

Preventing chronic disease in people with mental health problems: the HEALTH Passport approach

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INTRODUCTION:

People with mental health problems may lose from 8 to 20 years of potential life compared with the general population [1]

The HEALTH Passport (Helping Everyone Achieve Long Term Health) is a tool that assists patients in making lifestyle choices that will reduce the burden of chronic disease in the future.

AIM:

To evaluate the HEALTH Passport as a cost-effective method of reducing chronic disease in psychiatric inpatients

METHOD:

50 psychiatric inpatients at the Caludon Centre, Coventry, UK had a consultation on the HEALTH Passport and asked to complete a semi-qualitative questionnaire. Results were compared with a study of 100 general medical patients.

No age restrictions were formally imposed on the sample, however, the sample did not include patients from the old age psychiatric wards, and all patients were over sixteen. There was a broad range of psychiatric conditions represented within the sample.

STATISTICAL ANALYSIS:

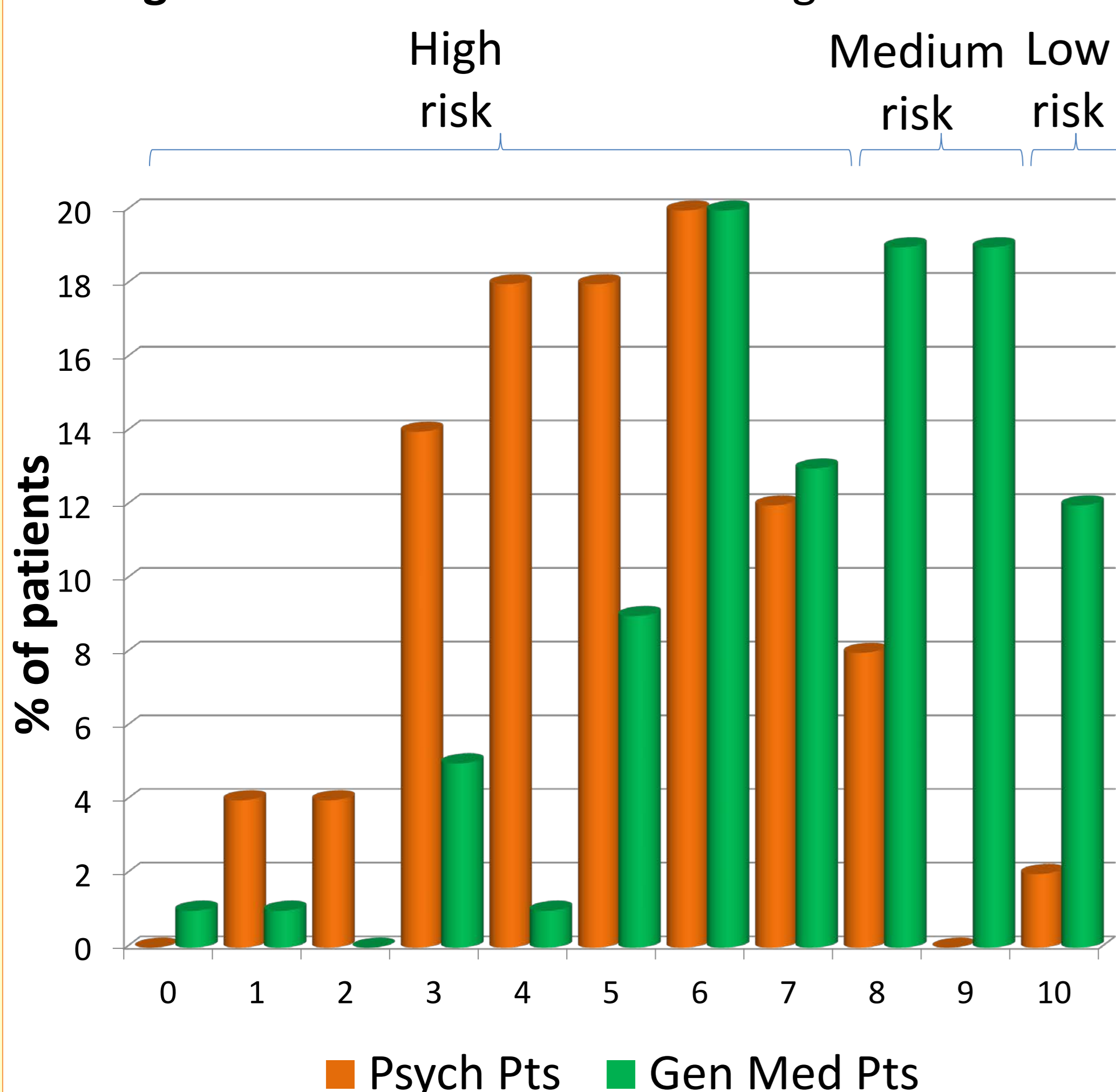
p-values were calculated using Chi-squared tests.

RESULTS:

Scores

- Exposure to the risk factors in the HEALTH Passport are known to be higher in psychiatric patients
- Usual interventions (e.g. nicotine replacement therapy) are less effective in this group [2]
- Yusuf et al [3] demonstrated the cumulative adverse effect of exposure to multiple risk factors
- High risk = scoring <7, therefore being exposed to >3 risk factors
- At high risk: 88% (95% CI: 86-89%) of psychiatric participants versus 37% (95% CI: 36-38%) of general medical participants
- 2.1 (95% CI: 1.57-2.83) times as many psychiatric participants are at 'high' risk

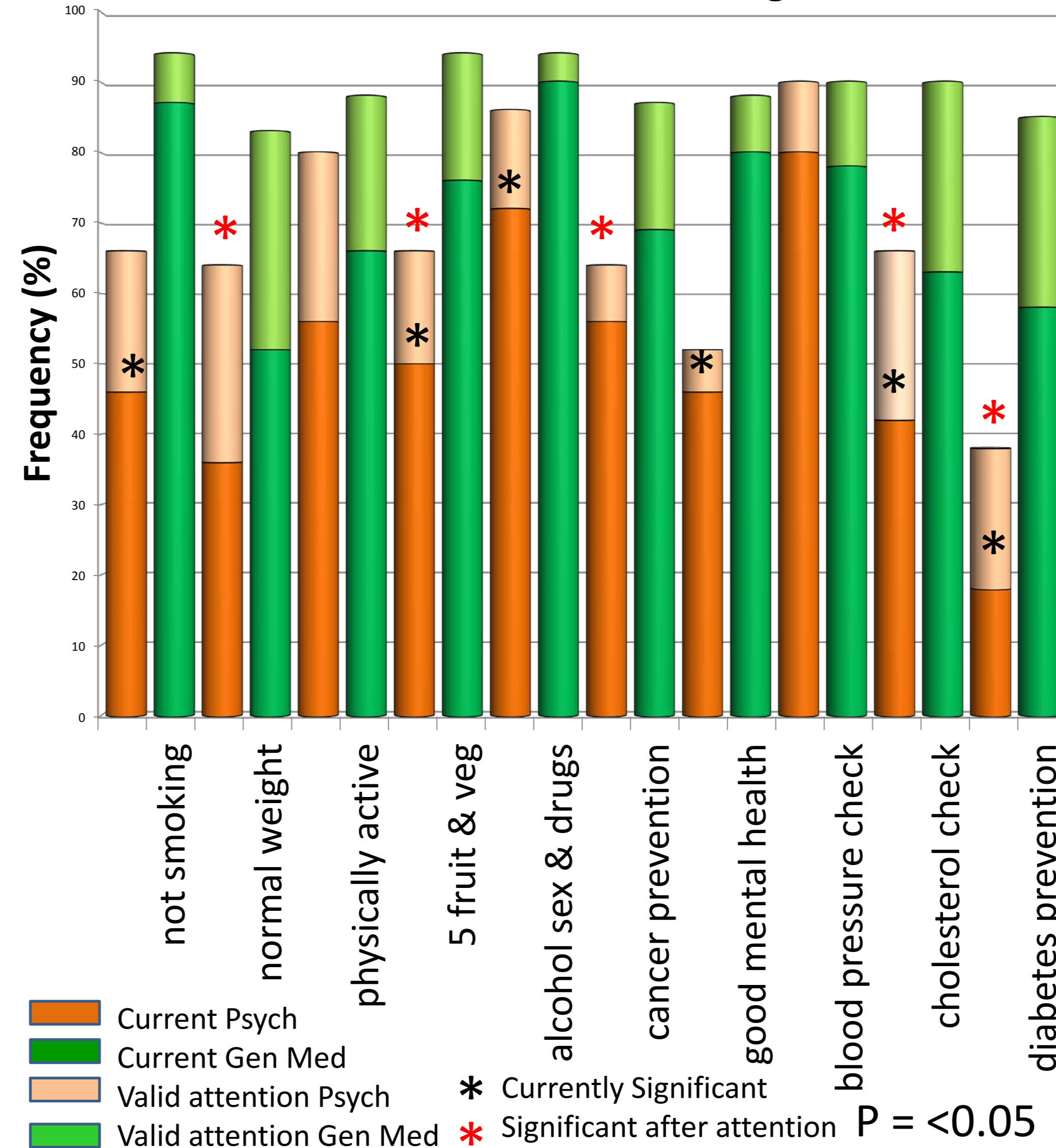
Figure 1: Patients' scores showing level of risk



Intent to improve

- Smoking: 4.2 (95% CI: 2.35-7.33) times as many psychiatric participants (95% CI: 52-56%) as general medical participants (95% CI: 12-14%).

Figure 2: Patients' current score for each risk factor and their intended change

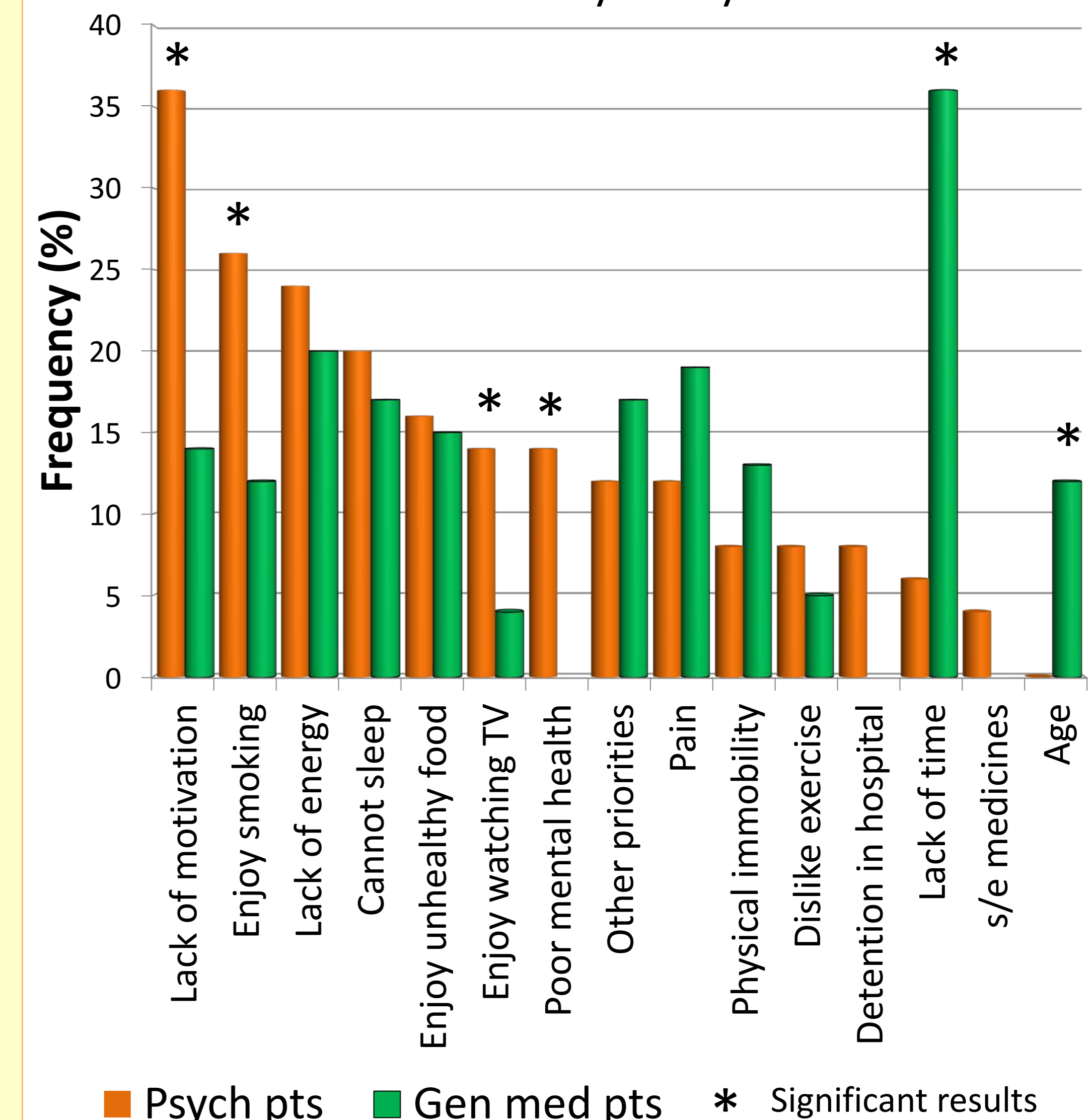


- The HEALTH Passport has the potential to reduce the exposure to risk factors
- Average intended reduction was 1.7 risk factors
- This would halve the number of psychiatric participants at 'high' risk
- Psychiatric participants demonstrated motivation to:
 - monitor their blood pressure
 - reduce their alcohol and drug consumption
 - exercise more.
- If patients' aspired lifestyle changes were achieved, the incidence of:
 - misuse of alcohol and drugs could be reduced by 50% (95% CI: 43-57%)
 - physical inactivity reduced by 55% (95% CI: 50-59%)
 - obesity reduced by up to 44% (95% CI: 41-47%)
 - smoking reduced by up to 37% (95% CI: 34-41%)

Factors limiting patients

- The biggest factor that limited the psychiatric patients ability to live a more healthy lifestyle:
 - Enjoyment of unhealthy behaviours (42%)
- The biggest factors that limited the general medical patients ability to live a more healthy lifestyle:
 - Lack of time (36%)

Figure 3: Factors limiting the patients ability to live a more healthy lifestyle



HEALTH PASSPORT

Helping Everyone Achieve Long Term Health

Passport To Your Future Health

Helping you to achieve long term health by:

- Understanding why risk factors are important
 - Scoring your current health performance
- Producing an action plan to improve your health

- Advice:** smoking; obesity; exercise; 5 fruit & vegetables; alcohol, drugs & sex; emotional well-being; cancer screening
- Blood pressure control**
- Cholesterol control**
- Diabetes risk reduction:** smoking, weight, waist circumference

Health Score			Action Plan	
Date	Result	Score	Risks	Action plan
Advice • Normal weight • Physical activity • 5 Fruit & veg. daily • Smoking • Alcohol, sex & drugs • Cancer screening • Emotional well being				
Blood Pressure • Blood Pressure check				
Cholesterol • Cholesterol check				
Diabetes prevention • Diabetes check				
Your health score			Max 10	

CONCLUSIONS:

- The HEALTH Passport is likely to be a cost effective method of reducing future chronic disease.
- It is an easy to use tool to improve patients' health literacy and to tailor lifestyle advice.
- Objective assessment of the correlation between intent and actual lifestyle change is required to fully quantify its future potential.

REFERENCES:

[1] Vreeland B; 2007 Bridging the gap between mental and physical health: a multidisciplinary approach. Journal of Clinical Psychiatry 68 Suppl 4:26-33

[2] Tsoi DT, et al; Interventions for smoking cessation and reduction in Reviews 2010; 6: CD007253. individuals with schizophrenia. Cochrane Database of Systematic