



Empowering Recovery: Co-Designing Physicards for Physical Health in Mental Health Rehab

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Government
of South Australia

SA Health



We would like to acknowledge this land that we meet on today is the traditional lands of the Kurna people and that we respect their spiritual relationship with their country.

We also acknowledge the Kurna people as the custodians of the greater Adelaide region and that their cultural and heritage beliefs are still as important to the living Kurna people today.

Acknowledgement of Lived Experience

We recognise the strength and resilience of people living with mental health issues and their families.

Their voices are essential to improve the capacity of our services to care and heal.



Codesign - PhysiCards[©] the Idea

- PhysiCards[©] were developed by Flourish Australia¹ to facilitate engagement of people in physical health management.
- Early discussions with Jade Rydall re trialling the PhysiCards[©] in SA mental health
- Convince the Rehab team of the plan to include PhysiCards[©] in care.



Identifying Physical Health Concerns of People With a
Mental Health Condition: An RCT

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Introduction: PhysiCards® have been co-designed to support an interactive, person-led approach to help people with mental health conditions identify and respond to cardiovascular disease and other physical health concerns. This study aimed to test the effectiveness of PhysiCards® in assisting people accessing support from a community-managed mental health organization to identify and take action to address cardiovascular disease and other physical health concerns.

Methods: This study was a parallel-group RCT. Participants (aged ≥ 18 years; N=154) were people accessing Flourish Australia services in New South Wales, Australia. Participants were randomly allocated to a control (physical health concerns discussed in line with usual support) or intervention condition (usual care and offered PhysiCards®) delivered in a single session. Main outcome measures were assessed through support worker records of allocation delivery and participant self-report telephone surveys at baseline and 1-week and 4-month follow-ups (September 2022 to January 2024). Analysis was conducted in 2025. Primary outcomes were identifying at least 1 concern participants wanted support for that was a physical health concern, cardiovascular disease prevention concern, new (i.e., not previously raised with a health professional) physical health concern, and new cardiovascular disease prevention concern. Secondary outcomes included discussing a concern with a health professional, confidence to raise concerns, and acceptability of PhysiCards®.

Results: The intervention group participants were significantly more likely to identify that they wanted support for a physical health concern (OR=16.7; 95% CI=5.14, 54.24, $p < 0.001$), cardiovascular disease-related concern (OR=7.89, 95% CI=2.91, 21.39, $p < 0.001$), and new health concern (OR=7.40, 95% CI=2.28, 24.05, $p < 0.001$). PhysiCards® were rated as highly acceptable. There was no significant difference in discussing concerns with a health professional or confidence in raising concerns.

Conclusions: PhysiCards® were effective in supporting people to identify cardiovascular disease and other physical health concerns. Future research is needed to consider additional strategies to enhance their impact on care seeking.

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Codesign - PhysiCards[©] the Brainstorm

STAGES

1. BASE LINE DATA.

① Which measure? CO-design Review

Health literacy measures

* Ph Health data CBIS - Ph Ax *
BASS
CGI
Comorbidity Report

- base line
- data collection

- Homeo LEP K10
RASDS

- Yrs of Education
- Demographics
- GP Engagement
- Smoking (addict / illicit)
- Exercise
- Bloods

AI

ETHICS

VS QIP

? Ian Tindall

* Self report QIP
* guided QIP

Lived Ex

quality vs quantitative

? Food diary

EDUCATION
what?

ROLES

- Nursing -
- Lived Ex -
- Medical -

1. Baseline Ph Ax 5yr
2. Current cohort



Ottawa Charter WHO Team

- Three key elements of health promotion

1. Good governance for health

- 2. Health Literacy**

People need to acquire the knowledge, skills and information to make healthy choices, for example about the food they eat and healthcare services that they need. They need to have opportunities to make those choices. And they need to be assured of an environment in which people can demand further policy actions to further improve their health.

3. Healthy Cities



Codesign - PhysiCards[©] in Rehab Services

- Co-design and trial of Flourish PhysiCards[©], a physical health reflection tool, within community psychiatric rehabilitation centres (CRCs) in South Australia.
- Prospective interventional study involves three CRC sites: Elpida House (treatment group), a second site, Trevor Parry with treatment as usual (TAU), and a third Wondakka, as a control group. (potentially utilising a Stepped Wedge design)
- A multidisciplinary team—including peer specialists, lived experience workers, clinicians, and researchers— are collaboratively co-designing this study with CRC residents to ensure relevance, acceptability, and meaningful involvement.
 - Regular meetings
 - Study design and implementation discussions
 - Selection and refinement of measures.
- Executive Sponsorship through the CALHN Projects Board Committee
- Aligns with the Equally Well consensus statement

Codesign - PhysiCards in Rehab Services

- Measures
 - Health literacy: Realm, Newest Vital Sign
 - Goal attainment: Goal Attainment Scale
 - Health Goals identified, changes in health behaviour (GP, OPD visits)
 - Standard MH requirements of K10, and NOCC



Rapid Estimate of Adult Literacy in Medicine

List 1	List 2	List 3
fat	fatigue	allergic
flu	pelvic	menstrual
pill	jaundice	testicle
dose	infection	colitis
eye	exercise	emergency
stress	behavior	medication
smear	prescription	occupation
nerves	notify	sexually
germs	gallbladder	alcoholism
meals	calories	irritation
disease	depression	constipation
cancer	miscarriage	gonorrhea
caffeine	pregnancy	inflammatory
attack	arthritis	diabetes
kidney	nutrition	hepatitis
hormones	menopause	antibiotics
herpes	appendix	diagnosis
seizure	abnormal	potassium
bowel	syphilis	anemia
asthma	hemorrhoids	obesity
rectal	nausea	osteoporosis
incest	directed	impetigo



Goal attainment scaling (GAS)

Key steps	Clinical decision-making	Record
1. What are the pt's principal presenting problems?	Which, if any, are amenable to treatment with BoNT+T?	Key problem areas to address: <ul style="list-style-type: none"> <input type="checkbox"/> Pain <input type="checkbox"/> Passive function (caring for limb) <input type="checkbox"/> Active function <input type="checkbox"/> Mobility <input type="checkbox"/> Involuntary movement <input type="checkbox"/> Impairment (eg range of movement)) <input type="checkbox"/> Other:
2. What do you expect to be able to achieve with BoNT±T?	Is this likely to be worthwhile? <ul style="list-style-type: none"> a) to the patient b) value for money Will you offer treatment?	If so, broadly define: Primary goal for treatment Secondary goals (limit to 2-3 max)
3. Is the team and the pt/family agreed on the expected outcome?	If not, can use GAS 5-point scale to negotiate realistic outcome for key goal areas	SMARTen goals as reasonably possible: Relate to a specific function and define <ul style="list-style-type: none"> ▪ expected level of achievement* by ▪ intended date (usually 3-4 mths) <small>Goal weighting** is optional, but may be useful for qualitative interpretation</small>
4. How will outcome be assessed?	Decide which, if any, outcome measures to use.	Baseline values of chosen measures eg <ul style="list-style-type: none"> ▪ Baseline GAS scores for each goal ▪ spasticity – Modified Ashworth Scale ▪ goal-related parameters*
5. Plan treatment	Decide what muscles to inject Make arrangements for therapy and follow-up review	Record procedure: <ul style="list-style-type: none"> ▪ muscles injected, agent and doses ▪ use of EMG/stimulation
6. Review	Have the goals been achieved? What, if any, further treatment is necessary?	Record level of achievement for each goal Enter in software to derive GAS T score



Codesign - PhysiCards[©] When Reality Hits

- The good news is we chose our health literacy tools.
- The bad news is we need to seek permission to alter the way we use the REALM
- The good news is we got a response from the Ethics committee on our QIP
- The bad news is we need to write an ethics application
- The good news is that everyone loves writing Ethics applications
- Oh wait..... No they don't



Road Testing

- Poster

PhysiCards
A health reflection tool

What is it about?
In order to aid persons dealing with mental health issues in keeping a track of their health needs, SA Health and Flourish Australia are testing a new initiative 'PhysiCards'.
'PhysiCards' will allow people to engage with tools that support reflection/prioritisation of presenting physical health needs.
User trial and evaluation of this intervention will contribute to improving future health services.

my memory and concentration

What happens in the trial?
If you decide to take part, you will complete with a clinician or lived experience worker:
• Up to two sessions utilising the PhysiCards.
• One to two Health Literacy Measures.
• Brief interview about your experience of the PhysiCards and related health literacy measures.
Through participation in the testing of this intervention, your personal data / information will not be recorded.

I'm interested. What's next?
You may be eligible to participate if you:
• Are a currently admitted to Elpidia House for rehabilitation.
• Have lived experience of a mental health condition.
• Have current physical health related needs.
Contact us:
If you are interested or want to know more about the study, please speak with Elpidia Staff.

Elpidia Residents are invited to take part in the trial of 'PhysiCards'

What is it about?
'PhysiCards' is aimed to support people with mental health issues to reflect on and prioritise their needs.
Using the Flourish Australia 'PhysiCards', SA Health will assist people to reflect on and prioritise their needs.
Trial of this program will help to improve future offer of health services.

my memory and concentration

What happens in the trial?
If you decide to take part, you will complete with a clinician or peer worker:
• Up to two sessions using the 'PhysiCards'.
• One to two Health Literacy Measures.
• A brief reflection about use of the 'PhysiCards' and related health measures.
Your personal information will not be recorded by taking part.

I'm interested. What's next?
If you would like to know more, please speak with Elpidia Staff.

Elpidia Residents are invited to take part in the trial of 'PhysiCards'

Your health reflection tool

What is it about?
'PhysiCards' is aimed to support people with mental health issues to keep a track of their physical health. Improving the mind-body connection can have positive impact on wellbeing.
Using the Flourish Australia 'PhysiCards', SA Health will assist people to engage with paper-based tools to reflect on and prioritise their needs.
Trial of this program will help to improve services available to other consumers accessing SA Health in the future.

my memory and concentration

What happens in the trial?
If you decide to take part, you will complete with a nurse or peer worker:
• Two sessions using the 'PhysiCards'.
• Two brief Health Literacy Measures which tell us how you access, understand and use health information.
• A brief reflection about use of the 'PhysiCards' and related health measures.
Your personal information will not be recorded by taking part.

I'm interested. What's next?
If you would like to know more, please speak with Elpidia Staff.

my diet and nutrition

- Rooms



The Plan

- Get Ethics approval
- Refine the study design with the residents of Elpida and the team
- Collaborate with our TAU and control sites
- Set a start date for implementation and data collection
- PDSA, PDSA, PDSA
- If results are positive utilise the stepped wedge approach to the TAU and control sites





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