

# ENHANCING PHYSICAL HEALTH IN COMMUNITY MENTAL HEALTH: A NURSE PRACTITIONER LED EQUALLY WELL APPROACH

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EASTERN COMMUNITY MENTAL HEALTH

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## Introduction

People experiencing severe mental conditions die up to 20 years earlier than the general population, often due to preventable physical health illness. Embedding Equally Well principles into community care via dedicated services is essential to closing this gap and promote whole-person wellbeing.

## The Aim of such services is to:

- ❖ Enhance physical health of consumers cared for by the Eastern Community Mental Health services.
- ❖ Maximize consumer's access to preventive and early intervention physical health care.
- ❖ Improve integration with primary and specialist services to achieve equitable health outcomes for mental health consumers.

## Method

A Nurse Practitioner Role with a dedicated Equally Well scope of practice has been implemented.

## Key Activities

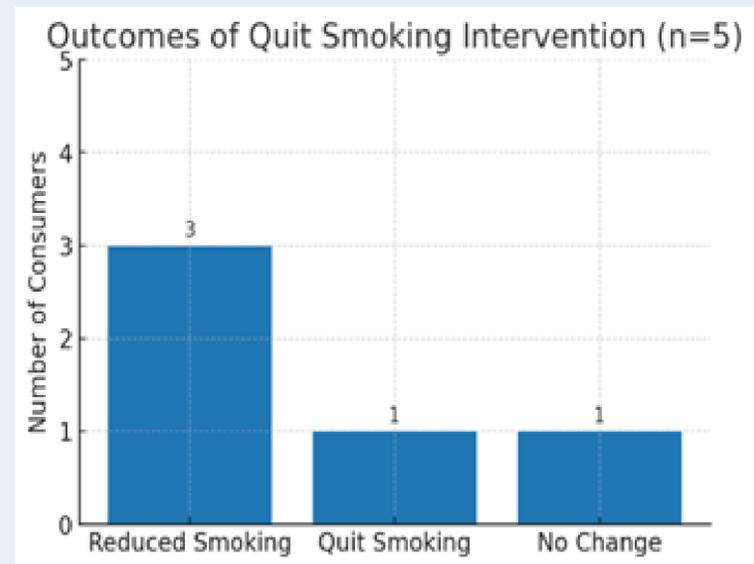
- ❖ Physical health assessments and follow up.
- ❖ Consumer health education.
- ❖ Routine cardiometabolic screening.
- ❖ Linking and referring to accessible general practice and outpatient services.
- ❖ A tailored, individualized smoking cessation program.
- ❖ Staff education on physical health risks and early intervention.
- ❖ Introducing in home and in clinic blood collection services.
- ❖ Promoting and pioneering Equally Well activities across CALHN MH.

## Outcomes to date:

- ❖ Increased consumer engagement in physical health care.
- ❖ Improved physical health screening and referral pathways.
- ❖ Increased rates of smoking cessation.

## Results

NP led Smoking cessation program results to date.



## Conclusion

This work highlights the vital role Nurse Practitioners play in driving and implementing Equally Well principles within community mental health settings, bridging the gap between mental and physical health through proactive, wholistic and person-centered care.