

A white kitchen scale is the central focus, with a red apple and a yellow measuring tape resting on its surface. The measuring tape is coiled around the apple and extends across the scale. The background is a plain, light color.

Addressing the Balance: Physical Health Monitoring in an Early Intervention Service

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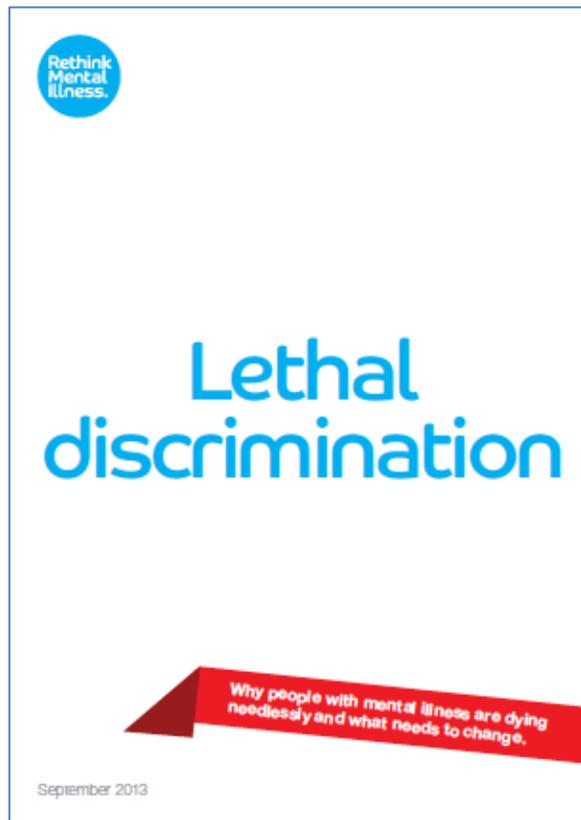
An ounce of
PREVENTION

Prevention

Is worth a
pound of CURE.

Cure

©2005 E. Aoyama



Professor Sue Bailey
President of the Royal College of Psychiatrists

The fact that people with severe mental illness die twenty years earlier than the rest of the population, the majority from preventable causes, is one of the biggest health scandals of our time, yet is very rarely talked about.

Which physical health problems are associated with mental illness?

The research found that:

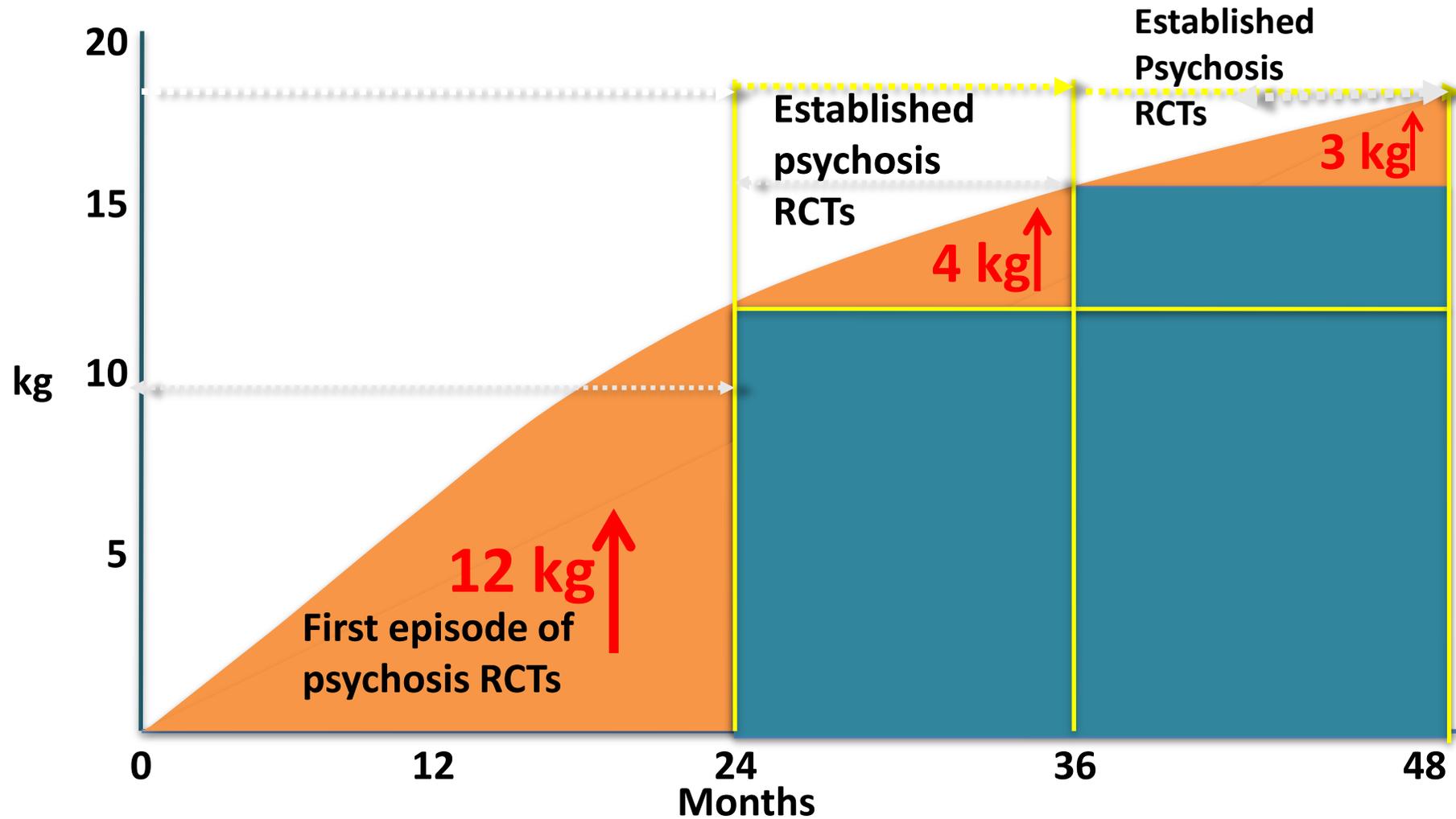
- 33% of people with schizophrenia and 30% with bipolar disorder are clinically obese (overweight), compared to 21% of the rest of the population.
- Coronary heart disease is more common in people with schizophrenia (4%) and bipolar disorder (5%) than the rest of the population (3%).
- Diabetes is more common in people with schizophrenia (6%) and bipolar disorder (4%) than the rest of the population (2%).

(Disability Rights Commission 2006)

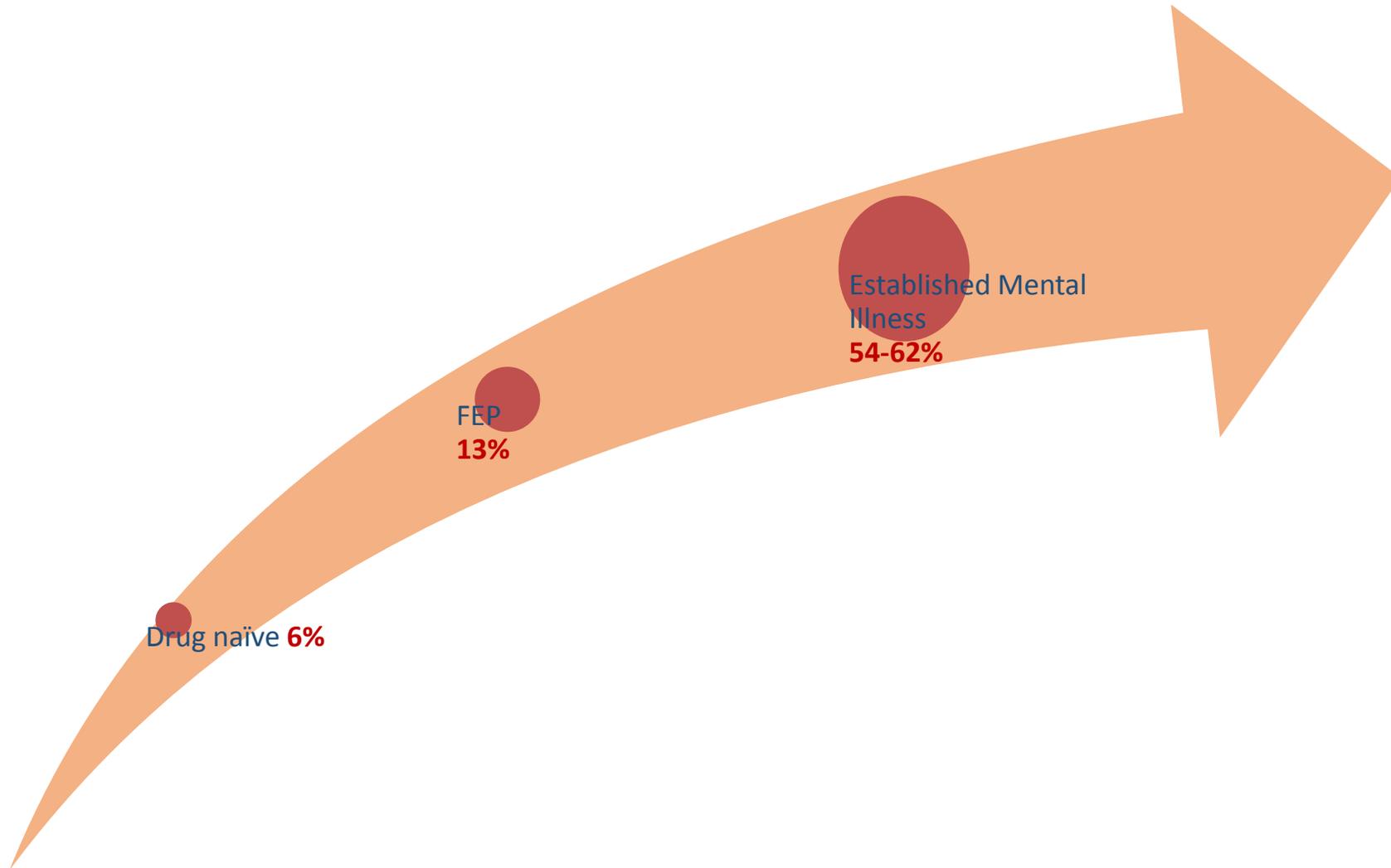
People with mental illness are also at higher risk of developing:

- High Blood Pressure
- Stroke
- Respiratory Problems
- Bowel and Breast Cancer

Antipsychotic-Induced Weight Gain in Chronic and First-Episode Psychotic Disorders: a Systematic Critical Reappraisal



Metabolic Syndrome prevalence



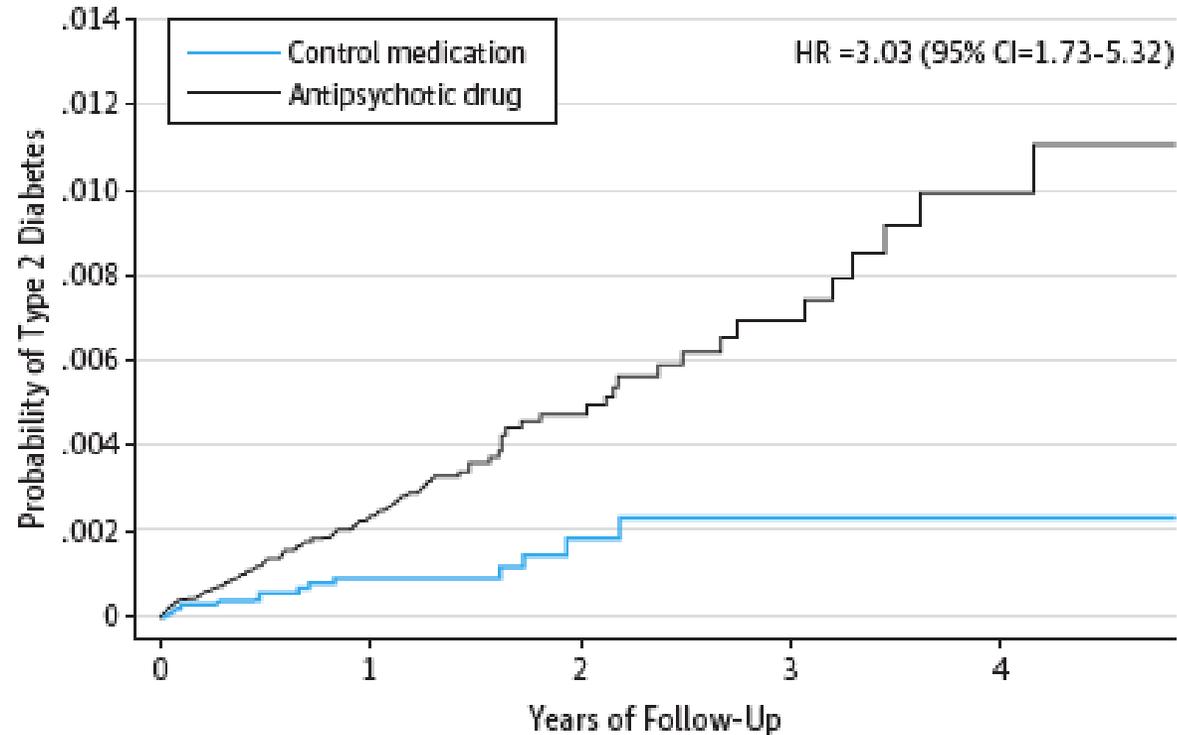
Curtis et al, 2011. *Early Int Psychiatry*; 5: 108-114; De Hert et al, 2008. *Schiz Research*, 101: 295-303; John et al 2009. *MJA* 2009; 190: 176-179; Brunero et al 2009, *Archives of Psych Nursing*; 23; 261-268. Galletly et al 2012. *ANZJP* 46: 753-61

Early weight & cardiometabolic changes

- * Occur **rapidly**- within 12 weeks of commencing antipsychotic medications (Foley and Morley 2011, Archives gen psych; Tarricone et al, 2010, Psychological Medicine)
- * Occur **frequently**- clinically significant weight gain in 37-86% of FEP youth within 1 year commencing AP (Kahn et al 2008 Lancet)
- * Occurs in **children and adolescents** to a greater degree
(Correll et al 2009, JAMA; Eapen et al 2012 J Metabolism)
- * **Downstream impact is obesity → metabolic syndrome → premature mortality**

Cumulative diabetes incidence & antipsychotic use

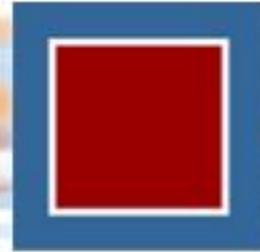
Figure 1. Cumulative Incidence of Type 2 Diabetes Mellitus, According to Baseline Antipsychotic Use and Using the Kaplan-Meier Method



No. of Children and Youth at Risk

Control medication	14 417	7799	2504	1074	485
Antipsychotic drug	28 825	17 803	5066	2188	972

Smoking in FEP



THE JOURNAL OF CLINICAL PSYCHIATRY

- ★ 59% of patients FEP use tobacco at time of presentation
- ★ 6 x higher than peers without psychosis
- ★ commences 5 years prior to diagnosis of psychosis

Myles N, Newall H, Curtis J, Nielssen O, Shiers D, Large M.
Journal of Clinical Psychiatry (2012) 73(4): 468-475

Past, Present and Future



2010

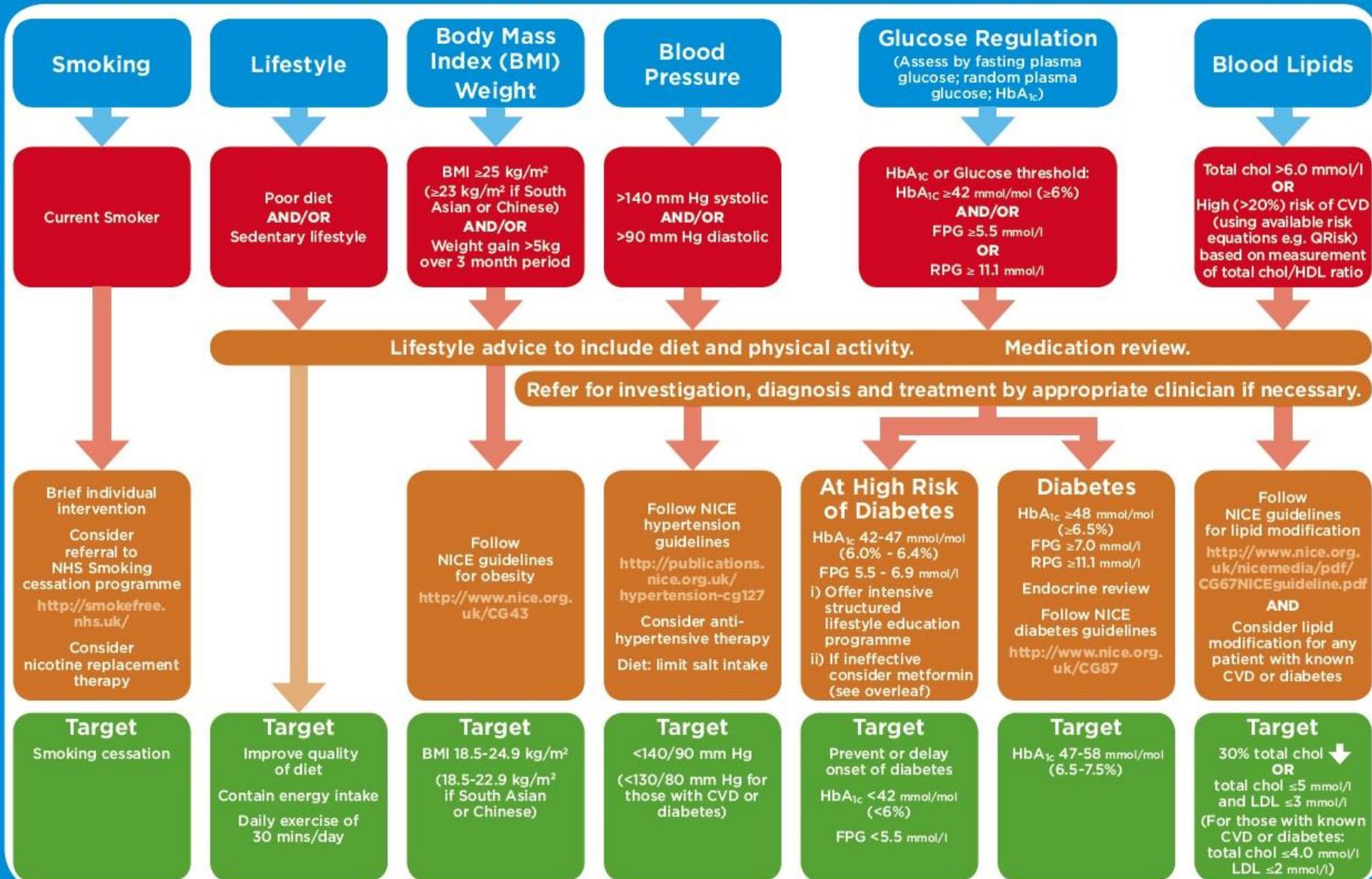
- Client assessment booklet (ad hoc framework/structure)
- Developed physical health lead role within the service
 - Liaise with other teams
 - Standardise physical health monitoring
 - Implement physical health framework and monitoring tools
 - Improve outcomes

Assessment of Physical Health

- Lester Adaptation & HEAL Programme
- Client Assessment Booklet
 - Weight, Height, BMI, Blood Pressure, Pulse.
 - Smoking Habits
 - Previous Head Injury
 - Family/Personal History of Diabetes/Epilepsy/Cardiovascular Disease
 - Sexual Health
 - Diet & Exercise
- **LUNTERS** Assessment (Liverpool University Neuroleptic Side effect Rating Scale)
- **GASS** Assessment (Glasgow Antipsychotic Symptom Scale)

Positive Cardiometabolic Health Resource

An intervention framework for patients with psychosis on antipsychotic medication



FPG = Fasting Plasma Glucose | RPG = Random Plasma Glucose | BMI = Body Mass Index | Total Chol = Total Cholesterol | LDL = Low Density Lipoprotein | HDL = High Density Lipoprotein



Healthy Active Lives (HeAL)



Keeping the Body in Mind
in Youth with Psychosis

The HeAL Programme

Five Year Target

- **Within the next 5 years any young person developing psychosis should expect their risks for future physical health complications (particularly obesity, premature cardiovascular disease and diabetes), when assessed two years after initial diagnosis, to be equivalent to their peers from a similar background who have not experienced psychosis:**
- 90% of people experiencing a first episode of psychosis and their families or supporters are satisfied that they made treatment choices informed by an understanding of their risks for future obesity, cardiovascular disease and diabetes
- Within a month of starting treatment 90% of people experiencing a first episode of psychosis have a documented assessment which includes risks for future obesity, cardiovascular disease and diabetes:
 - – body mass index and/or waist circumference; blood glucose and lipid profile, blood pressure, smoking status and relevant family history
 - – results are shared between professionals involved in the care (e. g. primary and specialist practitioners)
- All people experiencing a first episode of psychosis can expect that where medicines are used to treat their psychosis, these are regularly reviewed according to recommended prescribing standards that minimize the development of the complications of obesity, cardiovascular disease and diabetes
- For those under the age of 16 years, weight change is more appropriately monitored from growth charts e. g. Body Mass Index for Age which incorporate a change in BMI Z-scores.
- 75% of people experiencing a first episode of psychosis gain no more than 7% of their pre-illness weight two years after initiating antipsychotic treatment.
- 75% of people experiencing a first episode of psychosis maintain blood glucose, lipid profile and blood pressure within the normal range two years after initiating antipsychotic treatment
- Physical health inequalities diminish so that two years after the onset of psychosis
 - – 90% receive health promotion advice on healthy eating, tobacco and substance use, sexual health, dental care, and the benefits of avoiding physical inactivity
 - – fewer than 30% smoke tobacco
 - – more than 50% engage in age appropriate physical activity e. g. at least 150 minutes per week of moderate intensity

The HEAL programme (York)

HEAL stands for **H**ealth, **E**xercise, **A**ctivity and **L**ifestyle. The HEAL programme of activities is designed to help people with certain long-term medical conditions to start exercising safely and improve their health.

The HEAL programme consists of:

- **Exercise Referral Scheme**

- GPs and other health professionals can refer patients with medical conditions to receive specialist advice and support to help them become more active.

- **Physical Activity Programme**

- Where people can obtain information on opportunities available in York

2014

- Physical health monitoring audit
- Showed 28% of service users did not have any physical health information documented anywhere

2015

- Revisited audit
- Which showed 38% of service users did not have any physical health info recorded.
- Things had got worse!! (at least that's how it looked!)
- WHY??
 - We had changed the way we recorded information (paper/electronic)
 - There was no consistency in how things were being recorded and WHERE they were recorded
 - The second audit only captured 2 months of recording

What was going wrong?

- Liaising with GPs
- Multidisciplinary roles within the team
- Access to monitoring (GPs)
- Shared care
 - Discharges from inpatient units
 - Physical health monitoring by primary care

2015 continued

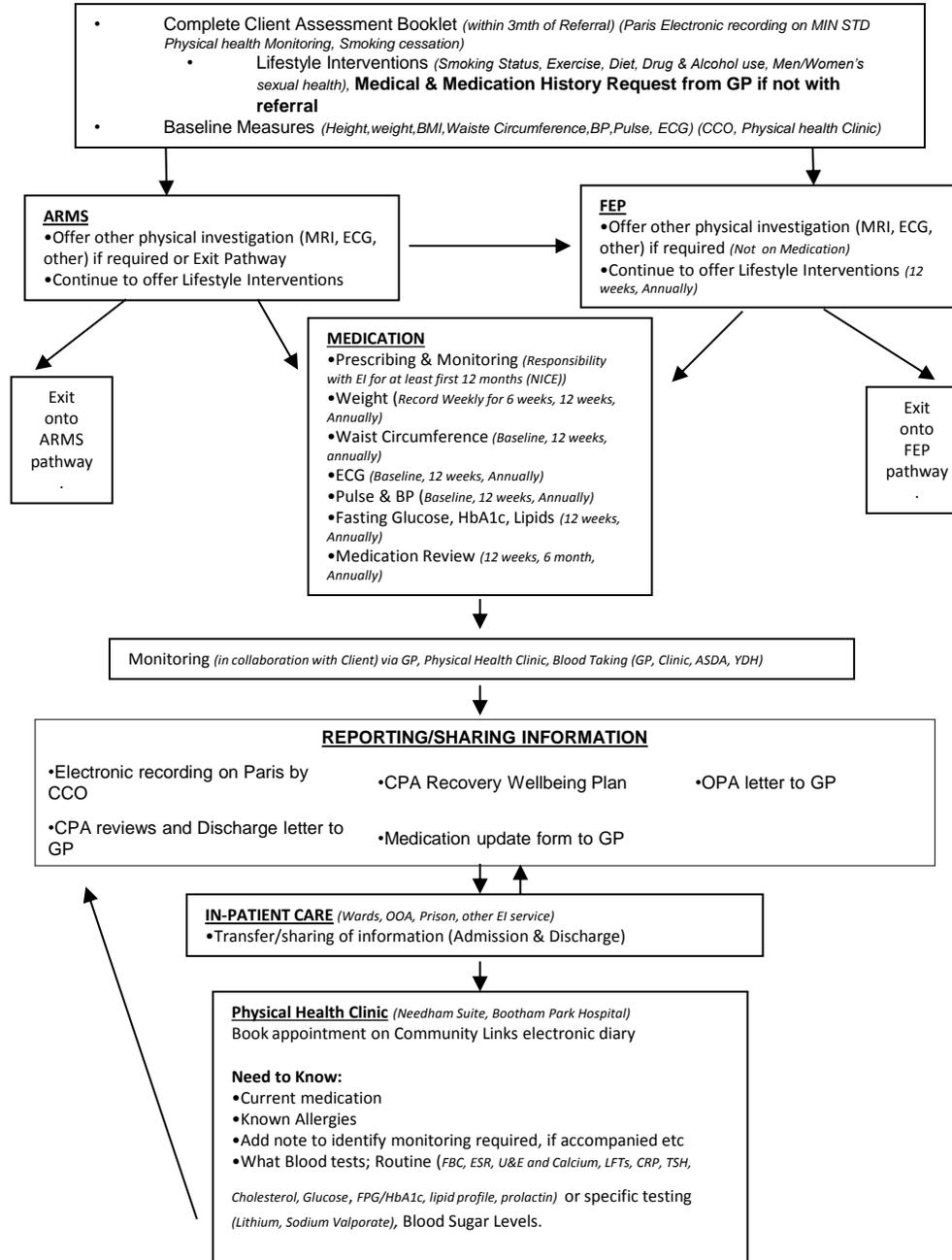
- CQuiN (commissioning for quality and innovation)
- NICE guidelines

- Developed new Physical Health Pathway
- Set up Physical Health Clinic
- In house training for the team
 - Taking baseline measurements
 - Completing physical health monitoring
 - Recording (electronically)
 - Medication

CQUIN
Mental health

NICE National Institute for
Health and Care Excellence

YEIP Physical Health Pathway



EIP Physical Health Clinic

- Barriers to accessing GPs
 - Familiar with staff
 - Offer baseline measurements, ECG, blood taking
 - Can be supported by care coordinators
-
- Currently once a month
 - Aim to expand to accommodate other community teams

The Future



- STEPWISE trial
- Employing staff with health and wellbeing knowledge
- Partnership working with other services
- Transitioning to TEWV
- Re-audit PH monitoring
- SCIMITAR +

Tees, Esk and Wear Valleys 
NHS Foundation Trust



Right from the Start

Keeping Your Body in Mind

A guide for people experiencing psychosis for the first time and those who care for them



Experiencing psychosis and its treatment for the first time is scary. Because of this you may find it difficult to take as much care of your body as you usually would. Unfortunately, the risk of future illnesses like heart attacks and diabetes can be much higher for people experiencing psychosis.

"Improving my physical health has improved my mental health, which then improved my physical health even more. The two are definitely tied."

Phil, aged 20, an expert by experience



Don't leave physical health to chance:

FIND OUT HOW YOUR HEALTH PROFESSIONALS CAN SUPPORT YOU

MY HEALTH • MY CHOICE • MY RIGHT
RIGHT FROM THE START OF PSYCHOSIS

LET'S TALK ABOUT IT!

For health professionals in your mental health team and GP surgery.

Recommended guidance on how to promote and monitor the physical health of people with psychosis:



The Lester Resource – 2014 update:
NICE endorsed physical health framework with target values, monitoring schedules and intervention strategies.

www.rcpsych.ac.uk/quality/NAS/resources



Healthy Active Lives (HeAL, 2013):

An international consensus to protect peoples' physical health from the start of psychosis and its treatment.

www.iphys.org.au

Dear Health Professional,
I want to take steps to live a healthier life. Can you help me? I understand that experiencing psychosis puts me at greater risk of illnesses like heart attacks, strokes and diabetes. Could we work together to reduce these risks and start protecting my health right now?
Thank you,
Signed _____

For more information please contact your care team, for more leaflets the Psychosis Research Unit (PRU), info@psychosisresearch.com, tel. 0161 358 1395.

Service users and practitioners from Greater Manchester West Mental Health NHS Foundation Trust (www.gmw.nhs.uk) developed this leaflet together as a way of empowering service users to improve the quality of care they receive.

PRU PSYCHOSIS RESEARCH UNIT

Greater Manchester West **NHS**
Mental Health NHS Foundation Trust

Service User Experience

Any Questions

