

Physical Health for Persons with Mental Health Issues

Child and Adolescent Mental Health
Services CAMHS

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NSW Ministry of Health
October 2021



Health
Central Coast
Local Health District

Physical Health Outcomes of Care:

- NSW Health is committed to improving the physical health outcomes for consumers with mental health concerns.
- Physical Health care is integral to partnering with consumers for better health outcomes.
- All services in contact with consumers that have a lived experience of mental health have a duty to offer and support interventions to prevent physical illness.
- Mental health services work in partnership with private practices to develop key pathways to address physical health needs.

Importance of Physical Health on a Mental Health Presentation:

- Persons with lived mental health experience have poorer health outcomes than the general population.
- Shorter life span and frequent experiences of stigma and discrimination.
- This cohort of the population require support and partnership from carers, families and services.
- Four out of five persons with a lived mental health experience have a co existing physical illness.

Physical Health and Mental Health:

- 80% of premature deaths with Mental Health (MH) consumers are due to preventable physical health conditions.
- Type 2 DM, CVD, Respiratory Disease, Cancer and Dental Disease.
- Compared to the general population MH consumers have a life expectancy 14-23 years shorter.
- 2-3 times more likely to have Type 2 DM.
- 6 times likely to develop a CVD.
- 50% greater prevalence of smoking.

Specific Populations Impacted by Physical and Mental Health:

- Aboriginal
- Older persons
- Child and Adolescent
- First presentation to mental health services (1st episode psychosis and prodromal presentations)
- Culturally and linguistically diverse backgrounds
- LGBTQIA+ communities

Physical Health Screening by Mental Health Clinicians:

- **Lifestyle factors:** smoking, physical activity, diet, malnutrition and hydration, sleep and oral
- **Weight and height:** BMI, waist circumference(1st episode psychosis and prodromal)
- **Glucose regulation:** Fasting and random BSL, HBA1C
- **Fasting Blood lipids:** cholesterol, LDL,HDL and triglycerides
- **BBV:** Hep B, Hep C and HIV
- Poly pharmacy and illicit substances

Benefits of Metabolic Monitoring (MM) for Mental Health Consumers:

- Consumers using psychotropic medications are routinely screened for cardio metabolic risk factors at 3 monthly intervals during the first 12 months then at 6 months intervals thereafter.
- Proactively link those consumers with primary care services (GP's) and to develop a shared model of care.
- Work collaboratively with GP's (with consumers consent) to share information and develop goals for the consumers health outcomes.
- Identify persons at risk of developing serious physical health concerns and link them to primary care providers.

Physical Health Screening examination form: B

BINDING MARGIN - NO WRITING
 SMR025030
 NSW GOVERNMENT
 Health
 Facility:

FAMILY NAME	MRN
GIVEN NAME	<input type="checkbox"/> MALE <input type="checkbox"/> FEMALE
D.O.B. / /	M.O.
ADDRESS	
LOCATION / WARD	
COMPLETE ALL DETAILS OR AFFIX PATIENT LABEL HERE	

MENTAL HEALTH PHYSICAL EXAMINATION
 BINDING MARGIN - NO WRITING

Mental Health PHYSICAL EXAMINATION

Date: / / Time: Location: People present:

GENERAL APPEARANCE AND OBSERVATIONS (e.g. major distinguishing features or injuries, use of aids - walking frame)

Pulse: BP (Sitting/Lying): BP (Standing): Ethnicity: Unirinalysis N/A Results: Available investigations:

Height (m): Weight (kgs): BMI kgs(m²): Waist (cm): Temp: Resp:

Staff Name: Signature: Designation: Date:

Date: / / Time: Location: People present:

SYSTEM REVIEW (e.g. relevant positive or negative history or symptoms)

CARDIOVASCULAR

RESPIRATORY

GASTROINTESTINAL

NEUROLOGICAL

Consciousness

Pupils Cranial nerves

Power Sensation Tone

Reflexes Gait

Medical Officer name: Signature: Date:

BINDING MARGIN - NO WRITING
 SMR025030
 NSW GOVERNMENT
 Health
 Facility:

FAMILY NAME	MRN
GIVEN NAME	<input type="checkbox"/> MALE <input type="checkbox"/> FEMALE
D.O.B. / /	M.O.
ADDRESS	
LOCATION / WARD	
COMPLETE ALL DETAILS OR AFFIX PATIENT LABEL HERE	

MENTAL HEALTH PHYSICAL EXAMINATION
 BINDING MARGIN - NO WRITING

Mental Health PHYSICAL EXAMINATION

Date: / / Time: Location: People present:

Abnormal Involuntary Movement Scale (AIMS)

Rate highest severity observed. Rate movements that occur upon activation are less than those observed spontaneously. Circle movement, as well as rating score, that applies.

Rating score: 0 = none 1 = minimal 2 = mild 3 = moderate 4 = severe

Facial and oral movements	0	1	2	3	4	Jaw	0	1	2	3	4
Muscles of facial expression	0	1	2	3	4	Tongue	0	1	2	3	4
Lips and perioral area	0	1	2	3	4		0	1	2	3	4
Extremity movements											
Upper (arms, wrists, hands, fingers)	0	1	2	3	4	Lower (legs, knees, ankles, toes)	0	1	2	3	4
Trunk movements											
Neck, shoulders, hips	0	1	2	3	4	AIMS SUBTOTAL					
Global judgements											
Severity of abnormal movements overall	0	1	2	3	4	Patient's awareness of abnormal movements	0	1	2	3	4
Incapacitation due to abnormal movements	0	1	2	3	4		0	1	2	3	4
Dental status											
Current problems with teeth and/or dentures	Yes	No	Edentia	Yes	No						
Are dentures usually worn	Yes	No	Movements disappear in sleep	Yes	No						
Comments (consider abnormal tone / evidence of anaesthesia)											
ADDITIONAL EXAMINATION (e.g. other relevant systems, infectious diseases)											
Pregnancy status (if applicable): <input type="checkbox"/> Not pregnant <input type="checkbox"/> Pregnant <input type="checkbox"/> Unknown											
OVERALL IMPRESSION											
Metabolic Syndrome Diagnosis		Waist:		≥16 years* ≥94cm European men; ≥94cm Non-European men; ≥80cm for all women							
10 to 515 years* ≥95th percentile or ≥88.8 cut-off if lower		6 to 510 years* ≥95th percentile		Metabolic Syndrome cannot be diagnosed							
Plus 2 or more of:		TG≥1.7mmol/L; HDL<1.03 Males, <1.29 Females; BP Systolic ≥130mm Hg or Diastolic ≥85mm Hg		Fasting BSL ≥5.6mmol/L *International Diabetes Federation (IDF) Consensus worldwide definition of metabolic syndrome							
IMMEDIATE ACTIONS (e.g. investigations ordered, urgent treatment, consults requested)											
Bloods ordered											
HDL	N	Y		LDL	N	Y		TG	N	Y	
Total cholesterol	N	Y		Fasting BSL (mmol/L)	N	Y		LFTs	N	Y	
Prolactin	N/A	N	Y		HIV/Hepatitis	N/A	N	Y		Other (specify)	
Medical Officer name: Signature: Date:											

Interventions That Promote Physical Health and Prevent Illness in Mental Health Consumers:

- Education around smoking cessation and sedentary life style.
- Education around substance misuse.
- Education around nutrition and food choices.
- Discuss poly pharmacy and medication side effects.
- Education around risky sexual behaviour and sexual health.
- Dental and oral health.

Physical Health in Consumers

Experiencing 1st Episode Psychosis:

- Ongoing physical health screening is most effective evidence based intervention for stabilising mental health.
- Early identification of side effects of medications that impact on physical health.
- Enables active and informed choice making to the consumers by providing information about alternative medications.
- Pathway to provide referral to specialist medical and allied health services to improve physical health.

Finally.....

The first step in reducing physical health disparities in mental health consumers is the adoption of evidence based lifestyle interventions as a standard component of health care.

Thank you