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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 example demonstrate how strategies are being developed.
  • Gain feedback from the audience.

Inspiring tomorrow’s professionals
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!

- 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.

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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?

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Thankyou - further information from:

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