

CARDIOPHITNESS

CARDIOPHITNESS: Cardio metabolic health and Pharmacists in
Severe Mental Illness study

The first steps of the CARDIOPHITNESS study



The CARDIOPHITNESS study will commence In Autumn 2018.

Background.....

People with severe mental illness (SMI), including schizophrenia and bipolar disorder, die early from cardiovascular disease (CVD). They have increased risk factors for heart disease and stroke including diabetes, smoking and obesity. They make frequent contact with health services, yet are less likely to be screened for risk factors or receive interventions such as medication to lower cholesterol (statins).

As well as dispensing prescriptions, pharmacists and their teams provide a range of services related to specific health issues and can advise on both minor ailments e.g. colds and long term conditions such as diabetes. Pharmacists are highly qualified health experts who can give detailed advice on using medicines safely and effectively as well as their side effects. Pharmacists can also help people improve health and wellbeing by undertaking health checks and offering advice on topics such as diet and nutrition, physical activity and stopping smoking. They can also provide support for long-term conditions such as high blood pressure.

This research aims to gather the views, opinions and experiences of individuals with SMI, their carers and care professionals on care for physical health. In particular, we are interested in understanding the role of pharmacy and pharmacists both now, and in the future. The focus will be on heart disease, diabetes and related diseases as well as risk factors such as smoking and overweight/obesity.

We want to use this information to help make recommendations to improve the care of physical health in mental health

The facts:

People with severe mental illness (including schizophrenia, bipolar disorder, schizoaffective disorder).....

.....die 15-20 years earlier

.....are three times more likely to die from heart disease

.....are twice as likely to have type 2 diabetes

.....are nearly three times more likely to smoke

when compared to the general population

How to I express an interest in this research/study.....

If you are interested in finding out more about the research/study then please get in touch.

Please contact the lead researcher Dolly Sud using the following email address: sudd@aston.ac.uk



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Severe Mental Illness study



The research team.....

The CARDIOPHITNESS team is made up of people from different backgrounds and we would like to introduce you to them



Dolly Sud



Dr Ian Maidment



**Professor Eleanor
Bradley**



**Professor Jonathan
Tritter**

The **lead researcher** for this PhD study is **Dolly Sud**, PhD Student at Aston University.

The **main supervisor** this PhD study is **Dr Ian Maidment**, Senior Lecturer in Clinical Pharmacy, School of Life and Health Sciences, Aston University.

Other members of the supervisory team: **Professor Eleanor Bradley** (associate supervisor), Professor of Health Psychology, University of Worcester & **Professor Jonathan Tritter**, Deputy Dean / Professor of Sociology and Public Policy / Management Team, Aston University.

Funding, collaboration and support.....

The funding for this research was awarded as part of a research capacity building award from charitable funds by Leicestershire Partnership NHS Trust.

The research is being undertaken and supported jointly by Aston University and Leicestershire Partnership NHS Trust.

“This is a vital area of research. I also welcome the proposal to take into account the views of service users, carers and other healthcare professionals involved in their care. This is critically important in order to develop a stronger understanding of the effectiveness of current practice and how it can be improved”

The Rt Hon Norman Lamb.

“This study will help us to understand how we can tackle one of the greatest of all health inequalities in England, the premature deaths of people with psychoses, due to lack of physical health care. To improve, we need to better understand what users and families find helpful, how to provide outreach and use all our community assets. The results of the study give us important insights into the roles of expert mental health pharmacists, and their community peers in making this happen”.

Dr Geraldine Strathdee, C.B.E. O.B.E, National Professional Adviser to Healthcare Commission & CQC; Non-executive Medical Director, South London and Maudsley NHS Trust.