

Lets exercise together or How we hope to help our patients loose weight, get fit and stay healthier

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- Overview
- □Enhancing research in a community setting
- Opportunities for professional education
- Kindling innovation by research
- □Research's role on advancing community health



Original inspiration:

The STRIDE study Am J Psychiatry. 2015

Jan; 172(1): 71-81. doi: 10.1176/appi.ajp.2014.14020173. Epub 2014 Oct 31.



Warning: reading scholarly journals may cause you to think about applying them to real life!



Authors

- -recruited patients at several out patient locations
- -Obtained consent
- Collected initial and ongoing data



Interventions were strikingly simple

- ■Weekly meetings
- Brief dietary teaching
- □30 minute low intensity exercise
- ☐Group behavioural support



Even with intermittent adherence, (average 14.5/24 sessions) results were encouraging,

- □4.4 kg greater weight loss than control at 6 months
- □2.8 kg greater weight loss than control at 12 months.



- We know that our SMI patients:
- ☐ Are predisposed to metabolic illness
- □Risks higher with AAP's
- □Often smoke
- ☐Have cognitive difficulties, making them more prone to sedentary life styles
- □Die much earlier than the average of these complications







Warning #2: Those who know me have learned to get nervous when I say "I have an idea..."



Having supportive colleagues are the most important asset in effecting change!









- ☐Saadia was very enthusiastic about the project
- □Joe suggested sources of funds
- □And prepared and presented the business plan to the senior leadership team



- □Research emerging as an important part of the organization's vision.
- ☐Staff's enthusiasm and contributions were vital to its adoption and support.
- □Administration has appointed a research and project co-ordinator
- Partnerships with U of Windsor psychology, nursing etc. developing



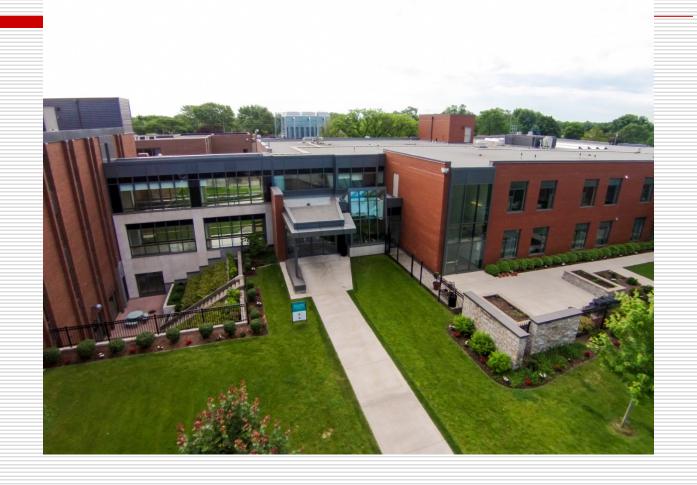
Your environment may promote improvements to the original design



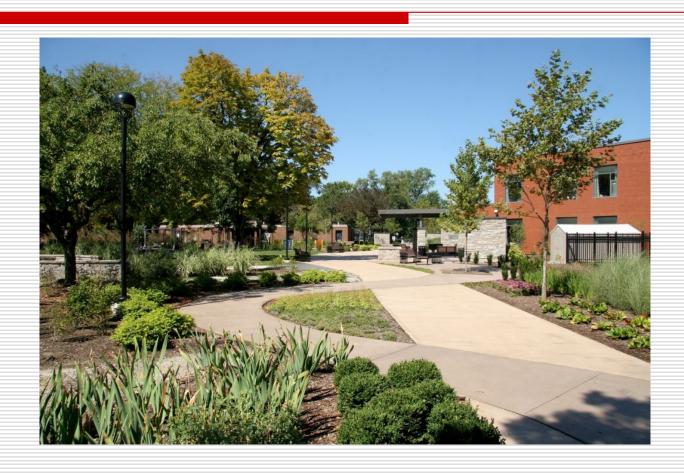
Tayfour Neurobehavioural Institute

- □49 tertiary in patient beds
- ☐Staff includes psychiatrists, hospitalists, RNs, RPNs, recreational therapists, dietician, social workers and psychology











Beautiful new facility with outdoor gardens, snoezelen room, green house, gym etc.



- Medical, nursing, social work, psychology students
- □Residents (2 regular residency spots beginning in July 2015)



- □In patients would have vital signs, blood work and weights available
- ☐ Equipment and a gym were available on site
- □Adherence might be improved



- Supplies we might need:
- □Scales, blood pressure cuff etc.
- □Positive re-enforcers
- □Journals
- □?pedometers



- □ Dietician and recreation therapist already on staff.
- ☐Great opportunity to get all in patient staff involved in research with practical applications.
- □Research provides guidance and stimulation to make innovations in pre-existing programs



Warning #3 Count on coincidence!

I hear about the SWAHN conference-theme Nutrition!







Warning #4: research may be habit forming



- ☐Medical students and other learners
- □REB application in the works



Perhaps most importantly, our project has an excellent chance to begin a regular intervention of great importance to our patients.



Bartels, S. "Pragmatic Replication Trial of Health Promotion Coaching for Obesity in Serious Mental Illness and Maintenance of Outcomes", http://ajp.psychiatryonline.org/doi/full/10.1176/appi.ajp.2014.14030357.

Daumit, G et al, "A Behavioral Weight-Loss Intervention in Persons with Serious Mental Illness", N Engl J Med, 368;17,1594-1602.

Wadden, T.A. et al, "Lifestyle Modifications for Obesity", *Circulation*. 2012;125:1157-1170. DOI: 10.1161/CIRCULATIONAHA.111.039453

Wu, MK et al, "Outcomes of Obese, Clozapine-Treated Inpatients with Schizophrenia placed on a Six-month Deit and Physical Activity Program", *Psychiatric Services*April 2007, Vol 58, No 4, 544-50.

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Yarborough, B. et al, "Delivering a lifestyle and weight loss intervention to individuals in real-world mental health settings: lessons and opportunities: *TBM*2011;1:406-415 doi:10.1007/s12142-011-0056-9



Questions?