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# Supporting Metabolic Health for Queenslanders living with serious mental illness &/or substance use disorders

An initiative of the Qld Mental Health, Alcohol and Other  
Drugs Clinical Network in partnership with Qld Diabetes  
Clinical Network

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Melissa Anzolin, Data Analyst, MHCC



Improvement



Transparency



Patient Safety



Clinician Leadership



Innovation



# Spoiler Alert!

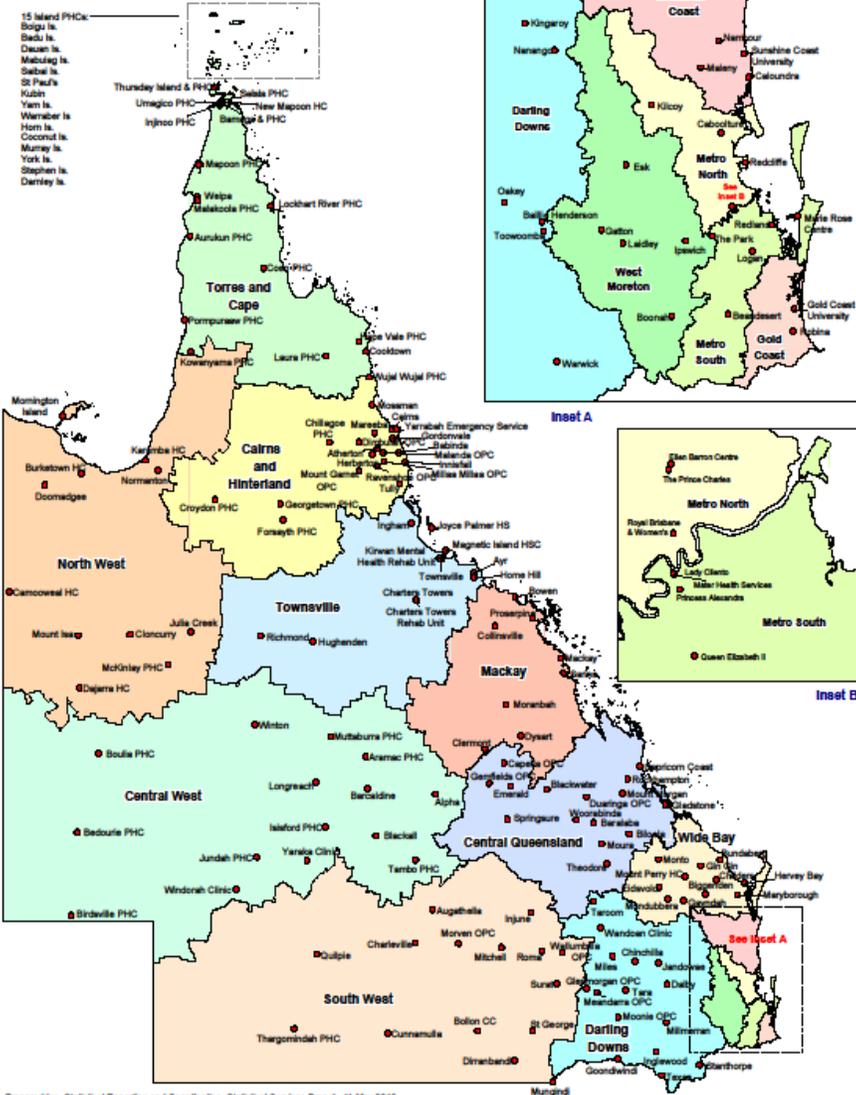
## Good news story ahead

**Developed a resource** to document examples optimising physical health and mental health care in QH MHAODS.

- Increase awareness
- Summarise current examples
- Resource for services
- Encourage review and evaluation
- Support partnering



*Supporting Metabolic Health*  
for Queenslanders living with Serious  
Mental Illness and/or  
Substance Use Disorders

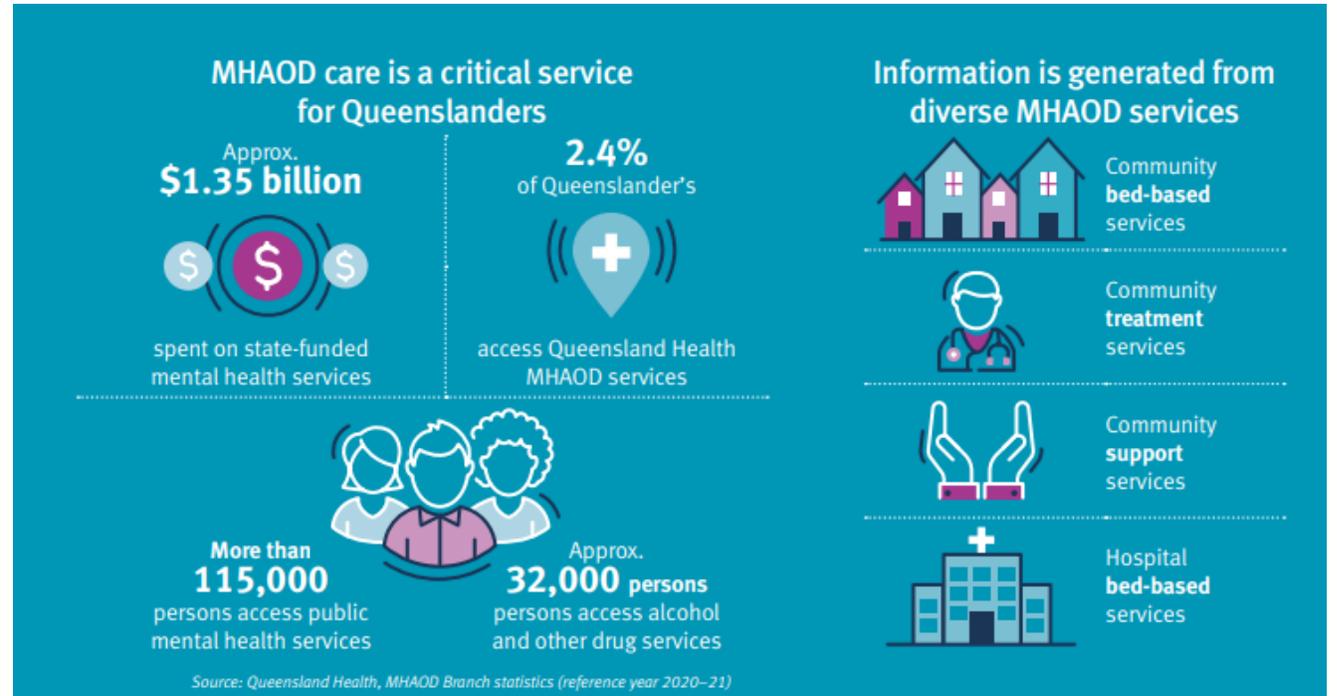


Prepared by: Statistical Reporting and Coordination, Statistical Services Branch, 11 May 2018  
Hospital and Health Services by recognised public hospitals and primary health centres as at October 2017

# Queensland

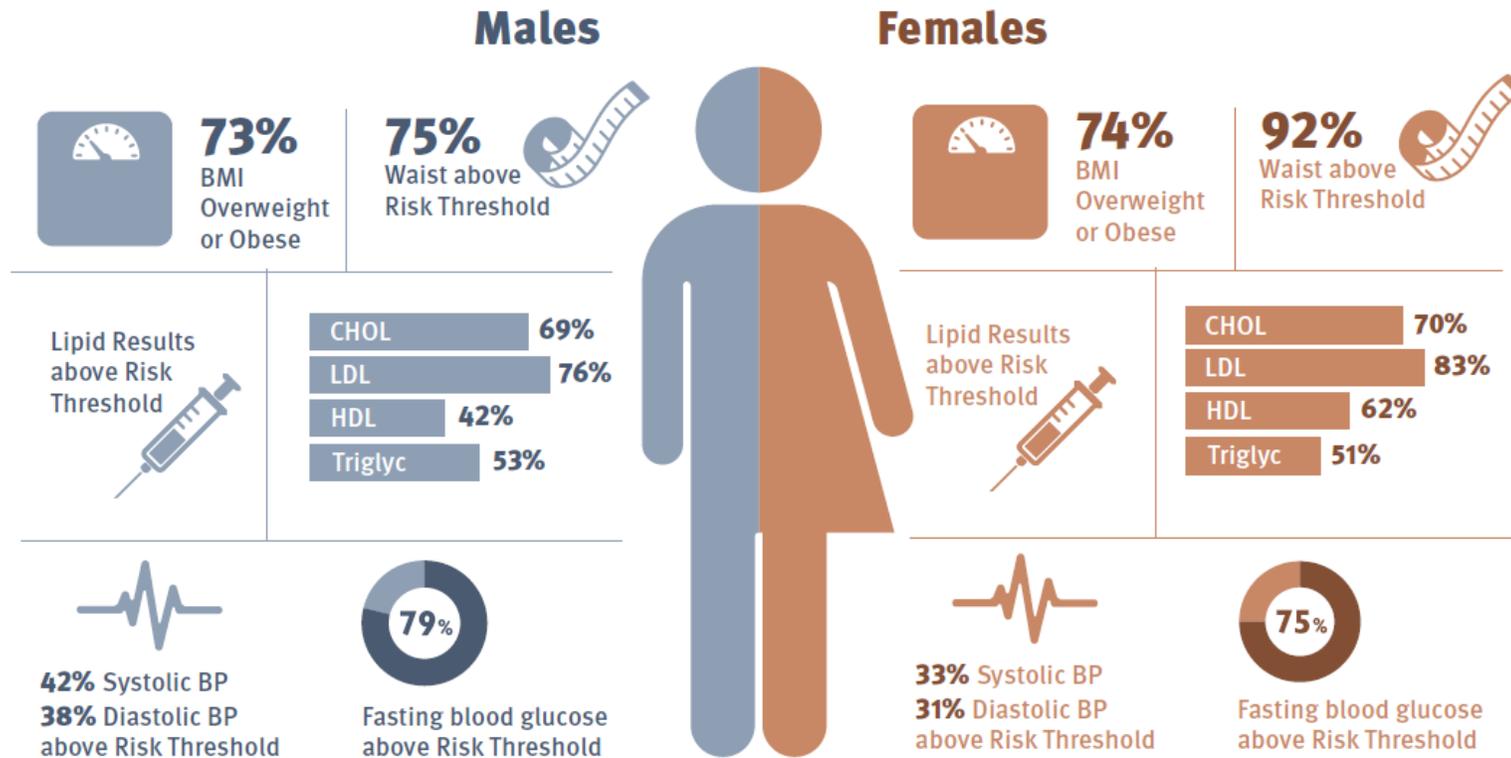
Population 5.18 million (2020)

## Queensland Health Mental Health Alcohol and Other Drug (MHAOD) Services



MHAOD Staffing FTE 7,548 (reference year 2020-21)

## Queensland Health Adult Mental Health Metabolic Test Results for People with a Diagnosis of Schizophrenia 2018



### People living in Mental Health extended treatment & residential settings

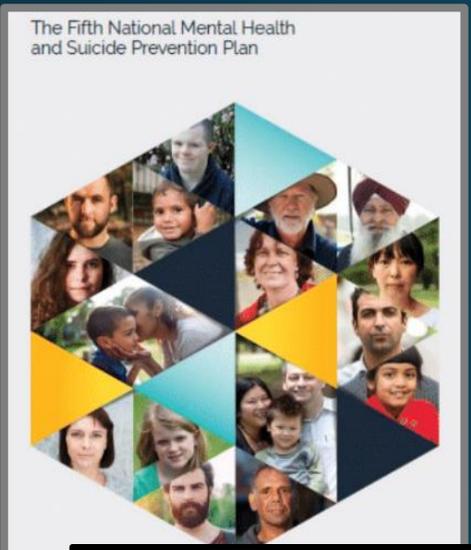
- 80% BMI overweight
- 65% at risk based on waist circumference
- 65% smoked cigarettes

Qld MH Benchmarking Unit  
Census 2020/21

- The measurements were extracted from Metabolic Monitoring Form completed in the statewide mental health information system (CIMHA).
- Risk Thresholds are based on Foley DL, Mackinnon A, Watts GF, Shaw JE, Magliano DJ, et al. (2013) Cardiometabolic Risk Indicators That Distinguish Adults with Psychosis from the General Population, by Age and Gender *PLoS ONE* 8(12):e8606. <sup>1</sup>

Figure 1: Queensland Health Mental Health Services Metabolic Summary Results for People Diagnosed with Schizophrenia (2018).

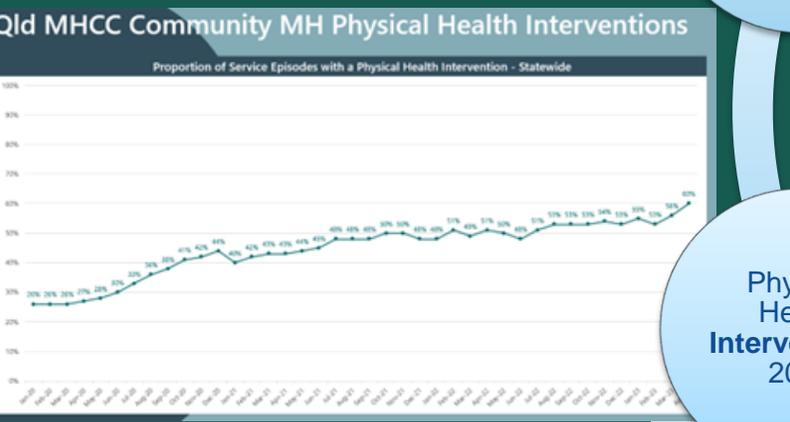
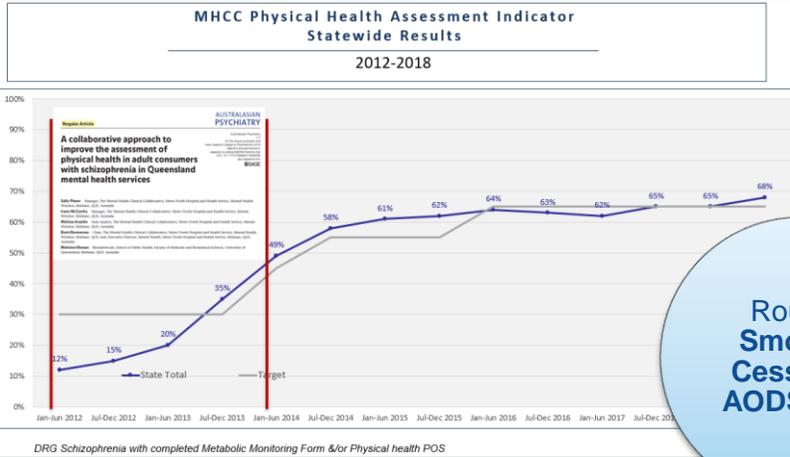
# Queensland Health, Mental Health Alcohol and Other Drug (MHAOD)



Improving the physical health and wellbeing of consumers of mental health and alcohol and other drug services

Consultation summary



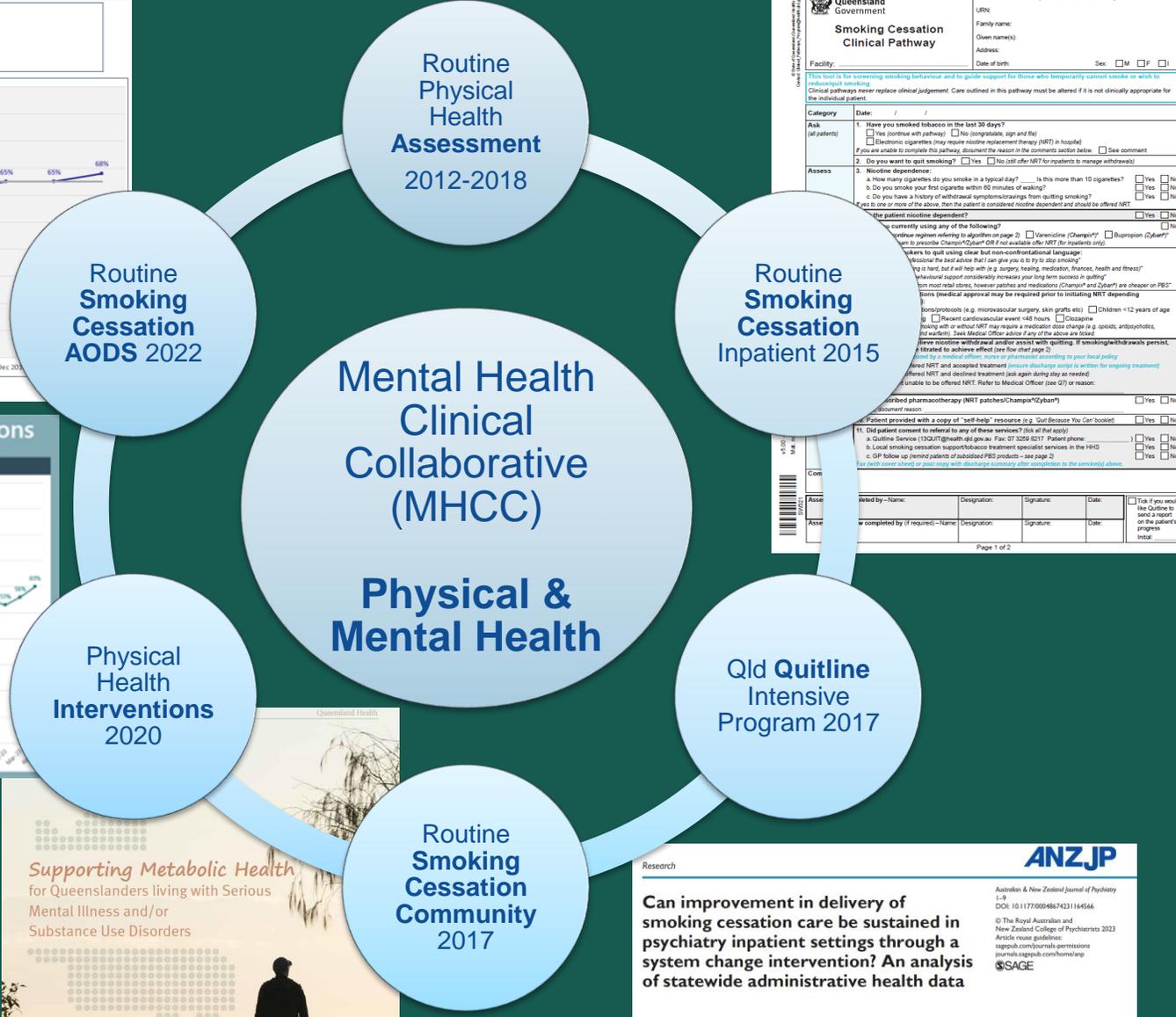


| Nutrition Group | portion size          | grocer*           | takeaway        |
|-----------------|-----------------------|-------------------|-----------------|
| diet*           | snack*                | meal preparation  | snaggy          |
| fast*           | snack*                | takeaway          | snaggy          |
| nutrition*      | fat                   | Meal plan         | Portion control |
| menu planning   | Consumerist behaviour | Feeding behaviour | Meal plan       |

\*diet\* includes dietitian, dietitian, balanced diet, diet education etc.

| Medical Group | blood pressure  | TG              | glucose         |
|---------------|-----------------|-----------------|-----------------|
| Card*         | LDL             | lipoprotein     | glucose         |
| metformin     | cholesterol     | Diet*           | lipid           |
| Diabet*       | liver           | Endocrin*       | physical health |
| ECC           | hypertens*      | Overweight      | physical health |
| Blood sugar   | hypercholester* | obese           | physical health |
| BP            | HL              | LDL             | Triglyceride    |
| Lipid         | hypertens*      | hypercholester* | hypertens*      |
| FBG           | LFT             | Tropoin         | Weight          |
| BNP           |                 |                 |                 |

Card\* includes cardiac, echocardiogram etc.



### Smoking Cessation Clinical Pathway

Queensland Government

(With identification label here)

LRN: \_\_\_\_\_  
 Family name: \_\_\_\_\_  
 Given name(s): \_\_\_\_\_  
 Address: \_\_\_\_\_  
 Date of birth: \_\_\_\_\_ Sex:  M  F  O

Facility: \_\_\_\_\_

This tool is for assessing smoking behaviour and to guide support for those who temporarily cannot smoke or wish to reduce smoking. Clinical pathways never replace clinical judgement. Care outlined in this pathway must be altered if it is not clinically appropriate for the individual patient.

| Category           | Date:  | / / |
|--------------------|--|-----|
| Ask (self patient) | 1. Have you smoked tobacco in the last 30 days?<br><input type="checkbox"/> Yes (continue with pathway) <input type="checkbox"/> No (stoppage, sign and file)<br><input type="checkbox"/> Electronic cigarettes (may require nicotine replacement therapy (NRT) in hospital)<br>If you are unable to complete this pathway, document the reason in the comments and/or below. <input type="checkbox"/> See comment   |     |
| Assess             | 2. Do you want to quit smoking?<br><input type="checkbox"/> Yes <input type="checkbox"/> No (offer NRT for inpatients to manage withdrawal)  |     |
|                    | 3. Nicotine dependence:<br>a. How many cigarettes do you smoke in a typical day? Is this more than 10 cigarettes? <input type="checkbox"/> Yes <input type="checkbox"/> No<br>b. Do you smoke your first cigarette within 60 minutes of waking? <input type="checkbox"/> Yes <input type="checkbox"/> No<br>c. Do you have a history of withdrawal symptoms/ cravings from quitting smoking? <input type="checkbox"/> Yes <input type="checkbox"/> No<br>If you tick one or more of the above, then the patient is considered nicotine dependent and should be offered NRT.  |     |
|                    | 4. Is the patient nicotine dependent?<br><input type="checkbox"/> Yes <input type="checkbox"/> No  |     |
|                    | 5. Are you currently using any of the following?<br><input type="checkbox"/> Nicotine replacement therapy (NRT) patches (Champro* or Zylbarr*)<br><input type="checkbox"/> Nicotine gum (Champro* or Zylbarr*)<br><input type="checkbox"/> Nicotine inhaler (Champro* or Zylbarr*)<br><input type="checkbox"/> Nicotine transdermal system (Champro* or Zylbarr*)<br><input type="checkbox"/> Nicotine nasal spray (Champro* or Zylbarr*)<br><input type="checkbox"/> Nicotine sublingual tablet (Champro* or Zylbarr*)<br><input type="checkbox"/> Nicotine lozenge (Champro* or Zylbarr*)<br><input type="checkbox"/> Nicotine e-cigarette (Champro* or Zylbarr*)<br><input type="checkbox"/> Nicotine vapes (Champro* or Zylbarr*)<br><input type="checkbox"/> Nicotine pouches (Champro* or Zylbarr*)<br><input type="checkbox"/> Nicotine oral spray (Champro* or Zylbarr*)<br><input type="checkbox"/> Nicotine transdermal system (Champro* or Zylbarr*)<br><input type="checkbox"/> Nicotine nasal spray (Champro* or Zylbarr*)<br><input type="checkbox"/> Nicotine sublingual tablet (Champro* or Zylbarr*)<br><input type="checkbox"/> Nicotine lozenge (Champro* or Zylbarr*)<br><input type="checkbox"/> Nicotine e-cigarette (Champro* or Zylbarr*)<br><input type="checkbox"/> Nicotine vapes (Champro* or Zylbarr*)<br><input type="checkbox"/> Nicotine pouches (Champro* or Zylbarr*)<br><input type="checkbox"/> Nicotine oral spray (Champro* or Zylbarr*) |     |

### Smoking Cessation Clinical Pathway

“Smoking cessation is not a mental health problem - it's not my job.”

You are best placed to offer choices to consumers

Empower consumers to make informed decisions

Clinical Excellence Division  
 Mental Health Clinical Collaborative  
 Queensland Government

### Supporting Metabolic Health for Queenslanders living with Serious Mental Illness and/or Substance Use Disorders

Queensland Health

### ANZJP

Can improvement in delivery of smoking cessation care be sustained in psychiatry inpatient settings through a system change intervention? An analysis of statewide administrative health data

Sally Plever<sup>1,2,3</sup>, Steve Kisely<sup>4,5</sup>, Billie Bonevski<sup>1,2,3,4</sup>, Irene McCarthy<sup>1</sup>, Brett Emmerson<sup>1</sup>, Emma Ballard<sup>1</sup>, Melissa Anzolin<sup>1,4</sup>, Dan Siskind<sup>1,4</sup>, John Allan<sup>6</sup> and Coral Gartner<sup>2,3</sup>

Research  
 Australian & New Zealand Journal of Psychiatry  
 1-9  
 DOI: 10.1177/0004867321104656

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SAGE

### Help your client access Quitline's free program

Refer to Quitline's free program for consumers of Community Mental Health and AOD services.

Search QHEPS Smokefree Mental Health referral form

Quitline.137848

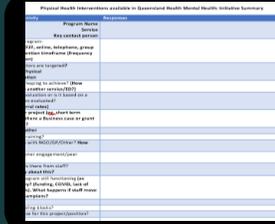
Queensland Government

# Mental Health Endocrine Wellbeing Working Group

“Supporting optimal metabolic health across the lifespan for  
Queenslanders living with mental illness”



# What did we do?



Defined scope and developed template



Template emailed to services statewide



Services completed & returned template



Working group reviewed programs and document structure



# Creating the Menu

Drugs and Alcohol education   
 Hep C Testing   
 Lifestyle and Motivation  
 Medication Management   
 Nutrition- Healthy Eating Program   
 Oral Health  
 Physical Activity Program   
 Sexual Health   
 Sleep Hygiene   
 Smoking Cessation

| Program (service) | Program Features |                       |                              |                              |                                 |                        |
|-------------------|------------------|-----------------------|------------------------------|------------------------------|---------------------------------|------------------------|
|                   | Target Group     | Brief Program Summary | Location Modality & Duration | Multidisciplinary Team (FTE) | Evidence/ Manual/ Business Case | Interventions Targeted |

What population is the focus?

How would you describe your program?

Where is the program located?

What staff are involved & what are the costs?

Has the program been evaluated?

What are the key physical health areas being addressed?

# What did we find?

- Over 25 programs.
- Programs covered:
  - cardio-metabolic health,
  - oral health,
  - smoking cessation,
  - sexual health,
  - nutrition, and
  - physical activity.
- Some programs addressed multiple physical health aspects; others were more targeted.

**Table 1: Statewide Overview of Queensland Health MHAODS Practice Examples Integrating Physical Health and MHAOD Care**

| Types  | Service Examples<br>Intersectoral partnerships (IP) Collaborative Care (CC) Workforce development (WD)   |   |  |   |  |   |
|--|--|---|--|---|--|---|
| Specialist clinics   | <a href="#">Multidisciplinary Metabolic Clinic</a> (Cairns & Hinterland)<br><br>CC IP  | <a href="#">Co-located Metabolic Clinic</a> (Metro South – PAH)               | <a href="#">Metabolic Clinic</a> (Gold Coast)  | <a href="#">Endocrinology-led Diabetes Clinic</a> (Metro North)                                       |  |   |
| Adult community mental health programs                     | <a href="#">Metabolic Clinics</a> (Central Qld)  | <a href="#">Healthy Me: Physical Health Clinic</a> (Metro South)<br><br>IP    | <a href="#">Healthy Bodies Healthy Minds – NGO &amp; MHS Exercise Service</a> (Cairns)<br><br>IP                   | <a href="#">NEW-R: Nutrition and exercise for wellness and recovery</a> (Metro North & NGO)<br><br>IP | <a href="#">Metabolic Syndrome Clinic</a> (Wide Bay - Bundaberg)                         |   |
| Adult inpatient mental health programs                     | <a href="#">Pharmacist-led Metabolic Monitoring</a> (Metro South PAH)  |   | <a href="#">Physiotherapy Designed Physical Activity Program in the Acute Adult Psychiatric Unit</a> (Metro South) |   |  |   |
| Community Care Units (Residential Rehabilitation) programs | <a href="#">GO HEART</a> (Group Occupational Health Exercise and Rehabilitation Treatment) (Metro South CCU)                                   | <a href="#">The Mind-Body Wellbeing Clinic</a> (Sunshine Coast CCU)<br><br>CC | <a href="#">Healthy Lifestyle</a> (West Moreton CCU)   | <a href="#">Metro North – Redcliffe Caboolture CCU</a>  | <a href="#">Healthy Life-styles Group</a> (Metro North – Pine Rivers CCU)                | <a href="#">Healthy Habits &amp; Supported Gym</a> (Wide Bay CCU) |
| Child and Youth Mental Health Service programs             | <a href="#">Mind Your Health: Early Cardio-metabolic health intervention for adolescents</a> (CHQ)<br><br>CC IP                                | <a href="#">Cardiometabolic Health Management</a> (CHQ)                       | <a href="#">Healthy from the Inside Out Program</a> (Townsville)   |   | <a href="#">CYMHS Monthly Clinic</a> (Sunshine Coast)                                    |   |
| Targeted programs  | <a href="#">Smash the Ash</a> (Metro South)  | <a href="#">Kick Butts Group Smoking Cessation program</a> (Metro North)      | <a href="#">Oral Health Screening Clinic</a> (Metro North)<br><br>CC IP  |   | <a href="#">Oral Health &amp; Mental Health Dental Clinic</a> (Central Qld)<br><br>CC IP |   |
| Statewide MHAOD Specialised Program                        | <a href="#">Quitline</a> Queensland Health Community Alcohol and Other Drug and Community Mental Health Services Ready to Quit Smoking Program |   |  |   |  |   |

| Program (service)  | Program Features  |  |  |  |  |   |
|--|---|--|--|--|--|---|
|  | Target Group  | Brief Program Summary  | Location Modality & Duration   | Multidisciplinary Team (FTE)   | Evidence/ Manual/ Business Case  | Interventions Targeted  |
| Multidisciplinary Metabolic Clinic (Cairns & Hinterland) | Adult MH consumers across the lifespan with high-risk metabolic syndrome. | Care management and care coordination intervention to improve cardiovascular risk factors.   | Diabetes centre/ Community health facility/PCYC Queensland   | <ul style="list-style-type: none"> <li>• Endocrinologist (0.1)</li> <li>• Dietician (0.2)</li> <li>• Psychologist (0.2)</li> <li>• Exercise Physiologist (3 sessions)</li> <li>• Smoking Cessation Clinician (0.1)</li> <li>• Admin (0.2)</li> <li>• Case Coordinator</li> </ul> | Program, with modifications, based on the Diabetes Prevention Program Group Lifestyle Balance from the University of Pittsburgh and the Healthy Eating and Lifestyle Program (HELP), Cairns Orthopaedic Physiotherapy Screening Clinic |  |
|  |   | The group program supports participants to implement positive lifestyle changes that supports their recovery journeys, such as improving diet and activity levels, and fostering motivation to maintain these changes. | The program runs initially weekly for 12 weeks, then 3 monthly follow up with endocrine, dietician and psychologist. |  |  |  |
|  |   | Long term 4 monthly endocrine follow-up  | In person  |  |  |  |
|  |   |  |  |  |  |  |
|  |   |  |  |  |  |  |

Multi-faceted program

Adult MH Community

Well coordinated & researched

| Program (service)  | Program Features                        |   |  |   |  |   |
|--|---|---|--|---|--|---|
|  | Target Group                            | Brief Program Summary   | Location Modality & Duration   | Multidisciplinary Team (FTE)  | Evidence/ Manual/ Business Case  | Interventions Targeted  |
| GO HEART (Group Occupational Health Exercise and Rehabilitation Treatment) (Metro South CCU) | Adult MH community care unit consumers. | <p>Student-led lifestyle intervention within a residential rehabilitation setting providing combined dietary and exercise intervention.</p> <p>Referral to Metro South Co-located Metabolic Clinic (Endocrinologist) available.</p> | <p>MH Community Care Unit (Coorparoo)</p> <p>In person</p> <p>Student placements (approx. 12weeks)</p> <p>1:1 or small group exercise session &amp; 1:1 fortnightly dietary session</p> <p>Fortnightly healthy eating/ cooking group</p> | <ul style="list-style-type: none"> <li>• Snr Exercise physiologist supervised *student placements (4th Year)</li> <li>• Snr Dietetics supervised Dietitian students</li> <li>• OT</li> <li>• NGO engagement to support ongoing exercise and diet</li> </ul> <p>*All students are provided with appropriate supports as per University and Queensland Health requirements.</p> | <p><a href="#">Feasibility and Acceptability of a Student-Led Lifestyle (Diet and Exercise) Intervention Within a Residential Rehabilitation Setting for People With Severe Mental Illness, GO HEART (Group Occupation, Health, Exercise And Rehabilitation Treatment) - PMC (nih.gov)</a> <sup>28</sup></p> |      |

Large Service

Adult MH  
Community Care Units  
(Supported Residential)

Well coordinated &  
researched

| Program (service)  | Program Features  |   |  |  |                                 |   |
|--|---|---|--|--|---------------------------------|---|
|  | Target Group  | Brief Program Summary   | Location Modality & Duration   | Multidisciplinary Team (FTE)   | Evidence/ Manual/ Business Case | Interventions Targeted  |
| Mind Your Health: Early Cardio-metabolic health intervention for adolescents (CHQ) | Adolescent MH consumers. Young people starting antipsychotics, sedentary lifestyles, high trauma backgrounds. | Dedicated cardiometabolic team consisting of Dietician, Exercise Physiologist and OT.<br><br>Two age groups: 12-14yrs & 15-18yrs<br><br>Three trial arms:<br>1. Brief intervention<br>2. Consultation liaison (CL) to MH community teams<br>3. Individual needs | Local site partnerships (PCYC)<br><br>In person<br><br>Intensive 8week group program for behavioural change and engagement in activities for cardiometabolic health. | <ul style="list-style-type: none"> <li>• Exercise Physiologist</li> <li>• Dietitian (0.5)</li> <li>• Occupational Therapist HP4 (0.5)</li> </ul> | Trial underway                  | <br><br> |

Large Service

Children & Young People  
MH Community

Trial Underway

| Program (service)                                | Program Features   |   |  |  |   |  |
|--|--|---|--|--|---|--|
|  | Target Group   | Brief Program Summary   | Location Modality & Duration   | Multidisciplinary Team (FTE)   | Evidence/ Manual/ Business Case                         | Interventions Targeted   |
| Metabolic Syndrome Clinic (Wide Bay - Bundaberg) | Adult MH consumers on Clozapine with high-risk metabolic syndrome. | <p>Metabolic Syndrome Clinic led by Clinical Nurse, Mental Health Pharmacist and Psychiatric Registrar to assess physical health and provide metabolic monitoring for consumers prescribed Clozapine.</p> <p>Clinic provides a physical health assessment and Pharmacy led medication review to identify a metabolic syndrome risk profile and other lifestyle risks (eg. Oral health and smoking) with the consumer. Individualised psychoeducation provided and communication with GP is provided with 3month follow-up and reassessment.</p> | <p>Community mental health outpatient clinic</p> <p>In person</p> <p>1hr session (30mins Pharmacist &amp; 30mins with Dr/ Clinical Nurse)</p> <p>3 monthly follow-up/monitoring and reassessment</p> | <ul style="list-style-type: none"> <li>Mental Health Pharmacist (0.5 FTE)</li> <li>MH Clinical Nurse - Clozapine</li> <li>Psychiatry Registrar/PHO attached to the Continuing Care Team providing ongoing psychiatric care with overarching Psychiatrist supervision.</li> <li>Nurse Navigator (trial for Oral Health Care)</li> </ul> | Trial based on RANZCP consensus statement <sup>27</sup> | <br><br><br><br><br> |

Smaller Service

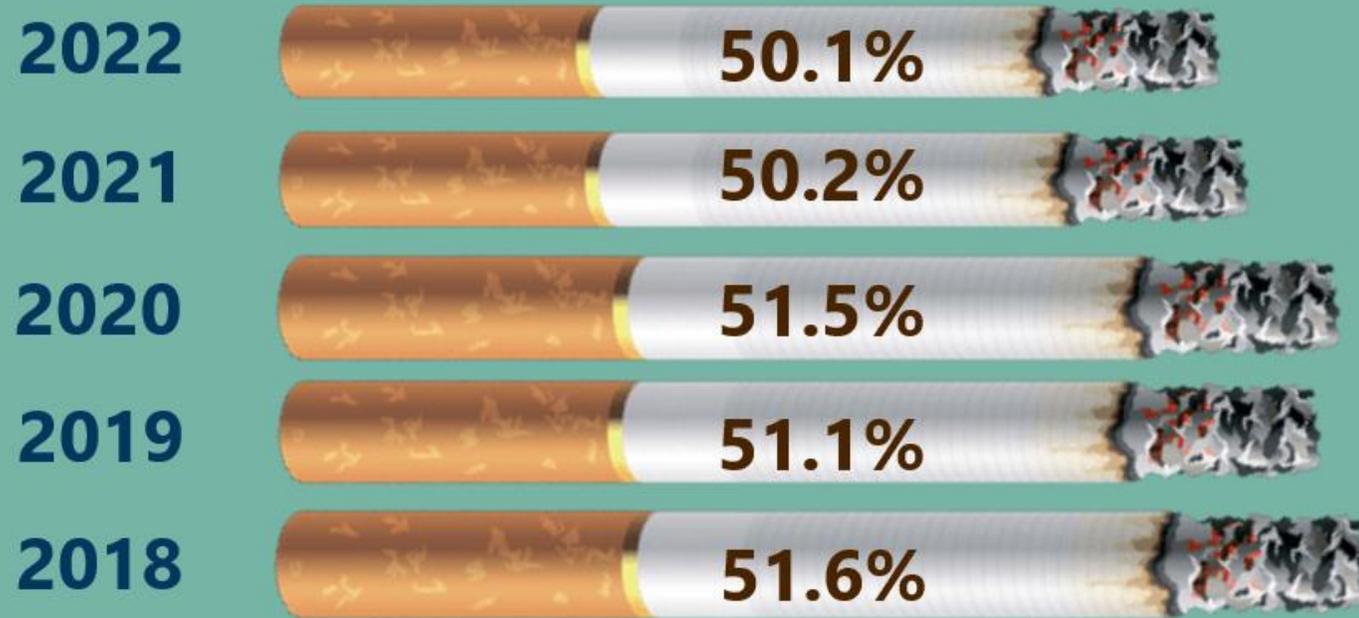
Adult  
MH Community

| Program (service)                          | Program Features  |   |   |   |  |   |
|--|---|---|---|---|--|---|
|  | Target Group  | Brief Program Summary   | Location Modality & Duration  | Multidisciplinary Team (FTE)  | Evidence/ Manual/ Business Case  | Interventions Targeted  |
| Smash the Ash (Metro South)                | Adult MH consumers interested in reviewing smoking behaviour. | Program to support consumers consider their smoking to support harm minimisation and cessation. Support provided to access NRT and provide education and counselling.   | Woolloongabba Mental Health Clinic<br><br>In person and telephone support as required | <ul style="list-style-type: none"> <li>MH staff</li> <li>Tobacco Treatment Specialist</li> </ul>                  |  |  |
| Oral Health Screening Clinic (Metro North) | Adult MH community consumers.                                 | University dental students under Snr dentist supervision complete oral health assessments for MH consumers. MH clinicians support clinic attendance. Referral to no-cost dental treatment at university dental clinic or specialist dental clinic where required. | MHS community clinic<br><br>In person   | <ul style="list-style-type: none"> <li>Supervised University dental students</li> <li>MH case managers</li> </ul> | <a href="#">Enabling people with severe mental illness to overcome barriers to access dental treatment: a qualitative study applying COM-B framework analysis; Journal of Mental Health: Vol 31, No 6 (tandfonline.com) 28</a> |  |

Specialised Programs



# Qld Mental Health Community Smoking Rate



- Qld public mental health community consumers
- Aged 18yrs+
- Smoking status sourced from clinical record
- Excludes consumers with unknown smoking status

1.5% reduction = **~430 LIVES SAVED** over 5 years

# Opportunities & Reflections

## It's a starting point

- Increase awareness & open dialogue
- Share ideas & support partnering
- Move from screen to intervene
- Encourage review and evaluation

## We discovered

- Many passionate advocates for physical health.
- Variety of physical health interventions being delivered addressing a broad array of physical health areas.
- Most programs provided as part of existing resources.
- Challenging for services to report outcomes or costings.

## Reflections

- Focus on MHAODS
- Snapshot in time
- New and exciting peer-led initiatives emerging

**We hope to have many more programs to add in the future**



*Supporting Metabolic Health*  
for Queenslanders living with Serious  
Mental Illness and/or  
Substance Use Disorders



# Acknowledgements

- Queensland Health Mental Health, Alcohol and Other Drugs clinicians, service managers, lived experience workforce
- Queensland Health Statewide Diabetes Clinical Network
- Queensland Health Mental Health, Alcohol and Other Drugs Clinical Network
- Queensland Health Metabolic Health Endocrine Wellbeing Working Group
  - Queensland Mental Health Benchmarking Unit
  - Statewide Older Persons MHAOD Clinical Group

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