

Physical Health Research Project

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Partnership Projects:
Development & Coordination

mhcc

mental health coordinating council

Overview of presentation

- What was explored
- Why the research was important
- How it was done
- What we found out
- What now?



Research Project

Delivering Physical Health Programs in the Community Managed Mental Health Sector

Goal:

- learn more about physical health programs or activities being delivered by NSW Community Managed Organisations (CMOs) for people with mental health conditions; &
- report on strengths and challenges to current practice and develop recommendations for future enhancements.

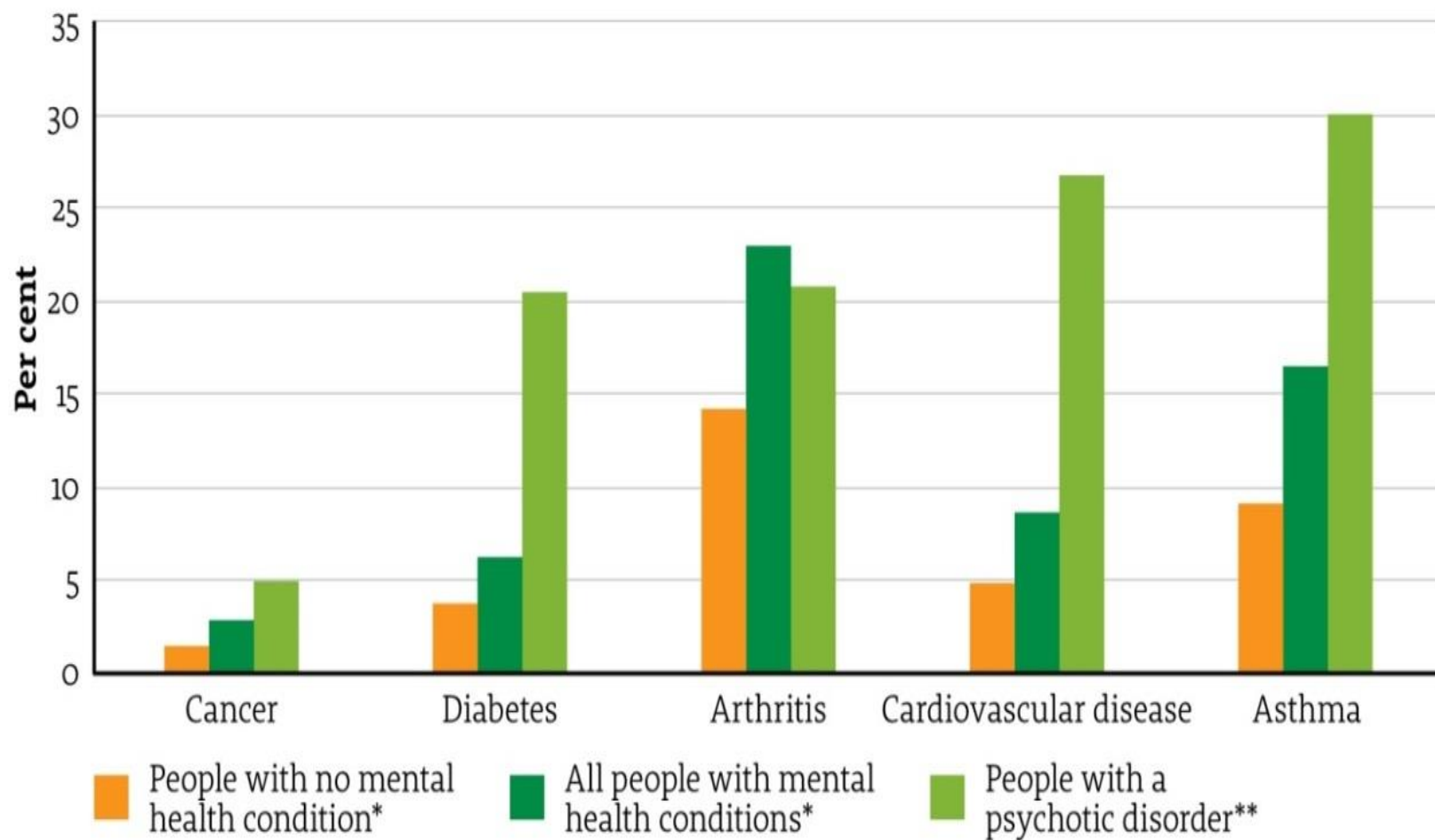
...people with severe mental illness live between

10-32 years less

than the general population.

A Contributing Life: the 2012 National Report Card

Percentage of people with a mental health issue experiencing a long-term physical health condition



Source: National Health Survey 2007-2009; **National Survey of Psychotic Illness 2010.

Spotlight on Physical Health

Sector:

- National Summit (May 2013) on Physical & Mental Health
- Mental Health Commission - A Contributing Life: 2012 National Report Card
- TheMHS - *Linking Body and Mind*

MHCC:

- Physical Health Industry Reference Group
- Events / Forums
- Resources incl: Policy Kit, Info Sheet
- Webpage

What we didn't know

- the extent or range of the activities offered;
- how effective the outcomes are;
- perspectives of various stakeholders; and
- how well practices align with best emerging and available evidence

Stages **Research Project**

1. Develop an evidence base – Literature Review
2. Research plan and ethics approval
3. Sector consultation at Regional Forums
4. Data collection
 - Online survey of MHCC member organisations
 - In-depth interviews and focus groups
 - Data gathered from staff, consumers and carers
5. Data analysis – review against Literature review
6. Summary report and recommendations
7. Scientific journal article

OUTCOMES . . .

International literature review

. . . demonstrated / reaffirmed that people living with mental illness are much more likely than the general population to:

- experience a number of serious and life threatening physical health conditions, and;
- receive poorer quality of physical health care.

Survey and interview results indicate

- A growing number of CMOs providing a diverse range of physical health activities
- Innovative one-off programs - many in line with international best practices
- The need for more systematic, sustainable practices in supporting consumers & enhanced methods of sharing knowledge
- Significant challenges with evaluating program effectiveness

Commonalities literature vs study . . .

- Current practices and physical health sector initiatives broadly mirror those in the literature.
- A lack of systemic, routine appraisal of physical health needs of people living with mental illness – both internationally & within the CMO sector and health sector more broadly in NSW.
- Most organisations leave physical health support decisions to the discretion of individual staff members.

Research & Recommendations Report

. . . presents elements of best practice in the delivery of physical health initiatives and program examples for CMOs to learn from and reflect on in terms of their own experiences and future practice possibilities.

Recommendations have been made aimed at further enhancing current practices.



Best practice principles:

- Individualised and tailored support;
- Linkage with other health services/professionals;
- Self-management models;
- Peer support workers;
- Multi-layered programs;
- Multi-session formats;
- Positive facilitator style & environment; and,
- Measurement of consumer outcomes.

The MHCC Physical Health Report is available at:

www.mhcc.org.au

(enter 'physical health' in Search).



Thank you

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