



Our Reference:  
Your Reference:

27 June 2022

Insert Address

Dear [REDACTED]

### **Request for Information**

I write further to your request FOI ID 31467 under the Freedom of Information Act 2000 regarding:-

Exercise Programmes

Your request is set out below in italics:  
Do you offer a service or program which:

*Aims to increase exercise levels, improve eating habits or reduce weight, and is aimed at patients with mental illness or learning disability, inpatients or outpatients*

*If yes, we would like to see:*

#### *Referral criteria*

**KMPT do not have a referral criteria as KMPTs service users are offered a physical health screen and intervention, which could include VBA or onward referral to specialist teams if there are any health anomalies identified. This screening is based on the Lester Tool, a positive cardiometabolic health resource, which is an intervention framework for patients with psychosis on antipsychotic medication, but we offer this screening for all service users. The parameters are BMI, smoking, lifestyle (includes exercise, illicit drugs), lipids, glucose regulation and BP.**

**KMPT also have Dieticians who work with us, one of which is a specialist in obesity, Healthy Walks (Occupational Therapist led), onsite gyms following medical clearance to ensure that the person is safe to undertake exercise and offer cooking sessions.**

**KMPT also provide Physical Health in Mental Health staff training to enable our staff to support our service users in their health and wellbeing, including lifestyle choices and healthier options.**

*Any documents related to the treatment pathway or services offered by this program The number of patients who have accessed this program since 2017*

**Please find attached the Lester Tool.**

**We are proud to be smoke free**

Trust Chair – Dr Jackie Craissati  
Chief Executive – Helen Greatorex

**All information in relation to number of patients who have accessed this programme is not routinely collected outside normal record keeping of a clinical record. The requested information is not held centrally and is contained within the individual clinical records and archive systems which can not be extracted as a stand alone piece of data. In order to extract the requested information and collate the results would require a manual exercise to identify and review clinical records and would exceed the appropriate time limits, as per the Freedom of Information Act 2000 section 12(1) which does not oblige a public authority to comply with a request for information if the authority estimates that the cost of complying with the request would exceed the appropriate limit.**

*If yes, are any doctors involved in the delivery of this program?*

**Yes, this is a multidisciplinary approach and doctors are involved.**

I confirm that the information above/attached 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.

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