

MECC: Mental Health in Primary Care

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Background

- Mental Health
 - Die 15-20 years younger
 - 3 times more likely to have a physical illness
- Marmot Report 2010- proportionate universalism
- Primary care is a gatekeeper of healthcare

Making Every Contact Count

- Strong evidence base already for brief interventions
- Little evidence of effectiveness of combined physical health interventions for this vulnerable group
- MECC: Supporting people to make healthier choices and achieve positive long-term lifestyle changes
- Integrated approach to addressing health inequality as part of a range of interventions

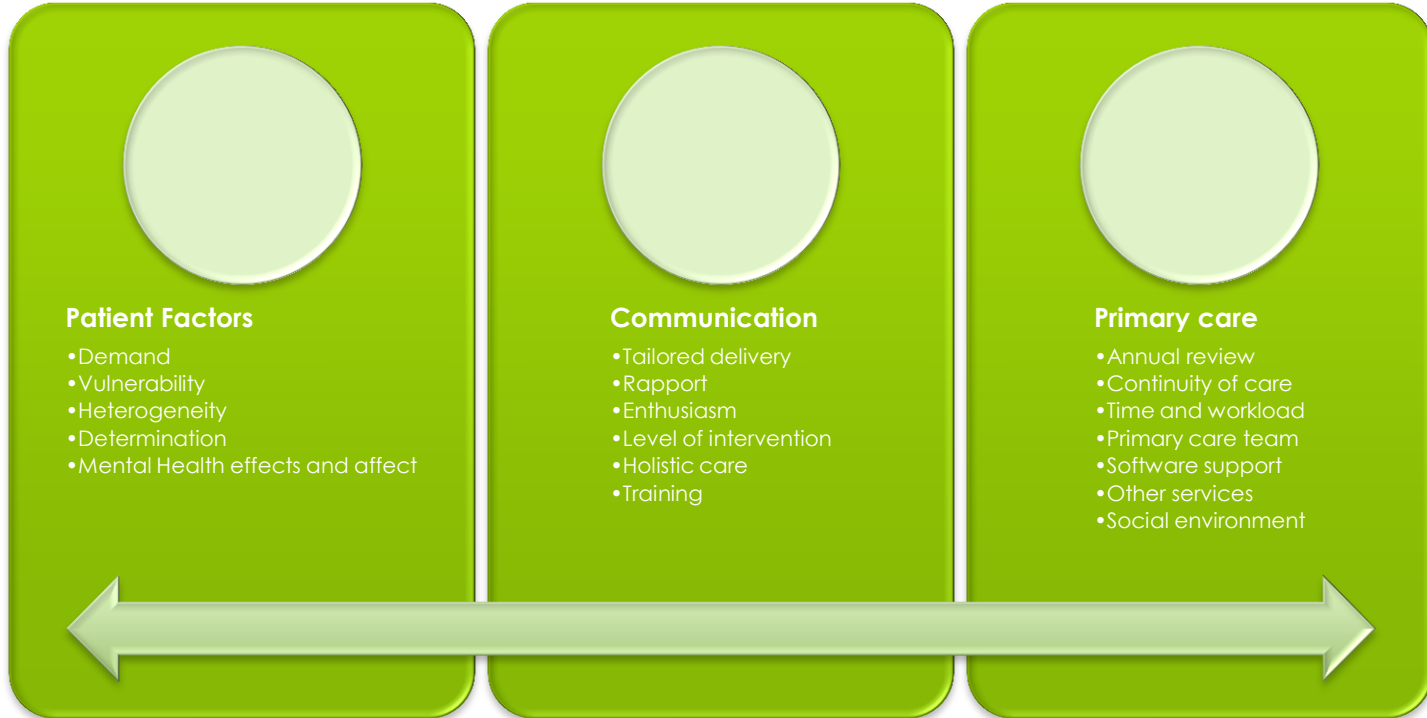
Research Study

- **Research Question**
- What are the **barriers** and **facilitators** in endeavouring to a MECC approach to improve the physical health of patients with mental illness a primary care setting?
- **Participants**
- Interviewing **clinicians, stakeholders** and **patients**.
- **Realist Evaluation**

Methods

- Semi-structured interviews
- 10 patients and 10 clinicians/stakeholders
- Thematic analysis
- Ethics (Integrated Research Application System)
- PPI

Results



Context-Mechanism-Outcome Framework example

- M (resources) Clinician taking opportunities to communicate of how to change of unhealthy lifestyle +
- C Patient wants to be informed of how to make lifestyle change; Potentially reduced cognitive function; Unhealthy lifestyle used as a coping strategy →
- M (reasoning) Knows how to make lifestyle change =
- O Feels valued holistically as a human being; Able to make lifestyle change; Improved morbidity and mortality; Improved mental health

Conclusion

- **M**ECC demand
- **E**ncounters need to be of quality
- **C**hallenging climate of general practice
- **C**hange current societal perceptions

Questions?

Primary care can play an important role in ensuring that people with mental illnesses receive equitable access to care across the system

Bringing together physical and mental health: a new frontier for integrated care

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