

## MEDIA RELEASE

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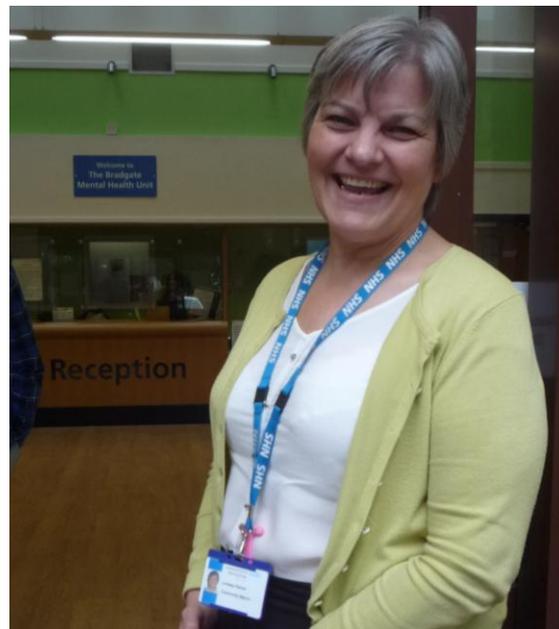
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### **New drive to boost physical health care of Bradgate patients**

Leicestershire Partnership NHS Trust (LPT) has appointed its first dedicated physical health nurse at the Bradgate Mental Health Unit, as part of a new drive to improve the quality of physical health care provided for adults on its acute wards.

Lindsay Palmer, right, has taken up her new post at the unit, on the Glenfield Hospital site, following a one-year secondment to LPT's adult mental health services which ended last summer.

This has seen the Bradgate Unit develop and deliver systems to identify patients with a mental health condition who are at potential risk of developing physical ill health. These include checks on cardiovascular disease risks and certain metabolic factors.



LPT introduced the new role of physical health nurse as part of an intensive programme of quality improvements at the Bradgate Unit. Since taking up the new post Lindsay has been developing training programmes for qualified and unqualified ward nursing staff covering key areas such as:

- Measuring and recording patients' vital signs including blood pressure, temperature, oxygen saturation levels, pulse and respiration rates
- Improving the care of inpatients with diabetes

Lindsay brings a wealth of nursing experience across Leicestershire to her new role. Since qualifying as a registered nurse she has had roles in general medicine, GP practice work, and acute inpatient nursing at Leicester Royal Infirmary where she also held a specialist nursing post in anti-coagulation.

After gaining a community health nursing degree in 2005, she worked in Leicester as a community matron, specialising in the care of patients with long-term conditions and complex medical and social needs.

She said: “We hear that more than a third of adults in England are on the verge of developing type 2 diabetes. This is a particular concern for patients with a mental health condition as it is estimated that one in five people with a severe mental illness have diabetes, and that type 2 diabetes might be up to five times more common in those with severe mental illness compared with the general population.

“This has consequences for life expectancy and disability in this group of vulnerable people. The training we are developing aims to improve the management and care of patients with diabetes admitted to inpatient settings and have a positive impact on our patients’ health outcomes.”

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**NOTES TO EDITORS** Leicestershire Partnership NHS Trust (LPT) provides a range of health and wellbeing services mainly for people living Leicester, Leicestershire and. Trust serves a population of one million, has a budget in excess of £282 million and employs approximately 5,400 staff. For more information visit [www.leicspart.nhs.uk](http://www.leicspart.nhs.uk)  
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