



Kent and Medway
NHS and Social Care Partnership Trust
Information Governance & Records Management Department

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Dear [REDACTED]

Request for Information

I write further to your request FOI ID 42255 under the Freedom of Information Act 2000 regarding:-

Weight gain due to SMI medication

Your request is set out below:

- I wondered if you could tell me if your organisation is able to offer support to people who have experienced weight gain due to SMI medication, and in what ways is support offered and accessed? Are you aware of people needing to be referred into particular services or can they self refer, and is there support available for people who may struggle to attend?

We have a contract with Dietitians who provides support for our inpatient wards for those who experience weight gain (including due to medication for a SMI) or are obese and our community staff refer to a community programme run by OneYou or their GP, but they can self-refer too. If weight management has not been successful a Tier 3 referral will be made.

Our staff will support people who use our mental health services to attend their arranged appointments if they struggle to be present for them, for both inpatients and in the community and we have a Dietitian led staff training package and the Physical Health Team provide a staff training course on physical health in mental health, which includes cardio metabolic risks, healthy eating choices and exercise, potential physical health impact of mental health medication.

We focus on body positive outcomes for our patients, concentrating on physical health and mental wellbeing by providing person centred support and education, setting achievable goals, medication reviews (some mental health medication can increase appetite), providing cooking sessions with healthier choices, employed exercise specialists to support inpatients and currently rolling out nature walk and talk sessions to include mindfulness.

I confirm that the information above completes your request under the Freedom of Information Act 2000. I am also pleased to confirm that no charge will be made for this request.

We are proud to be smoke free

Trust Chair – Dr Jackie Craissati
Chief Executive – Helen Greatorex

If you have any questions or concerns or are unhappy with the response provided or the service you have received you can write to the Head of Information Governance at the address on top of this letter. If you are not content with the outcome of your complaint, you may apply directly to the Information Commissioner for a decision.

Yours Sincerely

On Behalf of
The Information Governance Department