

Physical Health is Everyone's Business

Making it Standard Practice







Our Story So Far:



→ 1:1 → Student Program

Recovery

- → Discovery College
- → Group Program

Exercise Physiology

Organisation

- → hYEPP Physical Health Portfolio
- → Alfred Psychiatry Group
- → Metabolic Screening

Community

- → Various Sporting Events
- → St Kilda Football Club Partnership
- → Presentations

hYEPP Metabolic Screening

Responsibility of Case Manager*

(Powerchart: Physical Health Screen):

Responsibility of Prescriber A

(Powerchart: Metabolic monitoring):

Measurement	POSITIVE Result is
Blood Pressure	>140/90mmHg Hypertensive
Waist Circumference	Males >94cm, Females >80cm
Body Mass Index	<18.5 underweight, >25 overweight
Smoking Status	Current smoker or quit <6months
Diet/Lifestyle/Other	Poor diet or sedentary
Polycystic Ovary Syndrome	Suggestive features^

Measurement	POSITIVE Result is
Anti-psychotic Medication	If on or due to commence medication

^A order fasting lipids, glucose, PrL, ECG etc as indicated.

^ menstrual changes, obesity, hirsuitim, acne

High Risk

NEGATIVE Result

Please refer to EP If Young Person:

- -Requests EP services
- -Requires Pain management
- -Has other conditions
- -Wants exercise or nutritional education

POSITIVE Result

Refer to Exercise Physiologists:

- Screening to assess level of risk and tailor intervention

Consider medical referral/intervention as appropriate

- Eg metformin, statin, OCP

Low Risk

High Risk

Intervention

- -Physical activity groups
- -Case manager facilitated physical activity

-12 Week Program
-1 on 1 Exercise Physiology

) headspace

^{*} Measure at baseline and at 91 day reviews (+/- nurse/ EP help)

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The Challenges



Culture Change

- At multiple levels
- Stigma reduction through role modelling

Training

Young People and their networkStaff

Infrastructure

- Equipment
- Resources
 - Staffing

Making it EVERYONE'S Business?











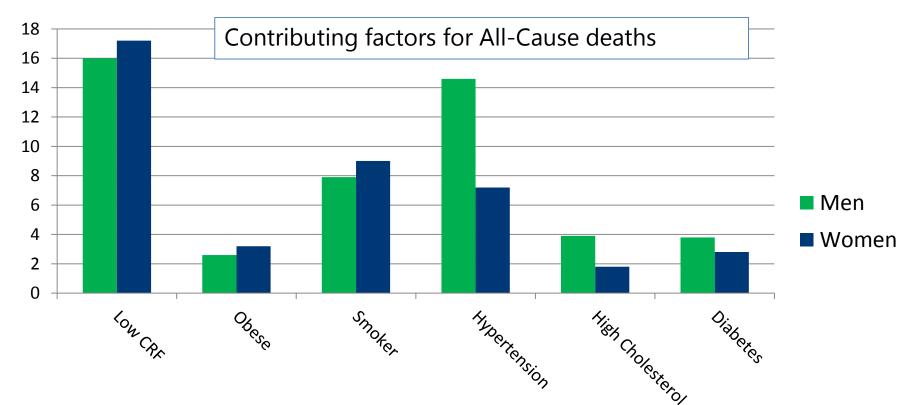
What else can we do?



Inactivity: Effect of low cardio respiratory fitness (CRF) on mortality



"Its not all about weight loss, physical activity is beneficial to a person's health whether or not they lose weight"



Br J Sports Med. 2009; 43:1-2.

References



- Rosenbaum, S. et al The Role of Sport, Exercise and Physical Activity in Closing the Life Expectancy Gap for People with Mental Illness: An International Consensus Statement by Exercise and Sports Science Australia, American College of Sports Medicine, British Association of Sport and Exercise Science, and Sport and Exercise Science New Zealand. Translational Journal of the ACSM, 2018. 3 (10) p 72-73.
- Exercise is Medicine Australia presentation for GP's.

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