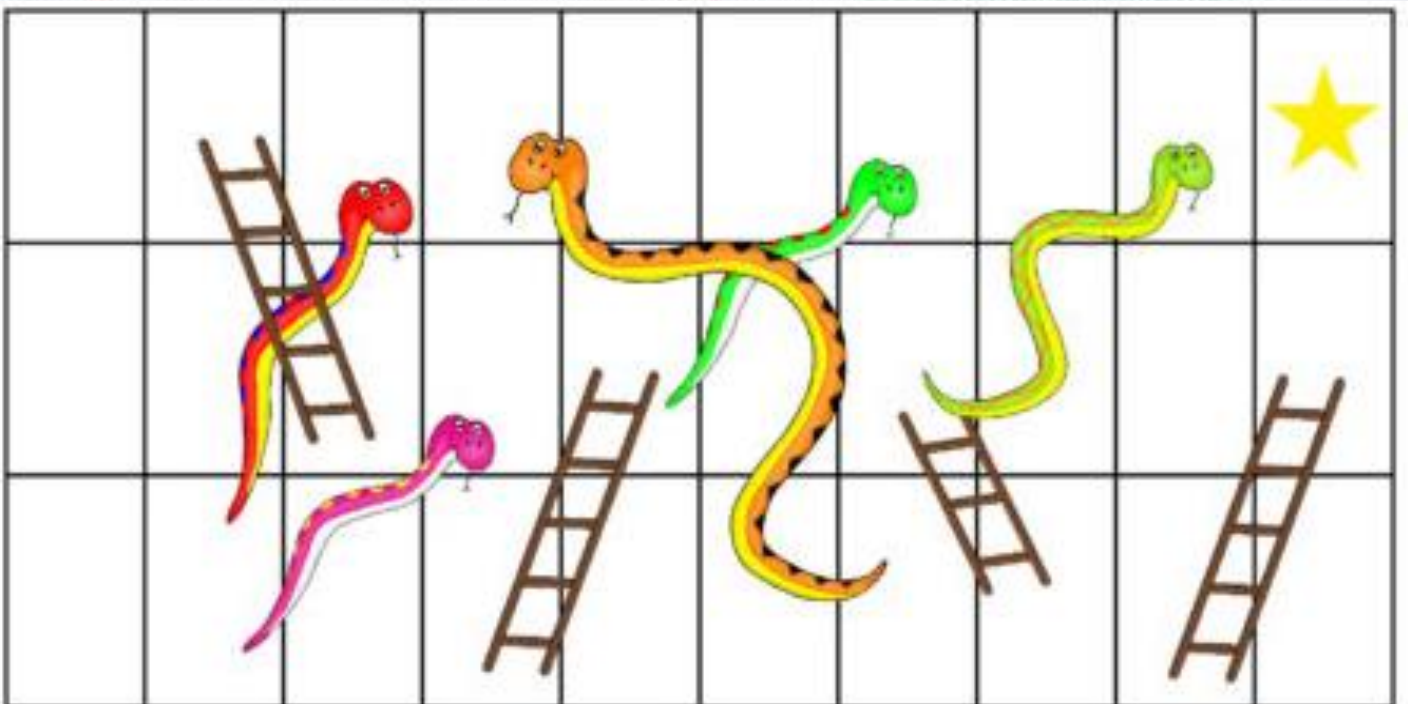
	Week 1	Week 2	Week 3	Week 4	Main goal this month
January					Go to bed at 11pm
February	😊				Walk 7000 steps each day
March					Go to gym twice per week
April	★ CPA				
May					
June					
July			😊		
August			😊		
September					
October	★ CPA				
November					
December					

My favourite healthy meal:		
My healthy swap is:		



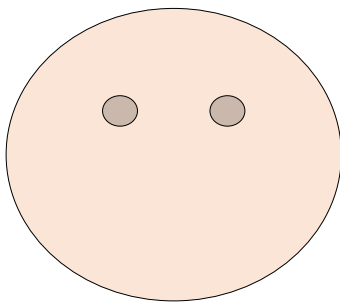
Make your own Snakes & Ladders game. The snakes are your difficulties and the ladders help you get back up.

Think of two to three things to prepare you for your next goal. Complete this process to guide you along your journey for each goal



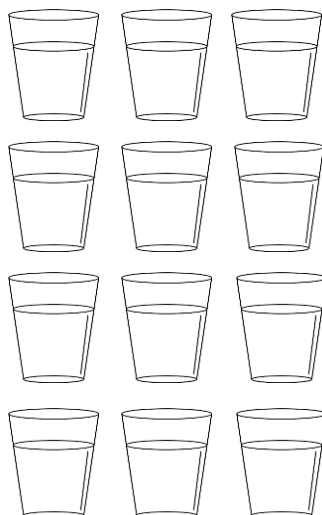
<b>Daily Journal</b>	<b>Date: 01/04/2020</b>	<b>Date:</b>
Breakfast:	Weetabix	
Lunch:	Ham sandwich with a packet of crisps and diet coke	
Dinner:	Chinese takeaway	
Supper:	Toast with butter and jam	
Snacks:	Snickers bar	
Fruit & Veg:		
Activities:	Walking around grounds and gym	
Medication:		
1-1 chat:		
Footsteps today:	5436	
Today's top tip is:	"Some is better than none"	
Quote of the day:		

**Today's mood**



Date.....

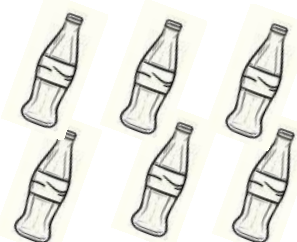
**Glasses of water**



**Cups of coffee/tea**



**Fizzy Drinks**



## My Physical Health Checklist

Health Condition	Yes/No	I look after this by medication/diet/physical activity/other?
Asthma		
COPD		
Diabetes (Type 1 or 2)		
Arthritis		
High Blood Pressure		
Osteoporosis		
Injuries		

*Example only - Not limited to these conditions. As much information should be provided as possible to support journey*

## What appointments I've had and are booked

In the past I have had appointment at;	Date of last appointment	Date of follow up appointment
Orthopaedics		
Endocrinology		
Cardiology		
Diabetic Clinic		
Optician		
Other		

*Example only - Not limited to these conditions. As much information should be provided as possible to support journey*



## My Health

Height (cm)	<input type="text"/>	HbA1c (mmol/mol)	<input type="text"/>
Weight (kg)	<input type="text"/>	Blood Glucose (mmol/L)	<input type="text"/>
BMI	<input type="text"/>	Total Cholesterol (mmol/L)	<input type="text"/>
Heart Rate (bpm)	<input type="text"/>	HDL (mmol/L)	<input type="text"/>
Blood Pressure (mmHg)	<input type="text"/>	LDL (mmol/L)	<input type="text"/>
Waist Circumference (cm)	<input type="text"/>	Peak Flow (L/min)	<input type="text"/>

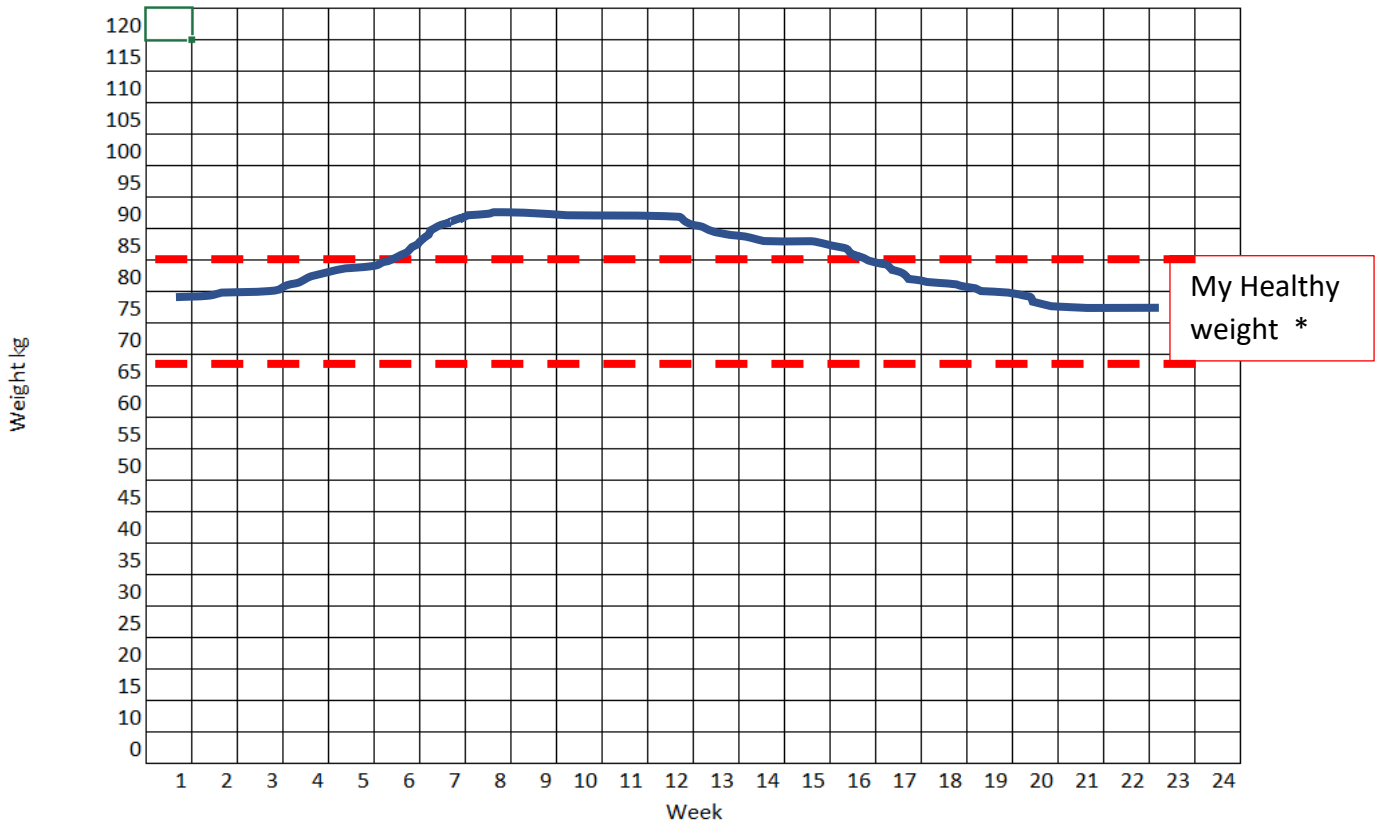
### What your BMI means

National Guidelines	Asian, Black African & African Caribbean Populations	Category
18.5 or below	18.5 or below	Underweight
18.5-24.9	18.5-23	Healthy Weight
25-29.9	23-27.5	Overweight
30 or above	27.5 or above	Obese

## My Fitness

	Score	Classification
Press Up	<input type="text"/>	<input type="text"/>
Squat / Sit to Stand	<input type="text"/>	<input type="text"/>
Chester Step	<input type="text"/>	<input type="text"/>
6-Minute Walk	<input type="text"/>	<input type="text"/>
Sit Up	<input type="text"/>	<input type="text"/>
Bleep Test	<input type="text"/>	<input type="text"/>

## My Weight Journey



*\*Please note this is for example only, not actual healthy weight or weight monitoring*

Week	Did I complete programme for my goals? Yes/No	Comments If No, why? How can this change next week? Do I need any extra support?
1	Yes	Did not have seconds at mealtime
2	Yes	Completed all my exercise 150mins
3	No	Ate packet of doughnuts when friends visited. Speak with friends to explain I am looking after my weight so to not bring unhealthy food to visits.
4		
5		
6		
7		
8		
9		
10		
11		
12		