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Hemingway, Steve

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Utilising Istan in Mental Health and Learning Disability



Steve Hemingway(1), Fiona Trotter(1), Tracy Clayton (1),
Bron Roberts (1), Rita Butland(2), Ann Hargate (2), Phil
Holdich (1),

(1)The University of Huddersfield; (2) SWYPFT

Aim and objectives



- **Aim:**
- To provide an overview of the project involving the use of Istan.
- **Objectives:**
- Provide background information relating to the project.
- Using diabetes as an exemplar demonstrate how strategies are being developed.
- Gain feedback from the audience.

Physical Health Care Competencies

CNO Review of Mental Health Nursing DH 2006



Promote physical health and well-being for people with mental health problems

- Also NMC competencies
- Ten Shared Capabilities
- National Occupational Standards
- Medicines and Medicines Management Initiatives
- SWYPFT physical workstream

Physical Health/Biological Sciences –not a priority!



- Emphasis on the 'ologies' (Nolan et al 2001, Jordan et al 2002)
- MHNs criticised for concentrating on anything above the shoulder (Nolan 1993)
- Even in physical treatment settings we lacked joined up thinking to the detriment of service user's (Nolan 1993)
- Including biological interventions within our practise ensures that it is holistic (Bailey and Hemingway 2006)

The reality!(1)

- People with Serious Mental Illness (SMI):
 - Have higher morbidity and mortality rates of CVD than the general population
 - Higher than expected rates of infectious diseases
 - Non-insulin dependent diabetes
 - Respiratory Diseases
 - Some Cancers
 - HIV Infection
 - Life expectancy is reduced by 10 years
- (Robson and Gray 2006)

The reality (2)

- These rates of high morbidity need to be considered within the context of a global increase in the rates of chronic diseases in high, middle and low-income countries
- We are the largest workforce we are in a strategic position to have a positive impact on both mental and physical well being of people with an SMI

Reasons-Illness Related

- Cognitive deficits may produce a 'lack of awareness' 'high tolerance' or 'reduced pain sensitivity'
- Socio-economic consequences of SMI
(Poverty, poor housing, no social networks, lack of employment/occupation and social stigma)

Reasons for poor physical health: whose role?



- Service related-poor assessment, monitoring and recording of physical health status both in primary and secondary care
- Empowering the service user to understand their own physical healthcare needs - more focus
- Lack of clarity whose role? Leads to a 'care gap'

Background to the project



- Y & H Clinical Skills Network Bid
- Successful in gaining small grant to
- Increase knowledge and assessment skills of mental health and learning disability practitioners in relation to physical health status of service users involving:
 - Pre/post test
 - Educational Intervention (instructional booklet)
 - DVD
 - Target audience support workers through to preceptorship

Progress to date



- Multi - professional collaboration.
- Exploring the use of simulation with Istan an ideal interactive medium.
- Development of pilot DVD
- Development of pilot instructional booklet on diabetes.
- Seeking research and ethical approval pre and post test pilot.

Diabetes



- Estimated that there are approximately 2.6 million people with diabetes in the UK
- By 2025 estimates suggest this figure will be 4 million
- Worldwide by 2010 the prevalence will be 285 million
- (International Diabetes Federation, 2009)
- Complications may include cardio vascular disease, retinopathy, neuropathy, kidney problems, depression, increased morbidity, reduced life expectancy.

Activity



- We have developed a DVD which involves Istan being visited by his community psychiatric nurse – Jill.
- We would like you to watch the DVD and identify the factors which cause you concern in relation to Istan's physical health.
- An information booklet has been provided which may provide you with some clarity or reasoning as to your conclusions.

Discussion of findings

- From the information that you have witnessed, and written information in relation to Stan what causes you concern?
- What do Stan's symptoms indicate
- How would Stan's symptoms be managed?
- What is the most appropriate intervention?

Feedback



- How useful have you found the DVD
- Do you feel that this is appropriate for the target audience?
- Is there anything else that you would include?
- Is this an appropriate use of Istan.... Why?

Thankyou - further information from:



- Steve Hemingway s.j.hemingway@hud.ac.uk
- Fiona Trotter f.j.trotter@hud.ac.uk