

## KNOWLEDGE OF PHYSICAL HEALTH PROBLEMS IN PATIENTS IN ACUTE MENTAL HEALTH CRISIS

An ability to draw on knowledge that in the UK life expectancy for patients living with a serious mental illness (SMI) is reduced by 15-20 years and that patients with severe mental health difficulties:	
	have high rates of smoking, with smoking being the largest cause of premature death
	are at double the risk of obesity and diabetes, three times the risk of hypertension and metabolic syndrome, and five times the risk of dyslipidaemia than the general population
An ability to draw on knowledge that some psychotropic medications have metabolic side effects, which can lead to weight gain	
An ability to draw on knowledge that the social inequalities patients experience also increase the likelihood of physical health difficulties (for example, they may struggle to access or experience discrimination in health care)	
An ability to draw on knowledge that patients receiving inpatient care are at risk of having their physical needs overlooked due to diagnostic overshadowing, stigma, and discrimination	
An ability to draw on knowledge that patients should have access to safe, appropriate, and effective treatment for their physical health conditions during admission and appropriate follow-up should be put in place post-discharge	
An ability to draw on knowledge of relevant clinical guidelines which outline the care of physical health for patients (for example, NICE guidelines National Early Warning Score (NEWS)), and apply them when delivering inpatient care	