

# CARDIOPHITNESS

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

## Reporting on the progress of the CARDIOPHITNESS study



The CARDIOPHITNESS study commenced in February 2019.

### Message from the research team – recruiting

Welcome to the third edition of our CARDIOPHITNESS study newsletter.

5<sup>th</sup> August 2019 marks exactly 6 months since we officially got all the necessary ethics approvals for the research study and launched the study.

Thank you for embarking on this journey with us. We'd like to take the opportunity to reflect and highlight some of the major milestones we've reached together. In this short period we have recruited 50 individuals who have taken part in this research. This has included service users who have been given a diagnosis of a severe mental illness (e.g. schizophrenia), carers and care professionals (nurses, doctors, pharmacists, occupational therapists, support workers). We would like to thank all those who have taken part for their time and effort.

Although we haven't reviewed and analysed all the information we have gathered as part of the study we can already see some important and key points:

The perception of pharmacists and services that pharmacy can provide is influenced by several factors including

- Visibility and presence e.g. on inpatient wards
- Quality of relationships e.g. with service users

Support and care for physical health

- Needs to take into account individual needs of service users
- Be structured rather than generic
- Long term

Information about side effects of medication such as antipsychotics

- Most service users and carers reported receiving little or no information about side effects of these medicines
- When information was received it was not supported with verbal advice or signposting for support.

### 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](mailto:sudd@aston.ac.uk)



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



### The research team.....

The CARDIOPHITNESS research 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**, Reader 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.

### Equally well.....

Our research study is featured on the Equally Well website. Equally Well is collaborative between the Centre for Mental Health, Kaleidoscope and Rethink Mental Illness to support the physical health of people with a mental illness.

See their website here: [Equally Well](#)

And the link to our study here [Equally Well - CARDIOPHITNESS study](#)

**Equally  
Well UK**

Centre for  
Mental Health



**KALEIDOSCOPE**

