Introduction
This leaflet provides you with information that you will find useful whilst attending the Physical Health Monitoring Clinic. If you are not sure about anything in this leaflet please ask a member of staff.

What is the Physical Health Monitoring Clinic?
The Physical Health Monitoring Clinic is based within various community settings across Newcastle and North Tyneside. You will be invited to attend your nearest service.

The services provided at the clinic are as follows:
- Clozapine Monitoring
- Clozapine Initiation
- Phlebotomy
- Lithium Monitoring
- Lithium Initiation
- HDAT Monitoring
- Depot Injection Administration
- Physical Health Monitoring
- ECG
- Smoking Cessation

Why do I need to attend the Physical Health Monitoring Clinic?
The services provided by the Physical Health Monitoring Clinic support your overall treatment plans.

Arriving at the Physical Health Monitoring Clinic
When you arrive in the Physical Health Monitoring Clinic, you will meet one of our Qualified Mental Health Nurses, who work within the department. They will explain what will happen during the time you may be in receipt of our services.

- Please note that referral to any of our clinics will need to be made through your care co-ordinator or your Consultant Psychiatrist.
- The clinic staff liaise closely with your Care Co-ordinator, your Consultant Psychiatrist, your GP and any others that you may have contact with in the community.
- The Physical Health Monitoring Clinic provides services for out-patients.
- Staff at the Physical Health Monitoring Clinic will be happy to provide information to you and/or your carer about any treatment or therapy that may be recommended for you.

How long will I be there?
People usually attend appointments in the Physical Health Monitoring Clinic for approximately 15-30 minutes depending on which service you are receiving.

What sort of things happen at the Physical Health Monitoring Clinic?
We offer these services on certain days each week. You will be informed by letter of when you are able to attend.
Services provided are:

**Clozapine Monitoring and Initiation**
Clozapine (Clozaril) is an anti-psychotic drug that requires special monitoring, as it has a relatively high risk of causing a serious disorder of the white blood cells (agranulocytosis). The Physical Health Monitoring Clinic has direct links to the Clozaril Patient Monitoring Service (CPMS) and St. George’s Hospital pharmacy to ensure and maintain a safe service.

When you are first prescribed Clozapine you need to be monitored closely for a period of 2 weeks whilst the dose of medication is being gradually increased. This is a specific protocol determined by Northumberland, Tyne and Wear NHS Foundation Trust. This needs to be done safely either in a hospital setting or within a Physical Health Monitoring Clinic.

You can only take Clozapine if your blood count is monitored on a regular basis. Most service users taking Clozapine in Newcastle and North Tyneside attend one of the Physical Health Monitoring Clinics for:
- blood sampling
- side effect monitoring
- physical health monitoring
- wellbeing advice, education and information.

**Phlebotomy**
The taking of blood samples as requested by your Consultant Psychiatrist or Care Co-ordinator.

**Lithium Monitoring and Initiation**
Lithium is used to help treat the symptoms of bipolar affective disorder, it can help make “highs and lows” less extreme or occur less often. It can take some time for Lithium to have its full effect. It may be used on its own or with other medicines. When you first start taking Lithium, there are various tests which need to be done before you commence treatment. There are also ongoing tests/bloods which need to be done 3 monthly. You will also be monitored closely for side effects. Physical health monitoring, wellbeing advice, education and other information will be completed during consultation.

**HDAT Monitoring (High Dose Antipsychotic Monitoring)**
Sometimes if you are prescribed various different medications you will need to have a specific set of tests/blood samples every 3 months. You will also need to be closely monitored for side effects. Physical health monitoring, wellbeing advice, education and other information will be completed during consultation.

**Depot Clinic**
Depot injections are administered by a Qualified Mental Health Nurse within the Physical Health Monitoring Clinic located in your local community. You will also need to be closely monitored for side effects. Physical health monitoring, wellbeing advice, education and other information will be completed during consultation.
Physical Health Monitoring
When you have a mental health issue and you are prescribed various different medications you will need various tests/bloods at least once a year. You also need to have your blood pressure, height, weight and BMI recorded during this appointment. You will also need to be closely monitored for side effects. Wellbeing advice, education and other information will be completed during consultation.

ECG (Electrocardiograph)
A monitoring test on your heart that involves the placement of some stickers and leads on your chest area, a reading is taken of the electrical activity in your heart. Depending on the medication you take this will generally need to be performed at least once a year.

Smoking Cessation
Help or support to give up smoking. This service is provided by trained intermediate advisors who may refer on to specialist advisors and community services on discharge.

Interpreters
If you would like an interpreter, staff will be able to help you to get one.

Travel information
You need to make your own way to the Physical Health Monitoring Clinic for your appointment. Your Care Co-ordinator will be able to help you to make arrangements if necessary or will be able to help/advise you regarding travel arrangements. Please contact us should you experience any difficulties and we will be happy to try to help resolve them.

What if I have a comment, suggestion, compliment or complaint about the service?
If you want to make a comment, suggestion, compliment or complaint you can:
- talk to the people directly involved in your care
- ask a member of staff for a feedback form, or complete a form on the Trust website www.ntw.nhs.uk (click on the ‘Contact Us’ tab)
- telephone the Complaints Department Tel: 0191 245 6674

Useful contacts
- Pharmacy (Clozapine enquiries) Tel: 0191 223 2537
- National Institute for Health and Clinical Excellence Tel: 0845 003 7783 (NICE) Website: www.nice.org.uk
- Pharmacy Medicines Information Line Tel: 0191 223 2679 (Northumberland, Tyne and Wear NHS Foundation Trust)

References
A full list of references is available on request from the Patient Information Centre Tel: 0191 223 2545
Further information about the content, reference sources or production of this leaflet can be obtained from the Patient Information Centre.

This information can be made available in a range of formats on request (eg Braille, audio, large print, easy read, BSL or other languages). Please contact the Patient Information Centre Tel: 0191 223 2545