

Appendix 1: Template for the initial letter to the GP

Date

Re.

Name

DOB

Address

Dear Dr

Diagnosis/Diagnoses

Medications

The above client suffers from a psychotic episode and has been accepted by us, the Early Intervention in Psychosis (EIP) team, who will offer care coordination for a period of three years.

As those with psychosis have a much higher risk of developing a multitude of physical disorders for a variety of reasons, NICE recommends that initial and then annual physical health checks are carried out, with particular focus on cardiovascular disease risk assessment.

Would you kindly check:

Smoking status, alcohol intake, drug use (see also accompanying lifestyle information)

Pulse, BP, BMI and blood tests: FBC, LFT, U and E, thyroid function, blood sugar and lipid profile (both the latter fasting if possible) and a baseline prolactin (as some drugs for psychosis raise levels)

For female patients please consider contraception and cervical screening.

The patient has been asked to book a time with your practice nurse for the tests and a *double appointment* with you a week later for the annual MH QOF review and to discuss test results.

Following your review, would you kindly post or fax us a **Summary Printout including Significant Problems, Current Medications and Latest Values.**

Please contact us if you wish to discuss any aspect and thanks for your help and co-operation.

Yours sincerely

Care Co-ordinator Consultant Psychiatrist

Source: Kamini Vasudev, MD DNB (Pharmacol) MRCPsych and Brian V Martindale, FRCP FRCPsych, "Physical healthcare of people with severe mental illness: everybody's business!" Ment. Health Fam. Med. 2010 June; 7(2): 115-122. Available at US National Library of Medicine, National Institutes of Health <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2939459/>

Appendix 2: Template for follow-up letter to the GP

Date

Re.

Name

DOB

Address

Dear Dr

Diagnosis/Diagnoses

Medications

The above client continues to be under our care and is care co-ordinated by our service, the Early Intervention in Psychosis (EIP) team.

As those with psychosis have a much higher risk of developing a multitude of physical disorders for a variety of reasons, NICE recommends an annual health check which should include the following:

Smoking status, alcohol and drug use (see also accompanying lifestyle information)

Pulse, BP, BMI, and blood tests: FBC, LFT, U and E, thyroid function, glucose and lipids (both fasting if possible) and prolactin (a number of drugs for psychosis raise levels)

For female patients please consider contraception and cervical screening.

The patient has been asked to arrange an appointment with the nurse at your practice for the tests outlined above and a double appointment with you a week later to carry out the annual MH QOF review and to review the test results.

Following your review, we would be grateful if you could post or fax us a **Summary Printout including Significant Problems, Current Medications and Latest Values.**

Please feel free to contact us if you wish to discuss any aspect and thanks for your help and co-operation.

Yours sincerely

Care Co-ordinator Consultant Psychiatrist

Source: Kamini Vasudev, MD DNB (Pharmacol) MRCPsych and Brian V Martindale, FRCP FRCPsych, "Physical healthcare of people with severe mental illness: everybody's business!" Ment. Health Fam. Med. 2010 June; 7(2): 115-122. Available at US National Library of Medicine, National Institutes of Health <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2939459/>