

FC21-01

## PHYSICAL HEALTH OF RESIDENTS IN PSYCHIATRIC AND SOCIAL CARE FACILITIES

P. Hjorth

Unit for Psychiatric Research, Aarhus, Aalborg Hospital, Aalborg, Denmark

**Background:** Prevalence of physical illness among patients suffering from psychiatric illness is higher than in the average population. This is especially true for persons diagnosed with schizophrenia who mainly suffer from heart disease and metabolic disorders. Some of the second generation antipsychotics are likely to cause weight gain and metabolic syndrome associated with a two- to threefold increase in cardiovascular mortality and a twofold increase in all-cause mortality. The quality of the general health care in patients with severe mental illness and the lack of consensus about the prevention of somatic illness in this group of vulnerable patients need to be improved.

**Hypothesis:** There is a correlation between the awareness of physical health and the physical health among patients as well as staff members.

**Material and methods:** The investigation is designed as a randomised controlled intervention study with follow-up after nine months.

The study population is from six facilities in the region of North Jutland in Denmark for severe chronically mental ill patients. All six facilities offer specialised social psychiatric treatment. The six facilities have 184 patients and approximately 200 staff members. A subsample of seven patients and seven staff members will be selected from the three intervention facilities and be invited to participate in separate focus groups. In the intervention facilities, a detailed feedback of all index measures will be distributed to the patients and the staff. Individual health promotion and guidance will be carried out.