



Reporting on the progress of the CARDIOPHITNESS study

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

A message from Dolly Sud, Dr Ian Maidment, Professor Eleanor Bradley and Professor Jonathan Tritter – the research team.

Let us begin by thanking you for your participation in CARDIOPHITNESS. Your participation is critical to helping us better understand experiences of care provided for physical health for individuals who have a diagnosis of a severe mental illness (schizophrenia, bipolar affective disorder, schizoaffective disorder and other non-organic psychoses) (SMI). Specifically, care and support received for heart problems, diabetes, weight gain, overweight, obese, smoking and related problems (altogether known as cardiometabolic risk/health). Your commitment will help us the quality of care provided.

Thank you for participating. CARDIOPHITNESS would not be possible without you

This newsletter allows us to communicate directly with you—the research participants and supporters of CARDIOPHITNESS—and this way we can keep everyone informed about our progress together.

We have already made incredible strides together, completing enrolment in this first ever study looking at the role of pharmacy in supporting cardiometabolic health for those who have a diagnosis of an SMI. This is also the first study which has gathered information from individuals with SMI and cardiometabolic health problems and their carers. You are part of this landmark study and for this we are so grateful for your willingness to help us.

It has been almost one year since CARDIOPHITNESS started and we are beginning to look at the data from the study. We hope to begin writing some of our findings soon and we will make sure to announce when findings are published on the CARDIOPHITNESS webpage—so check it out periodically at <https://www.leicspart.nhs.uk/about/research-arch-and-development/cardiophitness-research-study/>

If you would like any further information about the study you can also contact the lead researcher: Dolly Sud at sudd@aston.ac.uk

CARDIOPHITNESS' enrolment is complete as of October, 2019!



Thank you

to all those individuals and groups who went the extra mile in supporting study recruitment from Leicestershire Partnership NHS Trust: Fiona Cooper, Hayley Cocker, Dr Kris Roberts, Lynn Wroe, The Involvement Centre, The METT Centre and The Recovery College. National groups: The College of Mental Health Pharmacy, People in Research and the National Survivor User Network.

Feedback from some of our participants

We have had some very positive feedback from participants here is a selection of a few comments.

"I'm really glad that this kind of research is going on because it is so worthwhile. It's such an important area, it's an area of medicine where we're probably behind compared to some areas of medicine. You know, there's a long, long way to go and any research that furthers the care for physical health for those with these types of mental illness is really important".

- **Informal carer of someone who has a diagnosis of schizophrenia.**

"I think it's really important that both physical health and mental health are taken seriously. Both affect each other and both need care. It is really important that you find out about the experiences that patients have had".

- **An individual who has a diagnosis of bipolar affective disorder.**

"I think this research will help us provide better care for physical health problems like weight gain which our service users commonly experience. In particular, finding out how pharmacy could better support".

- **A community psychiatric nurse.**



How did people hear about CARDIOPHITNESS?

The most popular way care professionals heard about the study was through professional contacts via Leicestershire Partnership NHS Trust. For patients it was flyers in patient areas (outpatient and inpatient). We used lots of different methods to let people know about the study.



Who took part in CARDIOPHITNESS?

- 21** care professionals (4 consultant psychiatrists, 1 trainee psychiatrist, 1 mental health dietician, 1 physical health nurse (who works in mental health), 4 community psychiatric nurses, 1 mental health nurse, 1 occupational therapist who works in mental health, 1 mental health practitioner, 1 mental health support worker), 6 general practitioners (GPs))
- 15** service users/patients
- 7** informal carers
- 10** pharmacists (5 specialist mental health pharmacists, 4 community pharmacists and 1 GP practice pharmacist)

Other studies looking at the views and experiences of care for physical health for individuals who have a diagnosis of an SMI.

1. A study (van Hasselt, F et al BMC Health Services Research, 2013) asked both patients and their families about their views on the current organization of care, and how this care could be improved. The researchers found that tailoring care to individuals' needs would be helpful. Secondly, the lack of collaboration amongst mental health care professionals and general practitioners (GPs) hinders optimal care. Thirdly, concerns were expressed regarding the implementation of monitoring and supporting a healthy lifestyle. Patients with SMI welcome this implementation, but the practicalities of providing this care can be improved.

The study can be found here:

<https://bmchealthservres.biomedcentral.com/articles/10.1186/1472-6963-13-426>

2.

A study (Dickens G et al BMC Nursing, 2019) summarised experiences and views of mental health nurses. The researchers found mental health nurses' ability and increasing enthusiasm for routine physical healthcare has been highlighted in recent years. They also recommended that developments are needed which meet the needs and wants of patients.

The study can be found here:

<https://link.springer.com/article/10.1186/s12912-019-0339-x>

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