

# Closing the Gap – Mental and Physical Wellbeing in service improvement

Winter Collaborative Learning Event 2015

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Mental & Physical Wellbeing Theme



# The Mental and Physical Wellbeing Theme

## **Aim:**

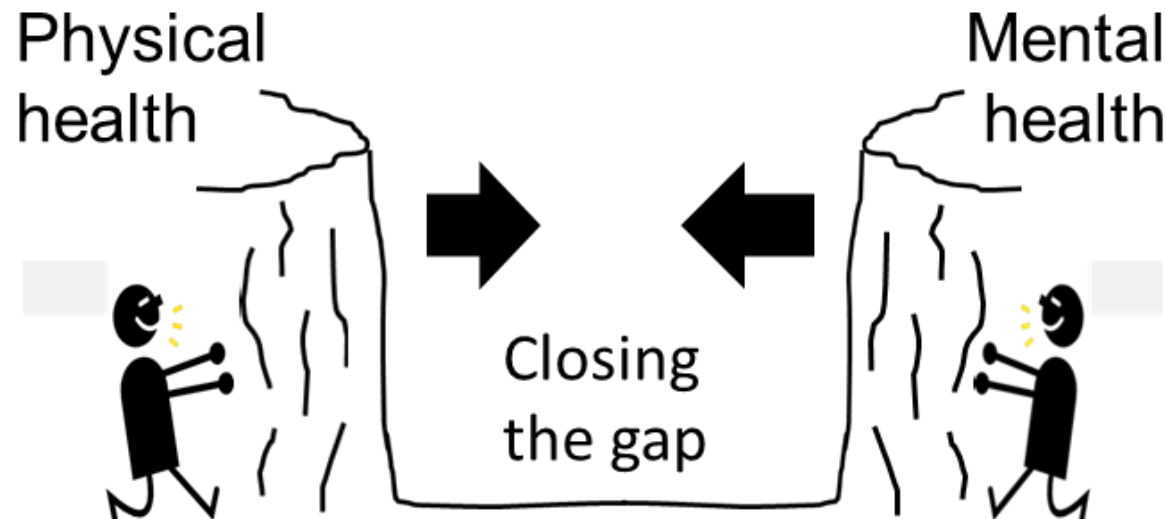
To create a person-centred holistic approach to care, that recognises how mental and physical wellbeing together can improve patients health and experience.

# Objectives of the workshop

- Explore the connections between mental and physical health and wellbeing
- Create space to consider together how to support the integration of mental and physical wellbeing in quality improvement projects



- Paying attention to people's mental **and** physical wellbeing may improve your projects chances of success.
- Seeing the patient as a whole person will ensure a better experience for the patient and will often mean improved outcomes.



# In small groups

- What ideas do you have that quality improvement projects can do to help them work in a more integrated way across mental and physical health and wellbeing?
- How can CLAHRC NWL support projects to work in this way?





## Service Improvement - TRAMS

**T:** Talk to and seek the views of a wide range of people; if your project is looking at physical health talk to people involved in mental health, if your focus is mental health seek input from people with physical health experience or knowledge: Use your stakeholder mapping exercise to check you have included everyone and if not use it to help you widen your scope.

**R:** Review the literature: Are any published papers, reports or guidance's that take a more holistic approach.

**A:** Ask what local and national data is telling you. Is there any correlation between mental and physical wellbeing?

**M:** do an emotional process **M**ap involving patients and carers.

**S:** actively **S**eek the views of patients and carers, ask what is important to them, what their priorities' are.

# Please join the discussion comments suggestions ideas



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