

Health & Wellbeing

Your guide to health improvements and the monitoring programme





Your Health

Current Medical Conditions

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Family Health Problems

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Past Medical Conditions

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Other Information

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Eating well helps us to prevent many diseases which are linked with being overweight. Diseases include high blood sugar, high blood pressure, heart problems, stroke, cancer joint problems and sleeping difficulties just to name a few.

Eating well contributes to both physical and mental wellbeing.

People with mental health problems are more likely to have a weight problem. Some of this may be related to the mental health problem itself. For instance, some people always feel tired and just not up to any activity. Others always feel hungry.

However it has increasingly become clear that weight problems may also be a side-effect of some treatments. Sometimes it is possible to swap to another medication. Alternatively, one can try to become more physically active or switch to better eating habits.

Eating well on a budget

1. Avoid ready meals and take-aways. They are often rich in fat and sugars and may not provide good value for money.
2. Buy fresh foods such as fruit, vegetables and meats in small amounts and more often since they go off easily.
3. Compare prices in local shops and supermarkets and take advantage of special offers.
4. Use “generic” supermarket brands instead of classic brands. They often contain the same ingredients but are cheaper.
5. Make a shopping list and plan your food budget every week. If you feel you cannot do this on your own, ask for help.





The eatwell plate shows the different types of food we need to eat – and in what proportions – to have a well balanced and healthy diet.

Fruit and vegetables

Fruit and vegetables are a vital source of vitamins and minerals. It's advised that we eat five portions of fruit and vegetables a day.

Starchy foods

Starchy foods, such as potatoes and pasta, should make up around one third of everything we eat.

Meat, fish, eggs and beans

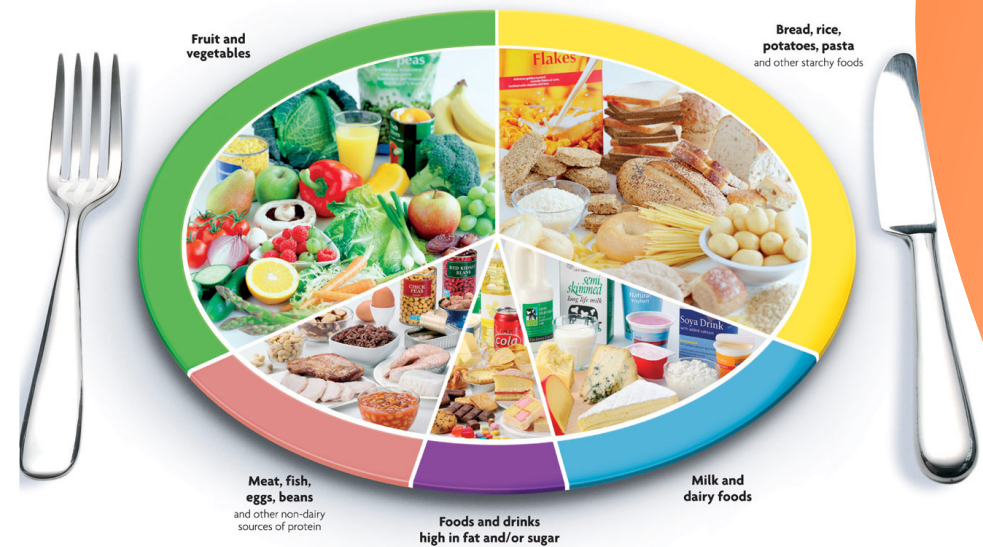
These foods are all good sources of protein, which is essential for growth and repair of the body. They are also good sources of a range of vitamins and minerals.

Milk and dairy foods

Milk and dairy foods such as cheese and yoghurt are good sources of protein and also contain calcium, which helps to keep your bones healthy.

Fat and sugar

Fats and sugar are both sources of energy for the body, but when we eat too much of them we consume more energy than we burn, and this can mean that we put on weight.



Find out more at
www.rcpsych.co.uk/information
www.mentalhealth.org.uk

Monitoring Result <i>Health Professionals</i>	Date: 01.01.2013 <i>Example Mr S</i>	Action:	Date	Action	Date	Action
Full Blood Count	13.7	<i>No action needed</i>				
U+Es (kidney function)	Ur = 4.8 Cr=118	<i>No action needed</i>				
Cholesterol	Total 6.4	<i>Further testing – write to GP</i>				
Glucose (sugar)	12.4	<i>Further testing – write to GP</i>				
Liver Function Tests	ALT 54	<i>No action needed</i>				
Prolactin	36	<i>No action needed</i>				
Weight (kg)	107	<i>Discuss lifestyle</i>				
Blood Pressure	123/87	<i>No action needed</i>				
ECG	Sinus rhythm	<i>No action needed</i>				

Monitoring Result <i>Patients</i>	Date: 01.01.2013	Action:	Date	Action	Date	Action
Alcohol intake	<i>1 glass of wine on most days</i>	<i>Benefits of reduction discussed</i>				
Diet (typical day)	<i>Cereal, cheese sandwiches, crisps, Steak and chips</i>	<i>Dietary improvements discussed</i>				
Exercise	<i>None</i>	<i>Discussed ways to be more active</i>				
Smoking	<i>10 a day</i>	<i>Smoking cessation advice given with phone numbers</i>				



About the monitoring

It is recommended that you have regular physical health checks if you take medications known collectively as 'antipsychotics'

These physical health checks involve regular blood tests and measurements of blood pressure, weight and sometimes a tracing of the heart's electrical activity called an 'ECG'.

It is also recommended that health professionals monitor;

- whether someone is a smoker
- what their diet is like
- how much exercise they do
- how much alcohol they drink

3 reasons to be involved with the monitoring...

1. Physical health is an important part of overall health
2. Some problems, like raised blood pressure are not always visible
3. Early detection = effective treatment

How often?

There are different recommendations for people taking antipsychotics for the first time, compared with those for people who have been taking these medications for some time.

- Monitoring recommended before starting antipsychotics include;
- Blood tests
- Weight
- Blood pressure
- In some cases an ECG

Some of these tests will need to be repeated after 3 months and more frequently if the dose of medication changes.

- Monitoring recommended every year for people taking antipsychotics;
- Blood tests
- Blood pressure
- Weight
- In some cases an ECG

**For more information see
www.nice.org.uk**



There are many reasons why physical activity is good for your body – it contributes to both physical and mental wellbeing

Here are a few of the benefits:

- less tension, stress and mental fatigue
- a natural energy boost
- improved sleep
- a sense of achievement
- focus in life and motivation
- less anger or frustration
- a healthy appetite
- better social life
- having fun

Experts believe that exercise releases chemicals in your brain that make you feel good. Regular exercise can also boost your self-esteem and help you concentrate, sleep, look and feel better. It can be helpful in maintaining a healthy weight and preventing associated health problems such as diabetes and high blood pressure.

How much exercise is enough for me?

- Firstly – any exercise is better than none.
- This can be as simple as being more active ,
- But 30 minutes 5 times a week of a moderate level of exercise seems to work best.
- A good example is walking fast, but being able to talk to someone at the same time.
- It can be broken up into shorter 10 or 15 minute sessions.
- Don't start suddenly - build more physical activity into your life gradually, in stages.
- You could start by walking more, taking the stairs or even being more active in your home

Set yourself some goals. Make sure they are:

- S** Specific (clear)
- M** Measurable – you will know when you've achieved them
- A** Achievable – you can achieve them
- R** Relevant – they mean something to you
- T** Time-based – you set yourself a time limit to achieve your goals.

Find out more at
www.rcpsych.co.uk/information
www.mentalhealth.org.uk



Smoking and mental health

If you smoke, giving up can be the most important way of improving your health and living longer.



- **BETTER HEALTH**
- **LIVE LONGER**
- **LESS MEDICATION**
- **LESS DEPRESSION**
- **SAVE £400 - £1,400/YEAR**

Having a mental illness and being a smoker puts you more at risk from harmful effects;

- You probably smoke more than other people
- You are more likely to have breathing problems, heart disease, diabetes and many kinds of cancer
- You are more likely to be one of the 100,000 people in the UK each year who are killed by smoking.



- **DIE 10 YEARS EARLIER**
- **MORE DEPRESSION**
- **MORE ANXIETY**
- **MORE ALCOHOL PROBLEMS**
- **CHEST & HEART PROBLEMS**
- **MORE SUICIDE**
- **SEXUAL PROBLEMS**

It isn't too late to stop, even if you have smoked since your teenage years:

- If you stop smoking before the age of about 35, you will live nearly as long as people who have never smoked.
- If you stop smoking before the age of 50, you will be half as likely to die from smoking-related diseases as someone who carries on smoking.

Help and support from other people

- Get advice from your doctor, nurse or other health care professional – this may be all you need to stop smoking.
- Get help from your local NHS stop smoking service.
- Telephone/ internet support.
- You can get support from a friend, a professional or someone else or a group of other people who are giving up smoking.
- Friends and family can give support.

How can I stop smoking?

Different people find different things helpful– you need to find what is best for you.

Self Help

- Read a self-help book
- Do some regular exercise

Impact of stopping smoking on others

- Think about who else you know who you might help if you stop smoking – like your children.

www.smokefree.nhs.uk

www.rcpsych.ac.uk/expertadvice/problems/smokingandmentalhealth

NHS Smoking Helpline 0800 022 4 332



Thinking About Drinking

What we drink can be important. Many of the nation's favourite drinks contain lots of sugar and calories and other chemicals like caffeine. This can affect many aspects of health including weight, dental health and how we feel. Try;

- Cutting down how much tea, coffee and fizzy drinks you drink everyday
- Try replacing these with water, low calorie or decaffeinated options

Alcohol is the nation's favourite drug. Most of us use it for enjoyment, but for some of us, drinking can become a serious problem. It is the cause of many hospital admissions for physical illnesses and accidents. It can effects on mood and interact with some medications. The easiest way to work out how much we are drinking is to count "units" of alcohol.

Type of alcohol	Strength ABV	Small glass/ pub measure	Wine glass	Bottle 750 ml	
Table Wine	12-14%	-	1.5 - 2.5	10	
Spirits (whisky, vodka)	40%	1	-	30	
	Strength ABV	Half Pint	Pint	Bottle/ Can 330ml	Bottle/ Can 500ml
Ordinary strength beer, lager or cider	3-4%	1	2	1.5	1.9
"Export" strength beer, lager or cider eg. Strongbow	5%	1.25	2.5	2	2.5

In any one day, it is best for a man to drink no more than 4 units and for a woman to drink no more than 3 units. Drinking over 8 units in a day for men, or 6 units for women is known as 'binge drinking'.

Dealing with alcohol problems

First steps

Keep a diary of your drinking - this can give you the motivation to cut down.

Getting help

Try talking to your GP or go for advice to a local alcohol organisation. Friends and family could help to support you

Changing habits

We all find it hard to change a habit, particularly one that plays such a large part in our lives. There are three steps to dealing with the problem:

- Realising and accepting that there is a problem.
- Getting help to break the habit.
- Keeping going once you have begun to make changes.

You may find that you have been using alcohol as a way of handling stress and worries. A psychiatrist or a psychologist may be able to help you find ways of overcoming these worries that do not involve relying on drink. Groups where you meet other people with similar problems can often be very helpful.

Support and help

Whether you aim to control your consumption, detox or completely give up substance use completely there are many sources of advice and information

- Your local community addictions team
- Your GP or psychiatrist
- **Alcoholics Anonymous (AA)** Helpline: 0845 7697555
- www.rcpsych.co.uk/information
- www.mentalhealth.org.uk

SEPT Patient Experience Team

If you have any concerns or need advice about accessing NHS services, you can speak in confidence to the Patient Experience Team on **0800 0857 935** or you can email pals@sept.nhs.uk

This leaflet can be produced in large print, audio cassette, Braille and other languages on request.



SEPT regards equality and diversity as integral to the way it works. Our staff will ensure that everyone is treated fairly and no one is discriminated against on the basis of their ethnicity, gender, disability, age, sexual orientation and religion or belief.