



Nepean Physical Health Project

2013

RichmondPRA
Together, we're better.



Background

- Nepean Physical Health for Mental Health Consumers Community Forum.
- Partnership with NBMML and RichmondPRA established.
- Working Party established.

NGOs, LHD, consumer, carer, physical health providers, pharmacist, NBML, health promotion, local council.

- Community Needs Assessment.

Health education, consumer support, education for health professionals, information sharing.



Seeding Grant

- Partnership with UWS School of Medicine, RichmondPRA and NBMML to submit proposal.
- Working Party and Research Group
 - “ **Building capacity of mental health consumers to Self Manage their Physical Health Checks**”



Seeding Grant Project

Monthly Meetings:

- Explored issues and barriers impacting on the physical health of consumers:
 - Consumer knowledge of risks
 - Health care provider lack of knowledge of consumer needs and risks.
 - Access to physical health care.
 - Access to physical health care education.
 - Carer knowledge and capacity to support.



Seeding Grant Project cont.

Explored issues and barriers impacting on the physical health of consumers cont:

- “Mental Illness shadow”
- Environmental factors in health care settings.
- Information sharing and record keeping
 - GP, consumer, carer, mental health staff, psychiatrist, NGO, allied health and pharmacist.



The Project Plan

1. Literature review to further tease out issues and possible intervention strategies.
2. Conduct local research via focus groups.
3. Develop strategies and resources to address identified needs.
4. Engage with the community for research and education.
5. Further focus groups to review resources.
6. Develop research proposal.



Carer and Consumer Involvement

- Open invitation to consumers and carers to initial forum in “Physical Health for Mental Health Consumers” advertised through LHD, NGOs and NBMML.
 - Provided information on physical health issues for mental health consumers.
 - Small group work around local issues.
 - Invitation to the forum to join the project through:
 - » working party
 - » Email news group
 - » Participate in further focus groups.

Carer and Consumer Involvement

- Working Party:
 - 4-8 Health Care providers (Physical and Mental Health Services NGO and LHD)
 - 2 Consumers (followed on from community forum)
 - 1 Carer (from Carers NSW).
 - Researcher from UWS
 - Community Pharmacist
 - Invited guests ie Health Promotion, Aboriginal Health, Community Health Nurses, Connecting Care, Migrant Health, medical Students.

Carer and Consumer Contribution

- Carer and Consumer perspective on issues.
 - Knowledge of risks
 - Personal challenges in obtaining physical health care.
 - Recommendation as strategies to address issues.
 - Contributed to developing the resources.
 - Planned and participated in Health Expo.
 - Invited community members to participate in focus groups.

Carer and Consumer Contribution

- Recommendation on language and layout of in promotional materials and resources.
- Participated in trial of focus group design.
- Shared responsibility in conduction consumer focus groups.

Carer and Consumer Gain

- Confidence in being in the company of health care providers.
- Learned about local health care industry.
- Gained confidence in meeting procedures
- Gained experience in organising community events.
- Became local physical health mentors and role models.
- Knowledge of action research.
- Opportunity for public speaking.

Benefits of Carer and Consumer

Working Party:

- Gained insight into the challenges from a personal level ie frustration, loss of power in facing health professionals.
- Recognised the power of language.
- Recognised role of carers.
- Recognised the impact of “shadow of mental illness.

Benefits of Carer and Consumer

- Took time to listen, learn and value.
- Changed direction of the project.

Benefit of Seeding grant

- Enabled us to employ carers and consumers.
- Pushed us to review literature. (self management, card).
- Motivated for research.
- Created link to UWS.
- Encouraged link to community.