

# Health Promotion Assessment Project Pilot: within an Acute Mental Health Setting.

*“How important is your Physical Health to you on, a scale of 1 to 10?”*

## WHY ?

Having a Serious Mental Illness(SMI) remains a barrier to effective Medical care, and Mainstream Health Improvement Information.(Dept Health (DH) 1999a;2008a)

## BECAUSE ?

This represents a major health problem, with a 15 to 30 year shorter lifetime of those with a SMI, compared with the general population. (Saravane et al 2009.)

## WHAT ?

We wanted to take an opportunistic and non invasive approach with regard to Health Promotion as endorsed by the DH &WHO (1992) within an Acute Mental Health unit.

## HOW ?

Using a format suggested by West (2002) in an Opportunistic Brief Intervention, capturing important data on an individual's health status and personal motivation towards making positive lifestyle change.(Prochaska & DiClemente 1983)

# The Future of Health Promotion Assessment in an Acute Mental Health Setting: Imbedding & Sustaining best practice.

Greater Manchester West  
Mental Health NHS Foundation Trust



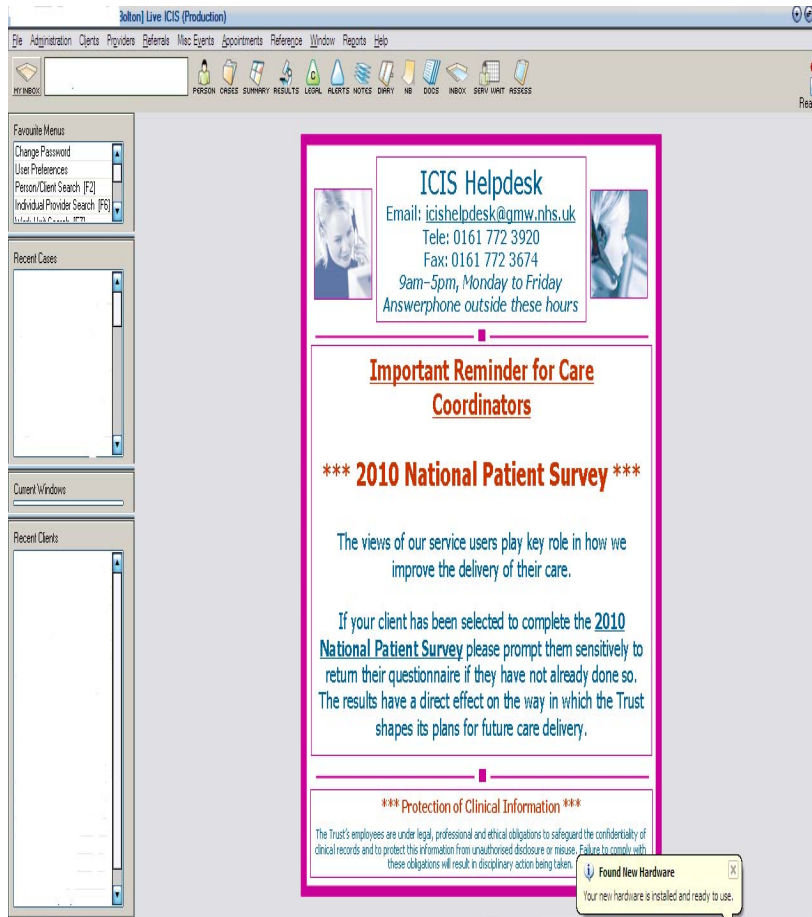
## PROS

- Key to the concept of Health Promotion is the **'empowerment'** of individuals, social groups and communities:
- Health Promotion promotes **'Recovery'** & Social Inclusion.
- Gives **'Choice'** to people with SMI in regard to Health & Lifestyle Improvement Programmes.
- Users of Mental Health Services have **'Access'** to the same quality of physical healthcare as the general population.
- Mental Health Staff will become familiar with current health issues, giving them more **'Confidence'** in offering help and advice to patients in enabling positive lifestyle change. (Boorman Report 2009)
- Hospitals are **'Great Places'** for people to receive Health Education.
- Risk factors such as smoking, alcohol misuse, etc., we know are deemed to be **'Modifiable' Risks'** thus a reduction in these **'Risk factors'** has been attributed to decreases in mortality from chronic disease. (DH 2001b)

## CONS

- **BARRIERS :**  
Mental Health Services have failed to address this major health inequality because of a lack of consensus about the type and frequency of Health Promotion and interventions suitable for those with SMI.
- **CHALLENGES :**  
Mental Health Staff are in a unique position to positively affect the physical health of people with SMI but need to develop new competencies & skills to enable them to do this.
- **BARRIERS:**  
Mental Health Staff do not prioritise Physical health care and Health Promotion in their clinical practice
- **CHALLENGES:**  
Are Mainstream Public Health Improvement programmes up to meeting the needs of those with SMI ?  
We need robust and sustainable referral pathways. Both Secondary & Primary care services need to engage more in collaborative and joined up Health Improvement projects.

## Health Promotion Assessment Tool is an Electronic Assessment tool. Available in GMW's Integrated Computer Information System.(ICIS)



- This pilot project commenced in January 2009, and was developed in collaboration with Bolton PCT and the Health Improvement Specialist Gary Bickerstaffe.
- Current work is being undertaken within the Directorate to raise awareness of the importance of health promotion .
- Development of a training package for all Mental Health Staff employed within Bolton Mental Health & Social Care Directorate.
- For further details and information contact : [Marion.nulty@rbh.nhs.uk](mailto:Marion.nulty@rbh.nhs.uk) Room 65

Bolton Mental Health Directorate  
Rivington Unit.

Royal Bolton Hospital  
Bolton  
BL4 0JR

Tel : 01204 390 975.