

FOOD FOR THOUGHT

Highlighting the Importance of Weight & Nutrition in Patients under the Early Intervention Team in Sheffield

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AIM

Evaluate staff understanding regarding weight gain and nutrition in service users (SUs) under the Early Intervention Service (EIS) in Sheffield.

BACKGROUND

People with serious mental illness are at higher risk of developing cardiovascular and metabolic disease. This contributes to a 20-year lower life expectancy in those with Schizophrenia or Bipolar Affective Disorder. NHS England state this disparity contributes to 12,000 extra deaths per year. Weight gain and metabolic effects are driven by the effects of medication, relative inactivity (illness or medication driven), poor diet and nutrition. Weight gain also contributes to difficulty with self-image and self-esteem, leading to negative cognitions and poor adherence with treatment. In the 2020-21 National Clinical Audit of Psychosis, 47% of SUs required intervention due to their BMI.

METHOD

In May 2021, a survey was given to all staff in the Sheffield EIS team asking them about their understanding of weight gain and nutrition in SUs and evaluating their confidence in discussing these issues with SUs.

RESULTS

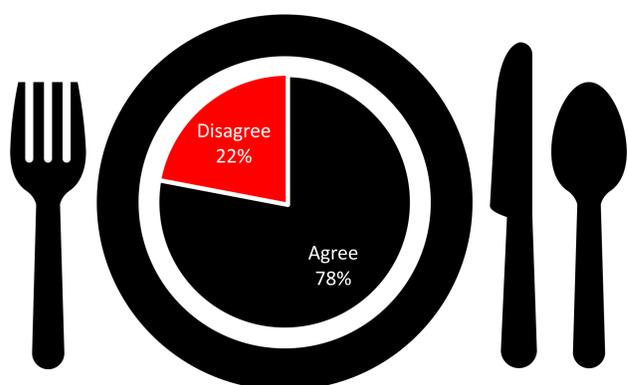
Q1: I feel confident giving nutritional advice. 78% agree, 22% disagree. Q2: I

feel confident asking about weight. 94% agree, 6% disagree. Q3: What dietary advice do you give? 74% more fruit and vegetables, 34% low fat diet, 34% low carb diet, 8% low calorie intake, 8% less snacking, 4% anti-diet approach. Q4: Weight gain is an inevitable consequence of antipsychotics. 34% agree, 66% disagree. Q5: What are the barriers to offering advice around nutrition? 78% lack of training, 52% lack of time, 8% not a priority, 39% lack of confidence.

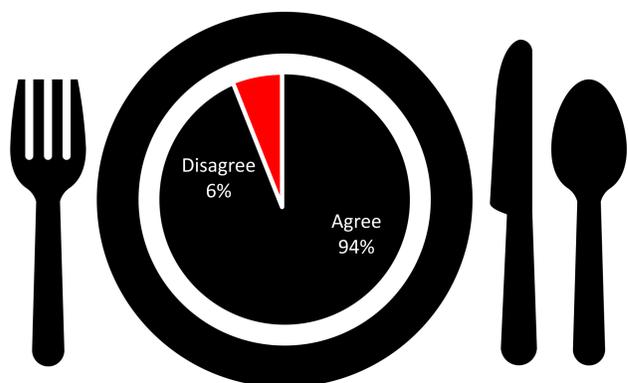
DISCUSSION & NEXT STEPS

A fifth of respondents lacked confidence in giving nutritional advice and this was a significant barrier to providing advice along with lack of training and time. When advice was offered, it was inconsistent leading to conflicting ideas. Interestingly, a third of staff members felt weight gain was inevitable in those taking antipsychotics.

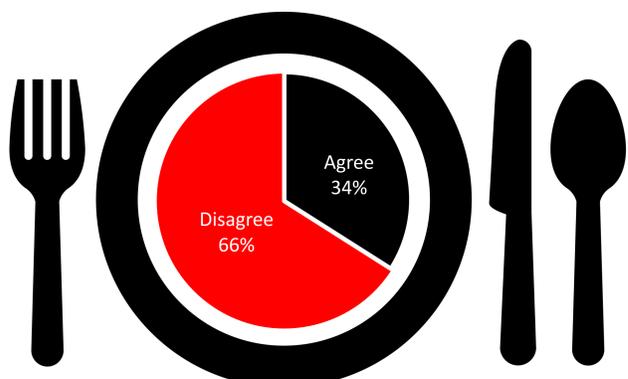
To address the findings of lack of confidence, training and inconsistent advice, staff were given a tutorial regarding weight and nutrition with a junior doctor and a person with lived experience of weight loss. 100% of attendees found the session useful. This was further presented to the trust grand round, in which 100% of respondents feedback that the content was good/very good and 94% rated the educational value the same. This project highlighted the importance of staff competence and confidence in addressing weight gain and encouraged staff to make nutritional advice a key intervention in their treatment plans.



I Feel Confident giving Nutritional Advice

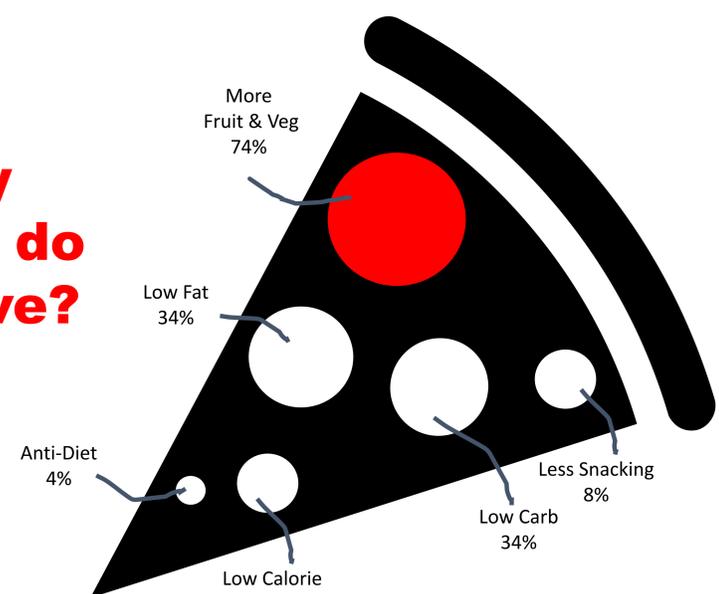


I Feel Confident asking about Weight



Weight Gain is Inevitable on Anti-psychotics

What Dietary Advice do you Give?



What Barriers Exist to Offering Nutritional Advice?

