

SHAPE Supporting Health and Promoting Exercise (Band 2015)

Inputs

Investment: £74,993

Staffing set up cost - 3 months

- Clinical lead band 7 wte 0.1 £2,486
- Project lead wte 0.1 £2,662
- Project administrator wte 0.1 (£1,155)
- Psychology professor £1,155
- Exercise physiologist £1,444

Running costs (direct) - staffing 12 months

- Clinical lead £9,944 wte 0.1
- Project lead £10,648 wte 0.1
- Administrator £4,643
- EAYL /PT (£14,711) 2 hours a week
- Nutritional therapist (£3,399) 2 hours per week
- Psychology professor (£5,030) 2 hours per week
- Exercise physiologist (£3,399) 2 hours per week
- Psychology assistant £5,269 wte 0.3
- Guest instructors 5 x 3 1 hr sessions £450
- Conferences / travel £5,000

In kind - venue, water bottles, pedometers tape measures, PR

The Service

Journey through Service

Clinical

- Improve and sustain physical health monitoring and intervention through a comprehensive physical health checks
- Monitor record and evaluate physiological changes that increase risk of CVD and diabetes
- Provide targeted evidence based interventions SHAPE programme

Patients

Full physical health check and interventions in form of Facilitation of health education and exercise programme monitor well being / good mental health user perspective in form of Focus group feedback and evaluation

Carers

Carers group/ support / education

Indirect Admin

- Data collection for evaluation purposes
- Communication with GP improve care planning and informs good practice

Technology

SPSS system to evaluate data and measure improvement enhance quality

Summary of Benefits

For Patients

- reduce future risks of CVD and diabetes in mental health population. Preventative evidenced based intervention within WEIS pathway.
- Self reported improvements and observed improvements in mental health and lifestyle changes in relation to exercise, nutrition, smoking.
- A collaborative approach between health and education enhances skill mix

For healthcare system

- Improved physical health pathway and interventions.
- Meet NICE guidelines for assessment and intervention of maintaining the physical health needs of patient.
- Dissemination of good practice and model approach which can be adapted for other disciplines.

HSJ shortlist 2015

Opportunities for service development

- 2016 SHINE funding £30,000 for sustaining development.
- Produce and publish manualised e-training & securing website domain.
- Increase marketing platform for wider health and community services.