



*This may be a HCA or another member of the wider workforce eg wellbeing coach, social prescriber.

The Physical Health Check: HCA* (default pathway)

Physical health check e.g. BP, weight, bloods, screening	Identify social concerns & mental health red flags
Identify physical health red flags	Explore patient's priorities
Structured support for education and self management	Assess carer/friend/formal support needed to address physical health
	Brief interventions and signposting (e.g. smoking)

Clinical Review: Nurse/pharmacist/GP

Review clinical conditions	Optimise medication
Manage clinical risk factors & co-morbidities	Agree health priority and behaviour change goals

Intensive Support for Behaviour Change: Trained staff member

Working intensively on patient-led cardiovascular goals e.g. smoking cessation, weight management, adherence	If available, Peer Coaches to provide less structured appointments to support the CVD goal or separate recovery focused goal
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Mental Health Review: MH nurse

- Review and respond to mental health needs
- Oversee and support patient journey where required
- Allocate staff member to accompany to appointments where needed
- Joint consultations with clinician or HCA type role as needed for physical health interventions
- Support behaviour change with brief and intensive interventions
- Refer for peer support if available and desired.

Undertake desktop review of patient to assess their mental health/complexity, to determine reasons they may not be engaging, and to assess their need for support

Contact patient/family/MH services to assess current mental health

Outreach

- Home visits
- Accompany to appointments

Specialist Support

Core Community Mental Health Service or Specialist Mental Health Team

Wider Social Support: Social provider

Maximise use of existing structures (social prescribing, MIND, care navigators) to address wider wellbeing concerns e.g. isolation/accommodation/financial concerns. All clinicians to support patients to engage with wider social support at each stage in the Pathway, if needed.

UCLPartners -Primrose: The Pathway