

# Keeping the Body in Mind: A lifestyle intervention program for people with Severe Mental Illness.

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*On Behalf of Keeping the Body in Mind (KBIM) team*  
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Equally Well Symposium, March 2019

[iphys.org.au](http://iphys.org.au)



@iphYs\_YMH



Keeping the Body  
in Mind YMH



# Research evidence

Review

**Lancet Psychiatry 2015;  
2:726–42**

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 **Mental health starts with physical health: current status and future directions of non-pharmacological interventions to improve physical health in first-episode psychosis**

*Jesse Gates, Eden Kirkcaldy, Lisa Phillips, Maria Alvarez-Jimenez*



**THE LANCET Psychiatry** | **THE LANCET Diabetes & Endocrinology**

**Diabetes and mental health disorders**  
Published May 16, 2015

**Executive summary**  
Psychiatrists and diabetologists need to work together. Patients with diabetes are at higher risk of mental health disorders – including depression and psychotic disorders – than the general population. Likewise, patients with mental health disorders are at higher risk of developing diabetes. However, patients with such comorbidity are frequently under-recognised and undertreated, meaning that the risk of long-term complications from either type of disorder is high. It's a problem too complex for one medical specialty to tackle on its own. This collection of papers from The Lancet Diabetes & Endocrinology and The Lancet Psychiatry covers the epidemiology, pathophysiology, and clinical challenges of managing comorbid diabetes in patients with two common mental health disorders: depression and psychosis.



**Diabetes and psychotic disorders**  
The Lancet Psychiatry  
Published April 29, 2015  
The comorbidity between diabetes and psychotic disorders is well-known, but poorly

## Acta Psychiatrica Scandinavica

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**Special Issue: Promotion of physical health and wellbeing in persons with schizophrenia**

**August 2015**

**Volume 132, Issue 2**

**Pages 83–157**

**Issue edited by: Alex J Mitchell, Marc De Hert**



## Acta Psychiatrica Scandinavica

*Acta Psychiatr Scand* 2015; 1  
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DOI: 10.1111/acps.12476

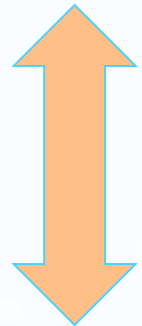
© 2015 John Wiley & Sons A/S. Published by John Wiley & Sons Ltd  
*ACTA PSYCHIATRICA SCANDINAVICA*

### Commentary

# Mental disorders and mortality: so many publications, so little change



evidence



implementation



# THE ROLLOUT

EXTENDING THE KBIM  
PROGRAMME DISTRICT WIDE



**4 CENTRES IN SESLHD**

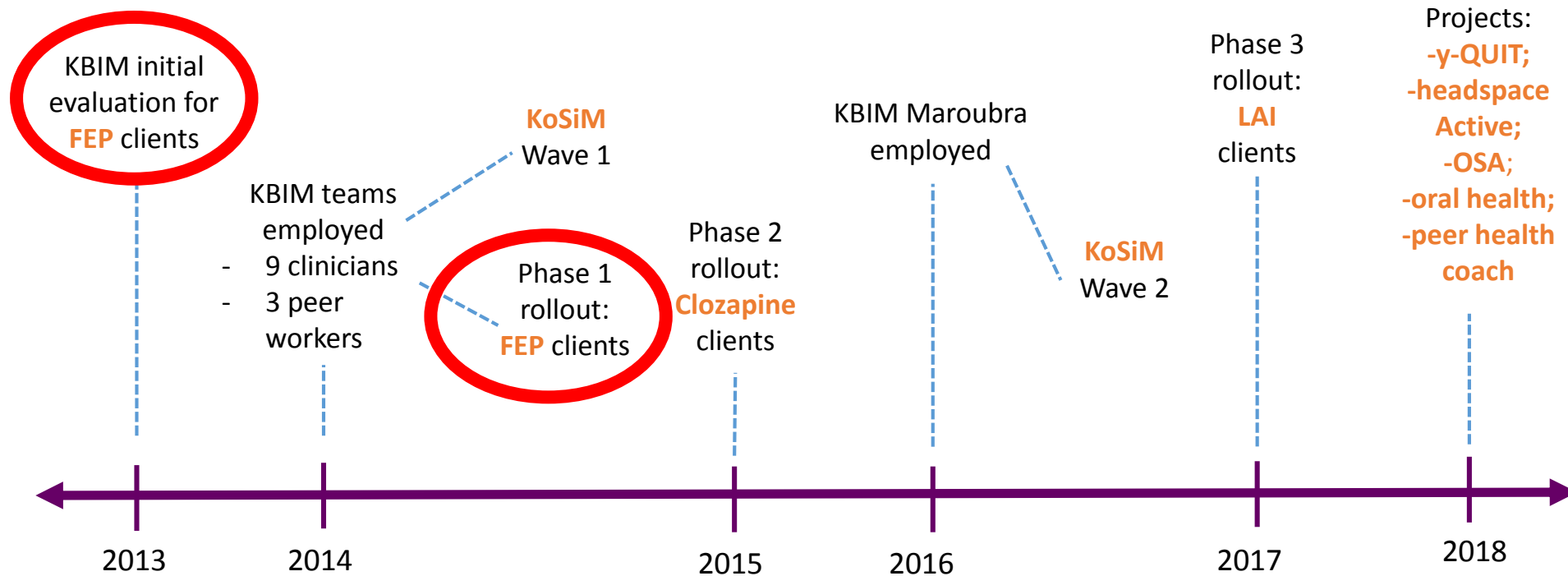


**KoSiM**

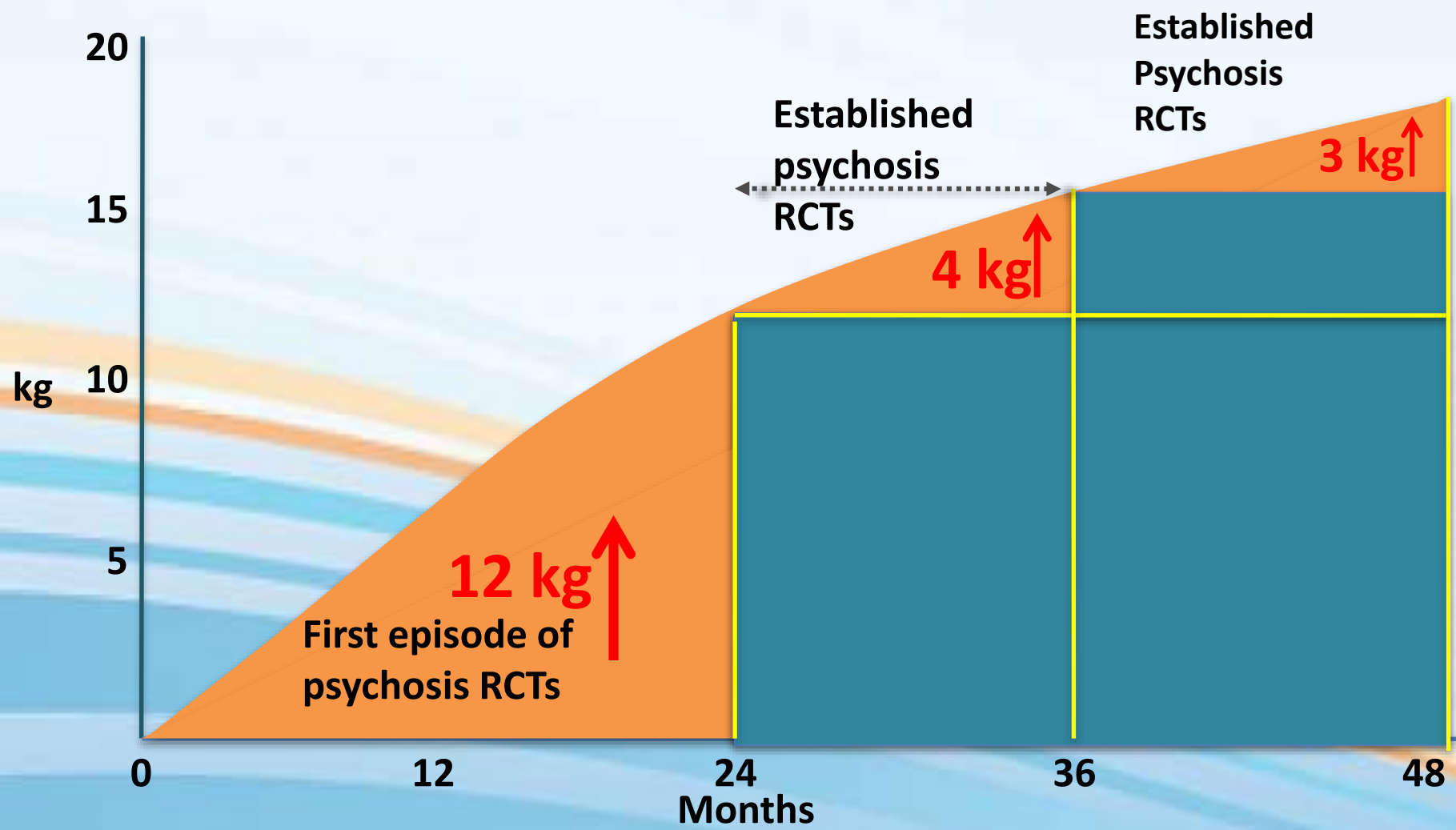


**PHASED  
IMPLEMENTATION OF  
KBIM PROGRAMME**

# KBIM **TIMELINE**



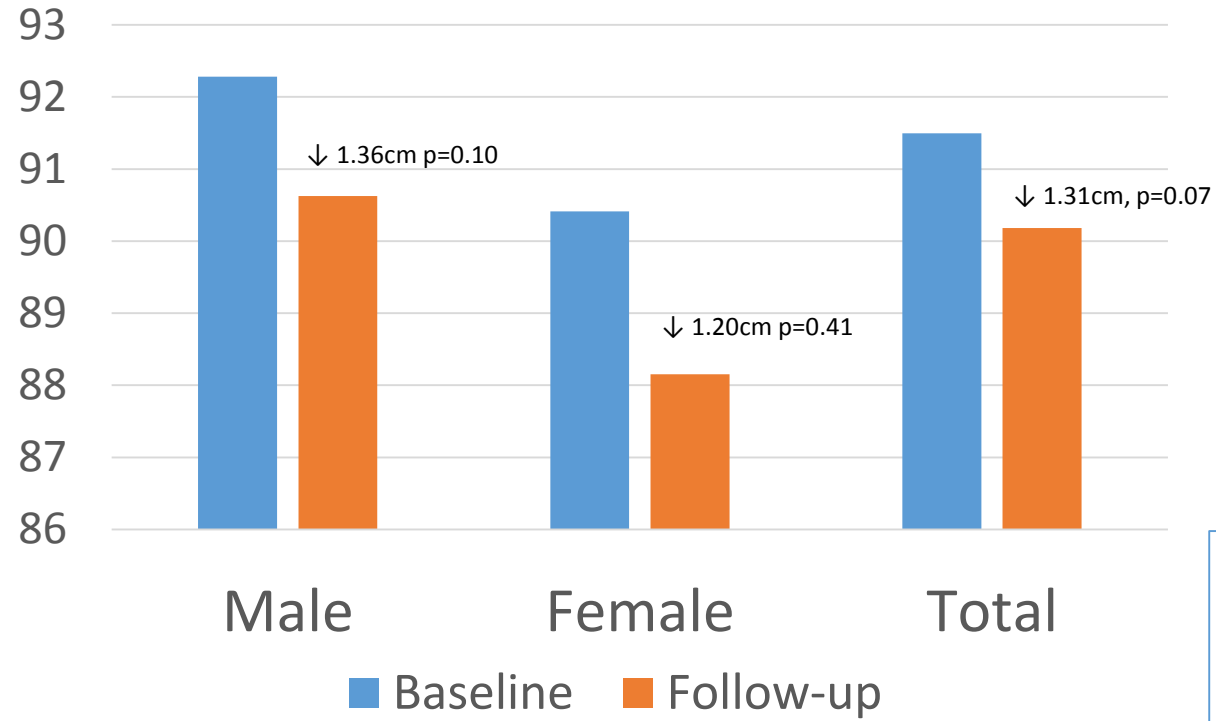
# Antipsychotic-Induced Weight Gain in Chronic and First-Episode Psychotic Disorders: a Systematic Critical Reappraisal



# NEUTRALITY

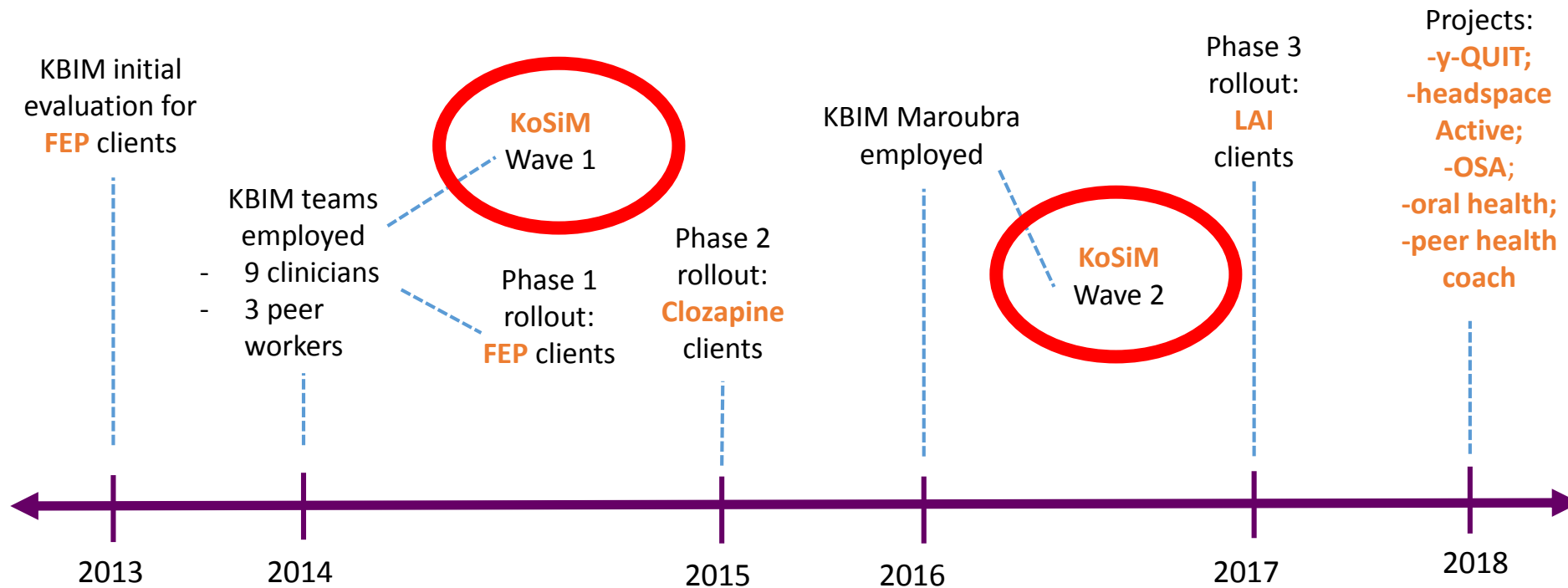
## WAIST (CM)

PRE AND POST KBIM  
INTERVENTION  
N = 67





# KBIM **TIMELINE**



# Overview – What is KoSiM?

(n=212)

- A brief staff physical health intervention delivered by a CNC, dietitian and exercise physiologist.

## WHY?

- Create a shift in organisational culture towards one that is inclusive of physical health
- Enable mental health staff to confidently address the physical health needs of consumers
- Give staff an understanding of the role of EPs and dietitians in mental health.



# Qualitative feedback



- Workplace culture
- Morale
- Productivity
- Working with consumers
- Family
- Personal health improvements

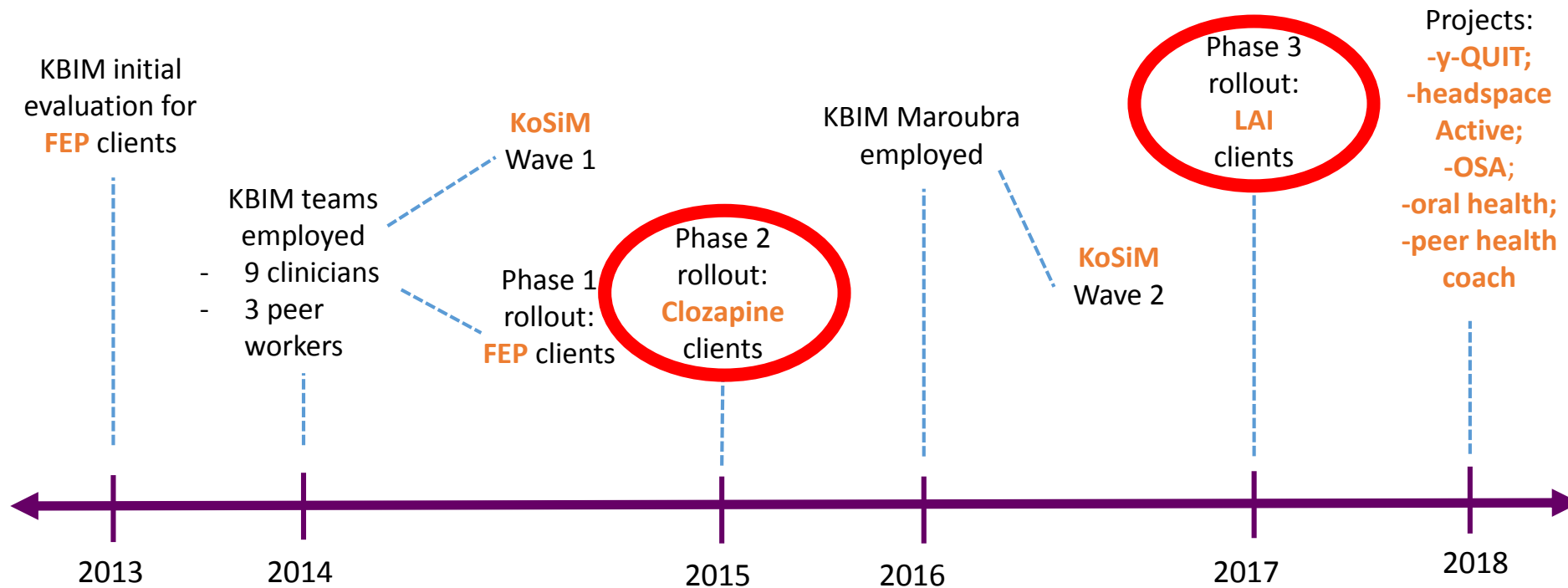
‘My doctor called me in after my blood tests... He said all of my results had improved and asked me what I was doing differently!’

‘The environment changed completely, because there’s more people around taking care of themselves’

‘I now know how to have basic conversations about food with my clients which in the past I got stuck at’

‘I really, really value that NSW Health gave us the opportunity, a perk in the job is just marvellous...It is, hard to come by’

# KBIM **TIME**LINE



# NEEDS ANALYSIS

**301** on LAI & **416** on Clozapine



Mean Age ~ 44 years



Primary diagnosis – schizophrenia  
or schizoaffective disorder





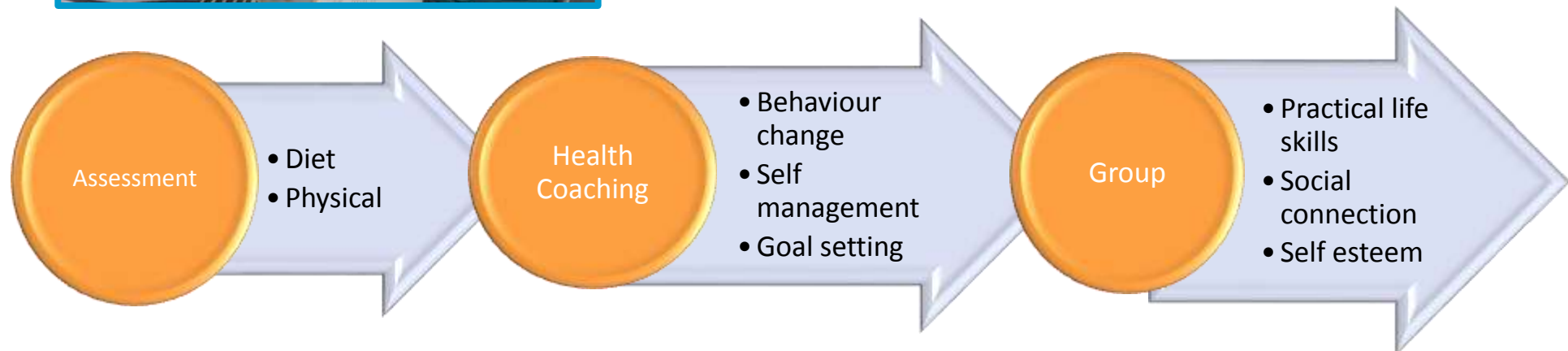
# CARDIOMETABOLIC RISK FACTORS



Cardiometabolic Risk Factor	LAI	Clozapine
Overweight or Obese (BMI)	75%	80%
Waist Circumference at Risk Male (mean, SD) Female (mean, SD)	79% 105cm, 17.0 102cm, 19.4	85% 109cm, 16.6 104cm, 17.7
High Risk of Type 2 Diabetes	65%	68%
Smokers	62%	44%
Metabolic syndrome	43%	58%

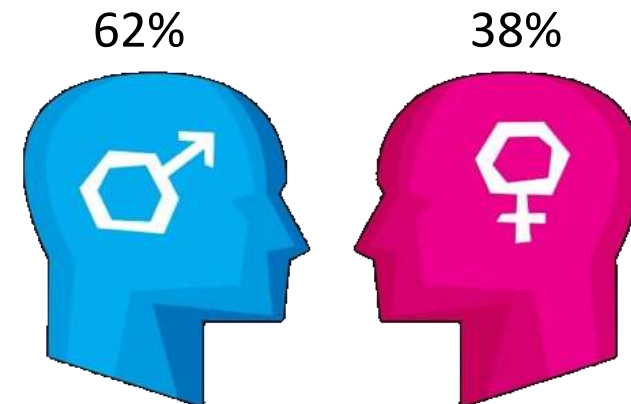
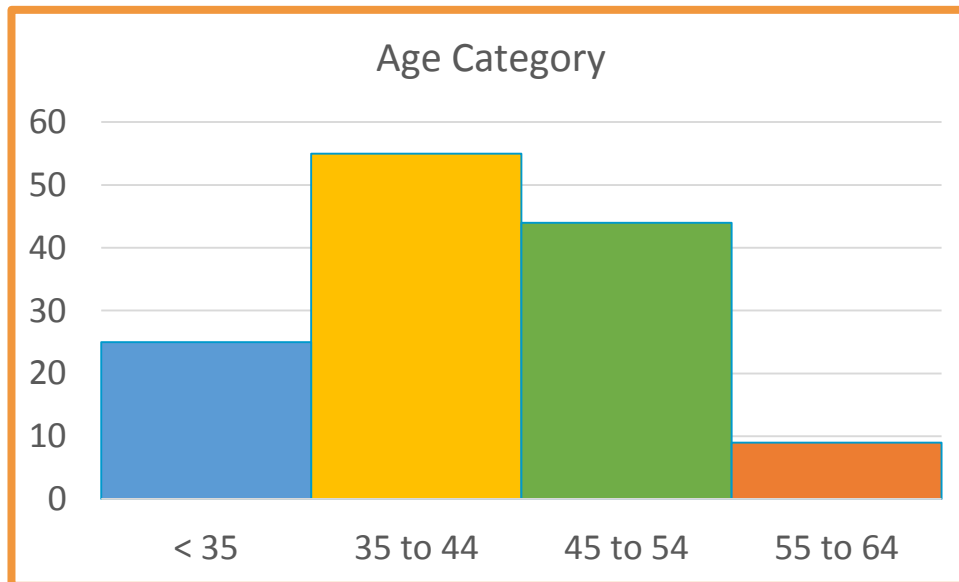
# THE PROGRAM

- Clozapine and LAI clients
- 12 weeks



# SITE PARTICIPATION

	Total
First timers	133
Repeats	64
<b>Total</b>	<b>197</b>



# COMPLETERS RESULTS

- Waist reduction ↓ 1.9cm
- Sit time ↓ 5.9 hours per week
- Food and drink energy intake ↓ 17%
- Carbon Monoxide score of participating smokers ↓ 16.8ppm  
(71% reduction)



94%

would suggest the program to someone else

"I have so much more energy now- I never want to go back to how I was."

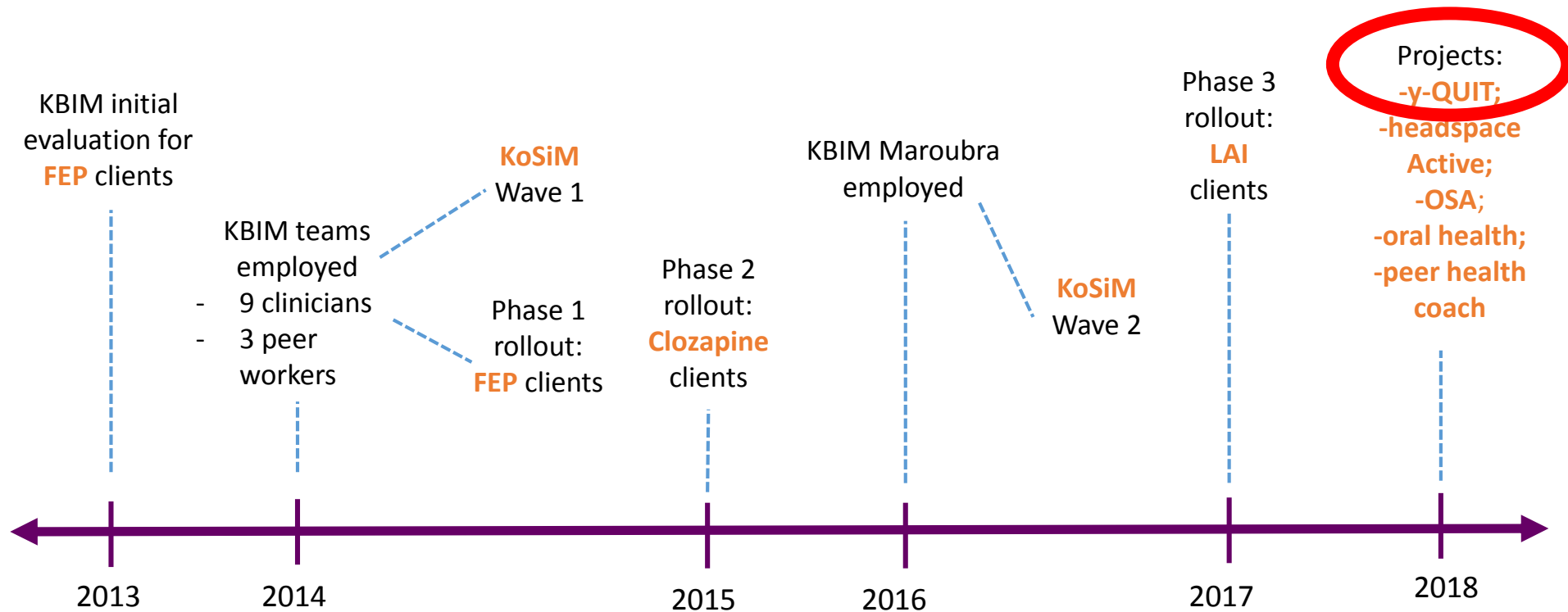
*"Everyone was spot on, thank you for your help."*

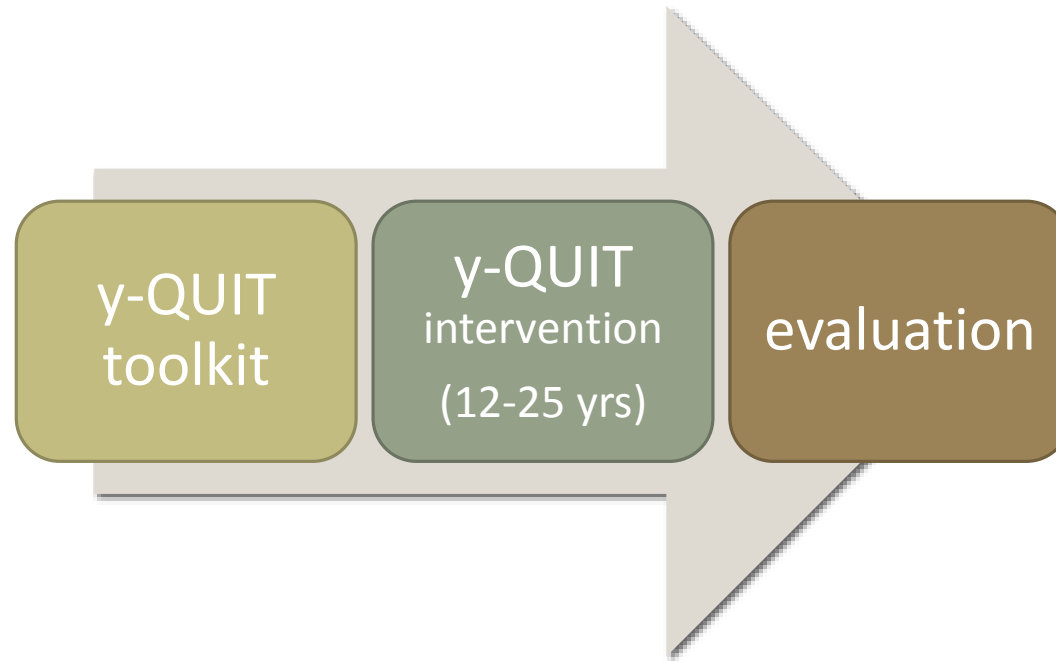
"You got me out of the house, thank you KBIM."

"I liked we had some people in group each week as I got to know them."

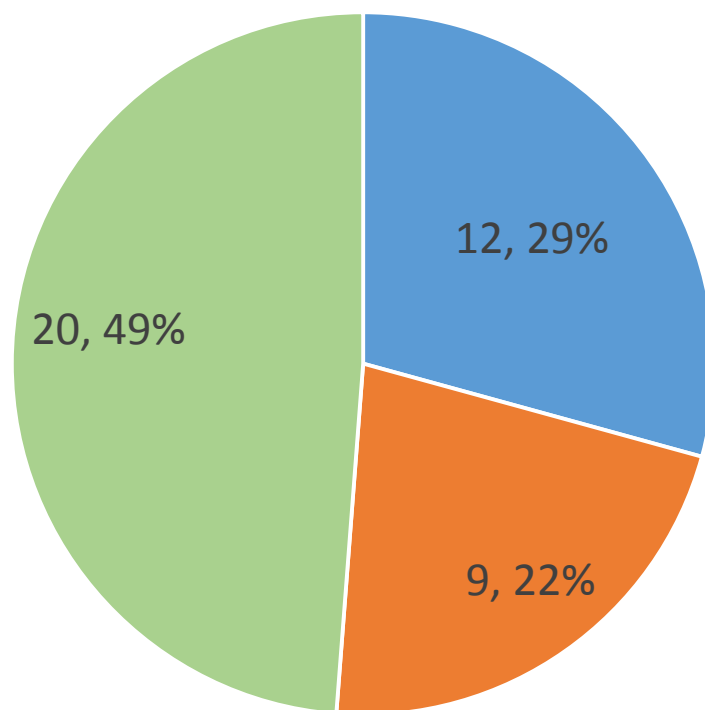


# KBIM **TIME**LINE





# Interventions

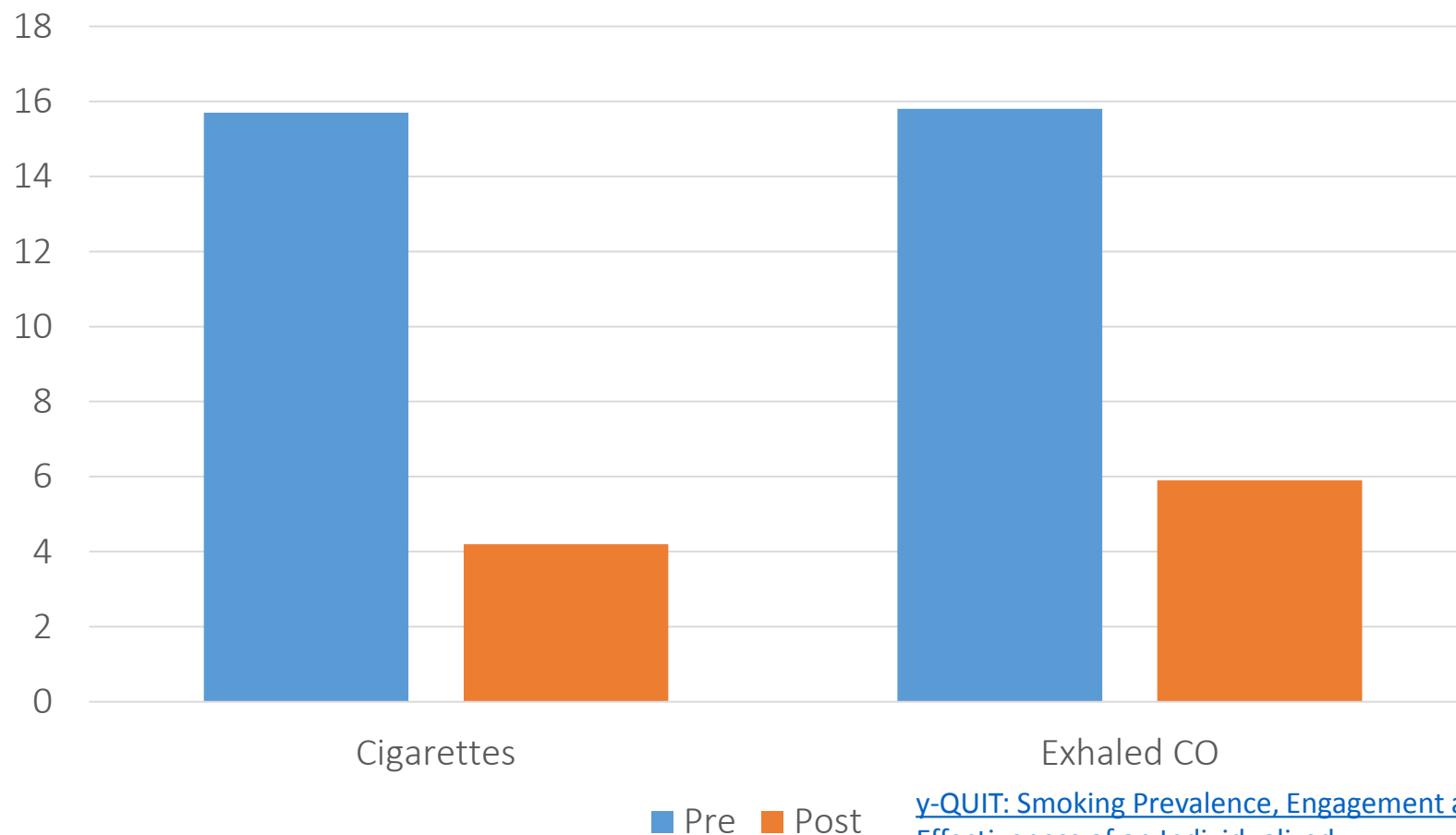


■ Incomplete Full ■ Completed Full  
■ Completed Brief

**41** young people commenced a harm reduction smoking cessation intervention.

# Full Intervention

## Smoking-related measures



[y-QUIT: Smoking Prevalence, Engagement and Effectiveness of an Individualized...](#)

[Jackie Curtis, Charry Zhang, Bernadette McGuigan, Esther Pavel-Wood, Rachel Morell, Philip B. Ward\\*, Andrew Watkins, Julia M Lappin](#)

Front. Psychiatry - Schizophrenia,

DOI: 10.3389/fpsyt.2018.00683

# Keeping the Body in Mind (KBIM)



Health  
South Eastern Sydney  
Local Health District

 COMMUNITY MENTAL  
HEALTH CENTRES **4**



 TRAINED CLINICIANS  
DELIVERING KBIM PROGRAM **12**

## DURING 2018:

**10,389**

Points of contact with  
consumers in SESLHD



**1,170**

Consumers seen across  
4 centres

**59**

Student placements  
with KBIM



**242**

Peer support sessions

## SINCE INCEPTION (2004):

Training and education  
sessions for **150+**  
Mental Health staff



**45**

Resources  
developed for  
Mental health clinicians

**32**

Peer-reviewed journal  
Articles published



## CURRENTLY:

**9**

various physical health  
projects underway

Early Psychosis  
and UHR



Peer Health  
Coach



Depot and  
Clozapine program



**y-QUIT**

Smoking cessation



Oral Health

**12**

active physical  
health research studies



Sleep Hygiene





# Raising Expectations

Andrew Watkins

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Mind team

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[www.seslhd.health.nsw.gov.au/keeping-body-mind](http://www.seslhd.health.nsw.gov.au/keeping-body-mind)

[www.iphys.org.au](http://www.iphys.org.au)

<https://www.equallywell.org.au/>

