

Let's Go

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

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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.

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

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Authors

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

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Interventions were strikingly simple

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

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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.

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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

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

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

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

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- ☐ 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

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Your environment may promote improvements to the original design

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Tayfour Neurobehavioural
Institute

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

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

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

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

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Supplies we might need:

- ☐ Scales, blood pressure cuff etc.
- ☐ Positive re-enforcers
- ☐ Journals
- ☐ ?pedometers

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- ☐ 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

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Warning #3 Count on coincidence!

I hear about the SWAHN
conference-theme Nutrition!

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Warning #4: research may be
habit forming

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

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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 Diet and Physical Activity Program", *Psychiatric Services* April 2007, Vol 58, No 4, 544-50.

Yarborough, B. et al, "STRIDE a randomized trial of a lifestyle intervention to promote weight loss among individuals taking antipsychotic medications" *BMC Psychiatry* 2013, **13**:238.

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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

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Questions?