



**Across the divide - physical health provision for
mental health consumers**

**Journey at Eastern Health Mental health and
Wellbeing Program**

Harry Singh – Senior Psychiatric Nurse

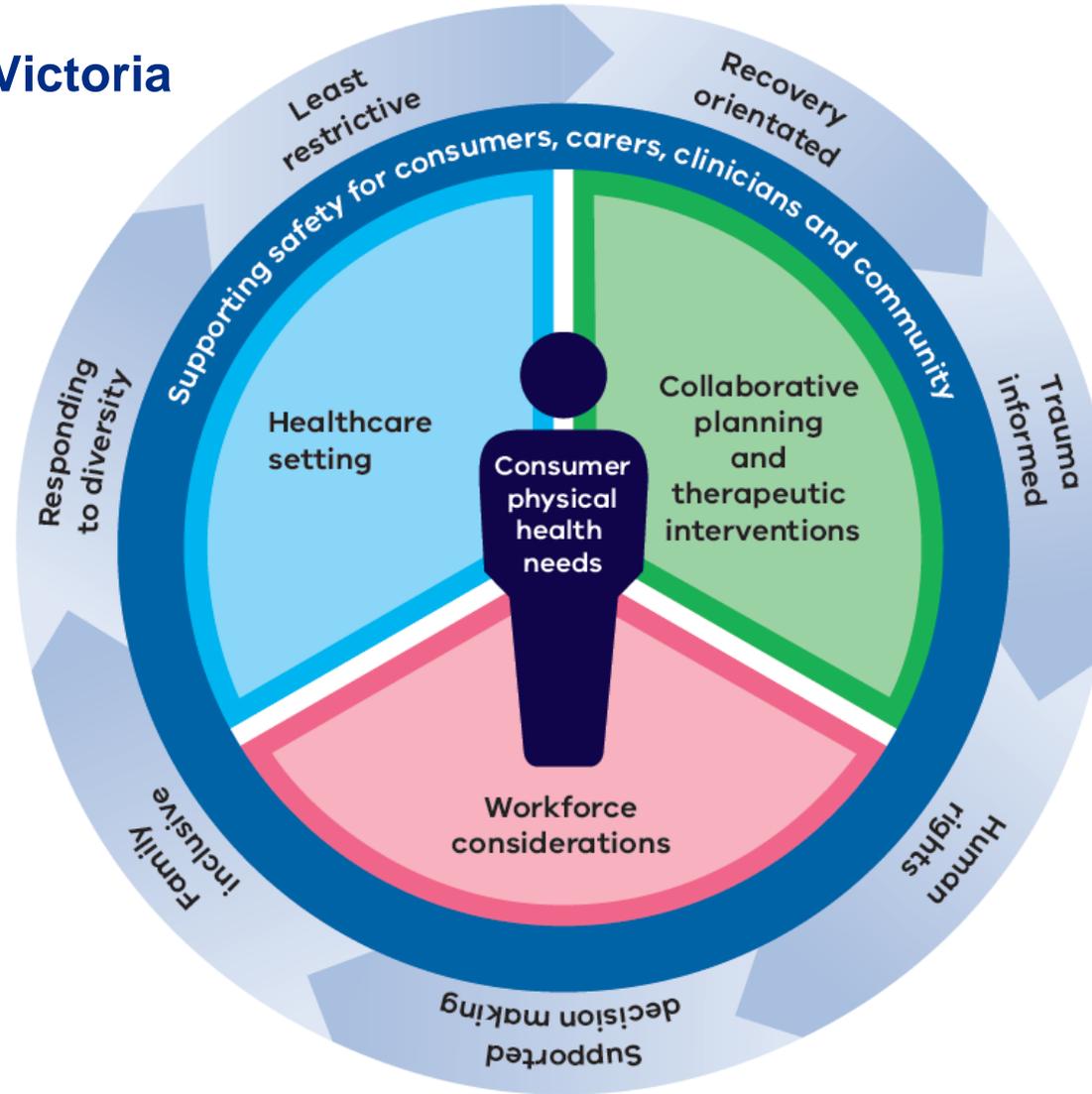
Acknowledgement of Country

We begin today by acknowledging the
Traditional Owners of the land on
which we meet today, the
Wurundjeri people of the Kulin nation
and pay our respects to their Elders past
and present

We extend that respect to Aboriginal
and Torres Strait
Islander peoples here today



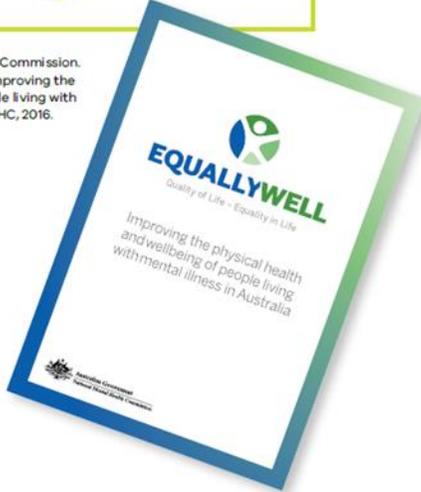
The Equally well framework in Victoria



SAFETY & QUALITY IMPLICATIONS



Equally Well – National Mental Health Commission. Equally Well Consensus, Statement: Improving the physical health and wellbeing of people living with mental illness in Australia. Sydney NMHC, 2016.



10.6%

Type 2 diabetes
The total of registered adult mental health clients with a recorded diagnosis of type 2 diabetes during 2015–16 was almost double at 10.6 per cent compared with 6 per cent of the Victorian adult population.

3.1 x

Emergency department admissions

- Victorians with a mental health condition were 3.1 times more likely to be admitted to hospital for a chronic ambulatory care sensitive condition and 6.7 times more likely to be readmitted within 28 days.
- 3 per cent of public hospital admissions and 4 per cent of people using emergency departments were Victorian mental health clients admitted for physical health conditions, although they represent less than 1 per cent of the general population.

50% ↑

Life expectancy
The crude death rate for registered mental health consumers in 2015 was nearly 50 per cent higher than for other Victorians.

33.4%

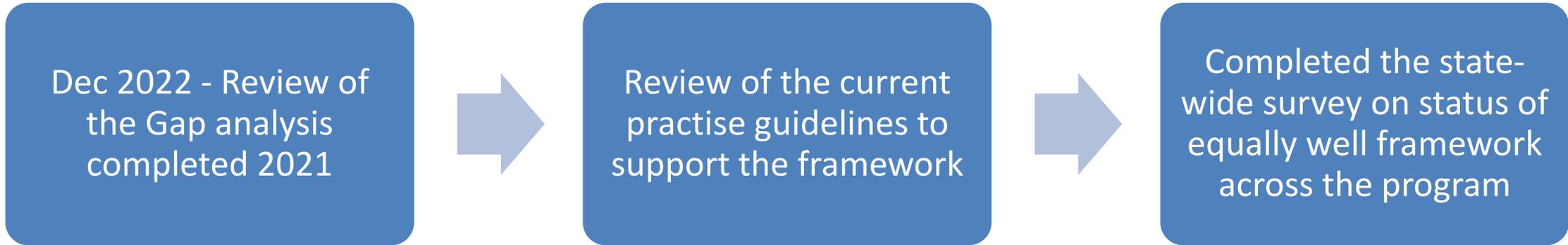
Smoking
33.4 per cent of registered clients of Victorian public mental health services who were hospitalised were smokers.

39% ↑

Cost
The cost of mental health patients admitted to public hospitals for physical conditions is 39 per cent higher than for an average inpatient stay and 77 per cent higher for an emergency department attendance.



Development of program wide approach



Service quality and safety improvement

Stream Reps
and LEW

Central
steering
committee

Commitment
from Exec

Safer
care
Vic

MHWA
2022

Equally well action plan for the program

Lived Experience perspectives & codesign work



3 priority areas



Gap analysis for new areas



Review of the Point of care audits



Area Expert consultation



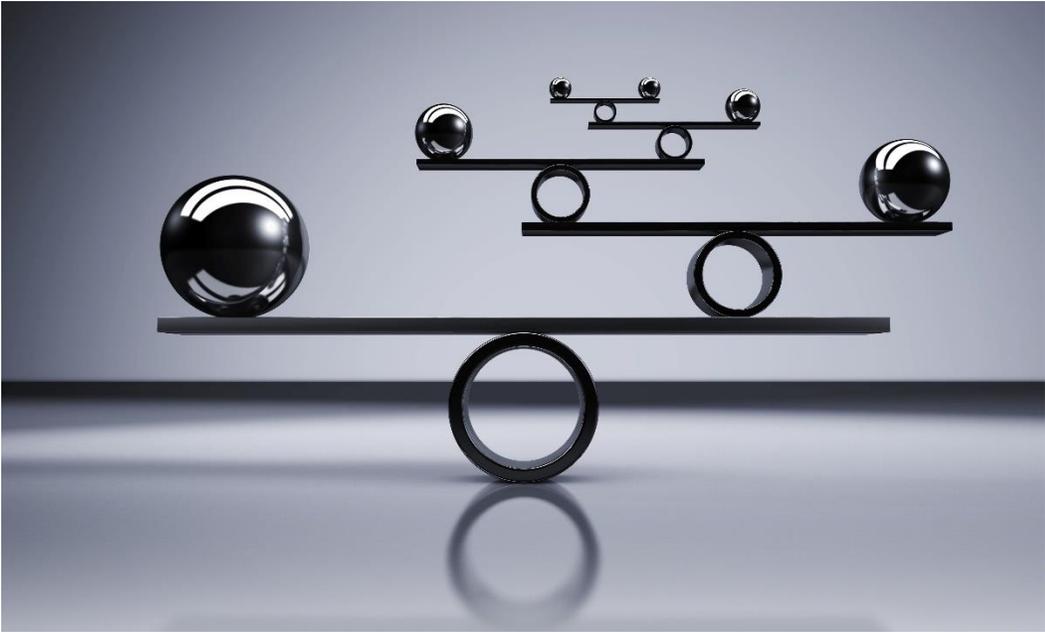
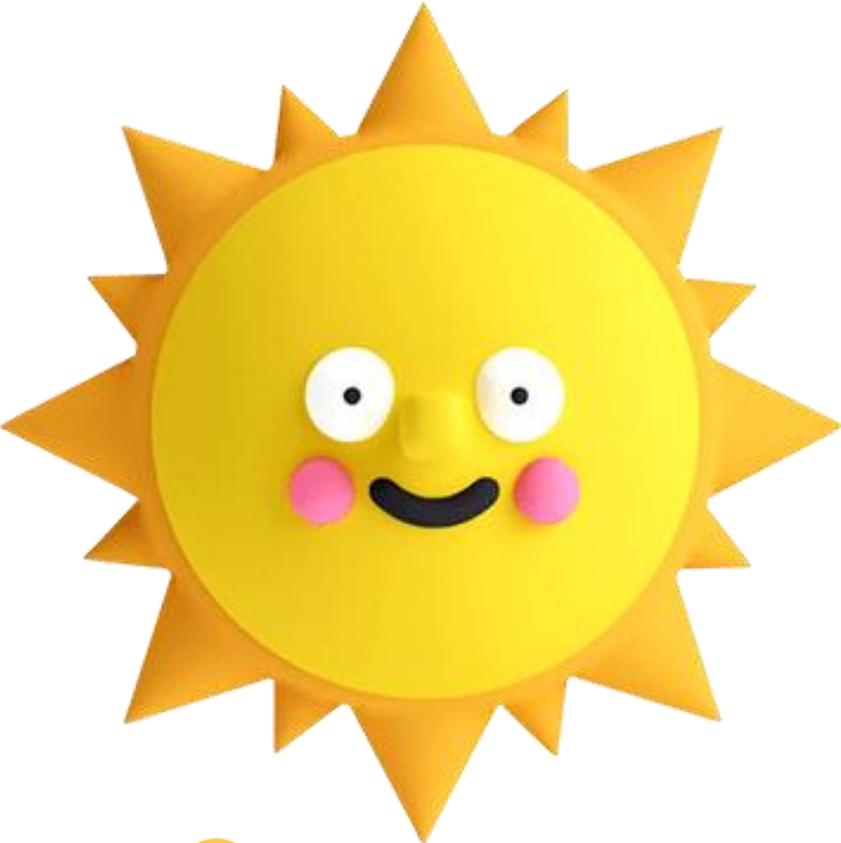
Terms of reference



Information sharing and supportive space



Balancing health needs vs delivery of mental health specialist care



Staff awareness around physical health

Training and support

New projects

New role development

Collaboration with emerging disciplines including LEW.

Continuous Improvement

Your Physical Health Matters too

Looking after your physical health is an important part of your mental health and wellbeing

Eastern Health Mental Health and Wellbeing Program is committed to improving physical health and wellbeing of all people living with mental illness.

It helps to know what may contribute to poor physical health and when to ask for help.

Things to look out for:

- Sudden changes in your weight
- Rapid changes in your appetite
- High blood pressure
- Heart problems
- Problems with your teeth or gums
- Smoking
- Drug or alcohol issues
- Other health conditions e.g., heart disease, diabetes, asthma

Ask for help and start small. These small changes over time can make a big change to your physical health.

We're here for you. You are not alone

For more information, please take a brochure or speak to your mental health worker



Test of change !

1. Contribute into revision of the statewide framework with latest developments across the world.
2. Pledge to embed the framework into practise
3. Seek new opportunities for co design and co delivery
4. Contribute to the research and development



Projects led by senior Nurses

Physical health screening tools– (CCU and IPU's)

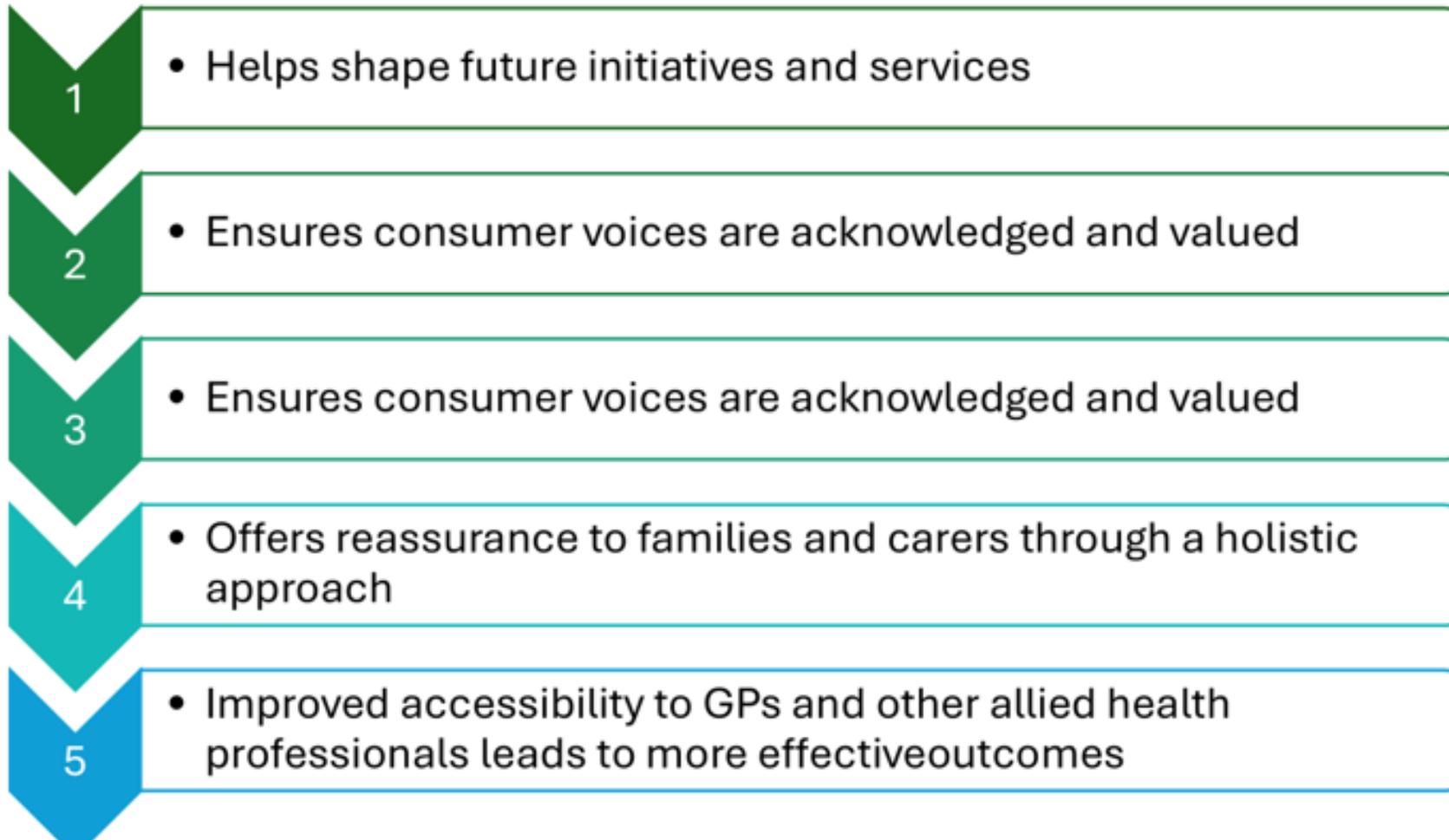
Major revision of the clinical practise guidelines

Hep C – Point of care testing

Creation of dedicated intranet page to map resources

Women's health partnership with primary health

Integrating emerging disciplines – Exercise physiologist , community pharmacist , dietician , Lived experience workforce.



Thank you

**If you have any questions or feedback, please reach out to me on
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