

Mandy Meehan

Team Leader / Occupational Therapist
Ryde Specialist Mental Health Services for Older People

Ph: 02 9858 7777

Mandy.Meehan@health.nsw.gov.au



STEPPING ON
Clemson & Swan, 2008

STEPPING ON WITH RECOVERY

LINKING COMMUNITY MENTAL HEALTH CONSUMERS TO EVIDENCE BASED FALLS PREVENTION



Health
Northern Sydney
Local Health District

Ryde SMHSOP

(Specialist Mental Health Service for Older People)

Outreach
Team

Supporting Recovery:
Comprehensive Assessment
& Care Coordination,
Education & Therapy,
Group Programs (Health &
Wellness, Stepping On)



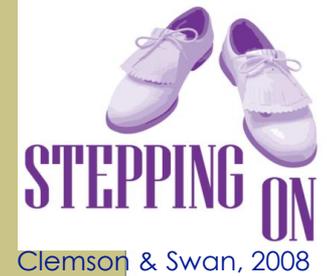
Psychiatrist
Psychiatry Registrar
Team Leader (Occupational Therapist)
Clinicians: Registered Nurses, Social
Workers, Psychologists.



Health
Northern Sydney
Local Health District

STEPPING ON WITH RECOVERY

LINKING COMMUNITY MENTAL HEALTH CONSUMERS TO EVIDENCE BASED FALLS PREVENTION



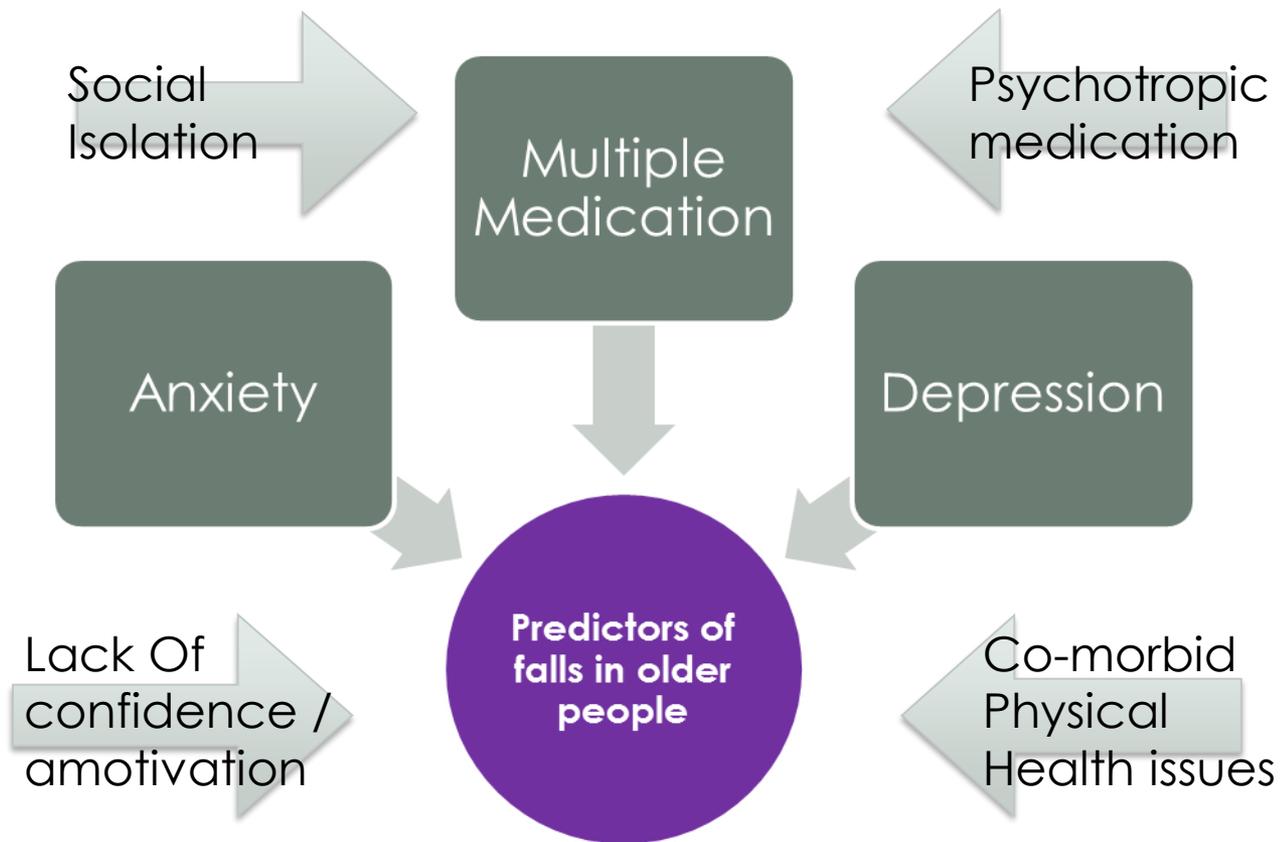
6 Stepping On Groups held since 2013

- Inc 3 Pilot groups - SMHSOP Community, SMSHOP Residential Unit, Younger Consumers.
- 2 Poster Presentations.
- Publications (Falls Link, MHDA & NSR Newsletters, TheMHS Book of Papers).
- Presentations (NSW Falls Prevention Network Forums, TheMHS, MHDA SMHSOP & OT Forums, OT Australia MH Forum).



Health
Northern Sydney
Local Health District

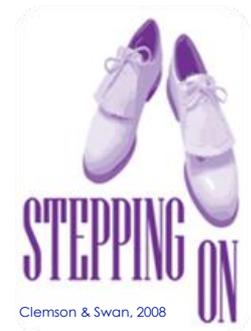
Older People With Mental Health Problems & Falls Prevention



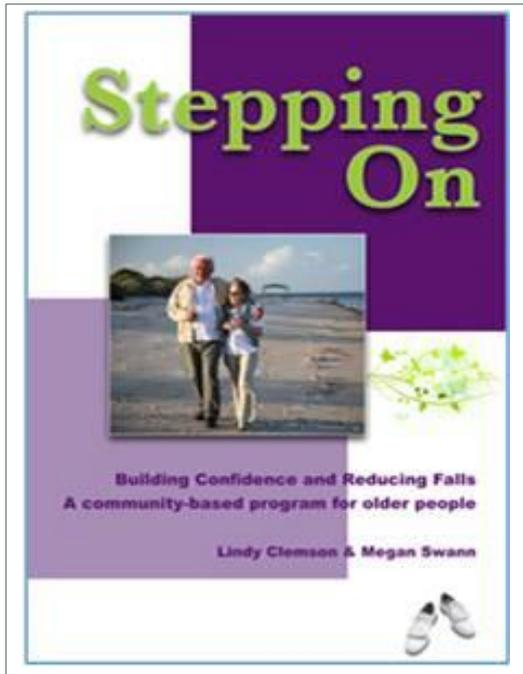
Stepping On with Recovery: Slide from THeMHS 2014

Lack of robust evidence to support practioners to implement practices that prevent people with mental health problems from falling.

(Bunn F, dickson A, simpson C, narayanan V, humphrey D, griffiths C, martin W, victor C BMC nurs. 2014;13(1): 4)



Stepping On Program



Clemson & Swan, 2008



Health
Northern Sydney
Local Health District

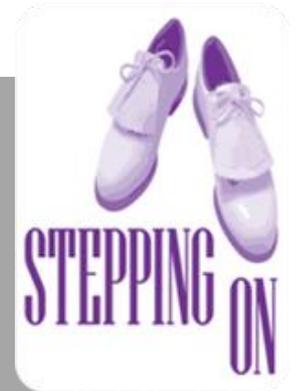
Stepping On

7 Week evidence based community falls prevention program

Multifactorial program that has been tested internationally.

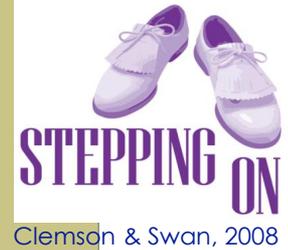
Delivers a 31% reduction in falls

NSW Ministry of Health
Initiative (2008 – 2015)



STEPPING ON WITH RECOVERY

LINKING COMMUNITY MENTAL HEALTH CONSUMERS TO EVIDENCE BASED FALLS PREVENTION



2013 Stepping On: SMSHOP Pilot

- 10 Participants (all female)
 - 70% Depression & Anxiety
 - 30% Psychotic Illness
- 90% participants reported decreased psychological distress (measure; Kelser 10+)
- 90% improvement in all Strength & Balance test (TUG, Near Tandem Stance, Sit to Stand)
- 1 x Participant - no Post evaluation measures taken



Health
Northern Sydney
Local Health District

STEPPING ON WITH RECOVERY

LINKING COMMUNITY MENTAL HEALTH CONSUMERS TO EVIDENCE BASED FALLS PREVENTION



Clemson & Swan, 2008

2013 Stepping On - SMSHOP & Yoga Pilot

Group Participants - 3 male, 5 female, (4 CALD Backgrounds). All participants experienced depression &/or anxiety

- 7 Participants completed the Program
- Improvements in Physical Outcome Scores (variations due to physical health factors)
- Reduction in Psychological Distress amongst most participants (Variations due to physical health factors).
- Improvements in Falls Efficacy Scale (FES-I)

Yoga @ The Studio (Phase 2)

- Completed 8 week adapted Yoga course and continuing with Yoga maintenance.
- 100% of participants enjoyed the Yoga program, maintained gains and indicated that they would like to continue Yoga.

Stepping
On
@ The
Studio

Yoga
@ The
Studio

Yoga
with
Healthy
Lifestyle
Program



Health
Northern Sydney
Local Health District

Adapted Yoga @ The Studio

Research

Yoga:

- A promising Intervention to improve fear of falling and improve balance.
Schmid A et al (2010), Tiederman et al (2013)
- Has a demonstrated positive effect on your Mental Wellbeing.

Typically all classes include:

- Breathing techniques (pranayama)
- Adapted yoga positions (asana)
- Relaxation practice (yoga nidra)



Google Image:richey-racquet.com

STEPPING ON WITH RECOVERY

LINKING COMMUNITY MENTAL HEALTH CONSUMERS TO EVIDENCE BASED FALLS PREVENTION



2015 Stepping On SMSHOP- DIGBY Pilot

Group Participants - 11 residents of Digby House with lived experience of mental illness and schizophrenia.

- Improvements in Physical Outcome Scores
 - 100% improvement in Strength
 - 91% Improvement in balance tests
- Reduction in Psychological Distress amongst most participants
- Decline in Falls Efficacy Scale (FES-I) at 7 weeks as many participants became more aware of falls risk. Improvements in FES I in at 3 month mark.

Yoga @ The Studio

- After completion of the Stepping On program, Digby residents participated in Yoga @ The Studio to maintain gains



Health
Northern Sydney
Local Health District

Stepping On with Recovery

Person-Centred
Care

Recovery
and
Mental Health

Physical
Health Care
and
Mental Health

Falls
Multiple Medication
Malnutrition
Muscular Skeletal Limitations
Pain
Pressure Areas
Constipation

NSW Ministry Of Health GL2009_007 / PD2009_027)

Physical Health & Falls Prevention

Physical Health Care & Mental Health

Life Expectancy in Mental Health (Prof. Tim Lambert 2003)

- 15-20 year reduction compared to the general population
- 80% of deaths due to preventable physical illness & lifestyle factors

Cardiometabolic Problems:

- Lifestyle factors
 - Sedentary Lifestyle
 - Poor Diet
 - Smoking
- **Obesity**
- **Diabetes**
- Cardiovascular
- Dyslipidemia
- Hypertension



Research

**Falls Risk
Fear of Falling**

Herrera-Rangel A et al (2014), Bruce D et al (2015)

STEPPING ON WITH RECOVERY

LINKING COMMUNITY MENTAL HEALTH CONSUMERS TO EVIDENCE BASED FALLS PREVENTION



STEPPING ON
Clemson & Swan, 2008

2015 Stepping On: With Younger Consumers - Assertive Outreach Team (AOT) Pilot

- 10 Participants aged 55-59 years
- 100% participants reported Multiple Falls Histories & Fear of Falling
- 100% participants had very poor balance which improved significantly at 7 weeks
- 100% improvement in all Strength & Balance test (TUG, Near Tandem Stance, Sit to Stand)
- Walking Speed decreased for most participants as they adopted a heel toe gait, scanned ahead and became more aware of their environment.

2016 Stepping On: SMHSOP & AOT Group

Physical Health & Falls Prevention



Health
Northern Sydney
Local Health District

Reducing Falls Risk While Improving Health And Wellbeing With Younger Consumers Of Mental Health Services - A Study

Mandy Meehan & Nadia Williams

There is substantial evidence that risk factors for chronic physical disease, including cardiovascular disease and diabetes, are higher among people living with severe and persistent mental illness than in the general population. This results in a significantly reduced life expectancy by 15 to 20 years (ABS 2008, 2012). Many people with a lived experience of mental health challenges present as 'functionally older' than their chronological years.

A number of physical health issues seen in mental health have also been linked to an increased rate of falls, including diabetes, obesity, smoking, hypertension, peripheral neuropathy and cardiovascular disease. Multiple medications and the use of antipsychotics and antidepressants increase falls risk. Conditions like depression and anxiety often lead to falls but sometimes they are the consequence. These known falls risk factors and poor physical health begins to explain why adults (55 years +) with severe and persistent mental illness experience falls.

The Assertive Outreach Team at Ryde Mental Health Services identified that many younger consumers with lived experience of mental health challenges have falls histories and identified a fear of falling. Following the successful implementation of Stepping On with our Specialist Mental Health Service for Older People Service (SMHSOP) we were keen to trial the program with our younger adults in the service.

Outcome Measures (Near Tandem Stance, Sit to Stand, Timed Up and Go)

- All participants had very poor balance scores, which improved significantly.
- Strength was within normal range, which improved upon completion of the program.
- Walking speed was reduced in most participants as they adopted the heel toe gait, scanned and displayed increased environmental awareness.

Conclusion

Falls are a real issue for people aged 55 - 65 with a lived experience of mental illness.

The "Guidelines for Physical Health Care of Mental Health Consumers"¹ do not adequately address falls risk in younger consumers as falls are often seen as a problem experienced by older people.

Younger consumers have difficulties accessing falls programs that are usually provided for older people. Unfortunately for some people this can lead to premature admission to residential aged care facilities as they are unable to independently return to pre-morbid function post fall. While people aged 55 - 65 who have a lived experience of mental illness remain underserved.

Evidence of the link between severe mental illness and physical health (including falls) has reached a point where treatment providers can no longer neglect the provision of screening and targeted interventions. Health promotion interventions are likely to be cost effective over the long term.

Falls Prevention Program for Mental Health Consumers - The Future

- Maintain the structure of Stepping On, but delivered at a slower pace. Introduce 1 topic per session.
- A continuous rolling program with a relaxed 'club like' format.
- Option for participants to attend casually.
- Program aims to encourage good health, raise awareness of safety and help consumers make choices with the support of their peers.
- Links to community networks and programs would be an essential component.

Participants

- Aged between 55 - 59
- Experienced multiple falls
- Reported fear of falling
- For some consumers attendance was sporadic, cited reasons (early morning sedation, lack of transport, smoking breaks and other appointments).

Group Dynamics

- Some participants slow to engage.
- Increased participation in exercises over time.
- Building trust, encouragement and support was essential.
- Group discussions and setting goals fostered a sense of pride.
- Peer Support and social engagement: important component of the program
- On completion participants expressed a desire to continue meeting and continue exercising in a group environment.

References

- 1. Mental Health Commission of NSW (2016). Physical health and mental wellbeing evidence guide. Sydney, Mental Health Commission of NSW.
- 2. Physical Health Care of Mental Health Consumers. Guidelines. Melbourne (2009)
- 3. Mandy Meehan is an Occupational Therapist specialising in geriatric care. She provides care to home consumers. Nadia Williams is a community care worker for the Stepping On Program for Northern Sydney and Central Coast (NSD) in collaboration with the Ryde Mental Health Service.
- 4. Mandy Meehan is an Occupational Therapist specialising in Mental Health for older people.
- 5. Mandy is currently the Team Leader at the Ryde Specialist Mental Health Service for Older People and represents Mental Health at NSD Fall Prevention committees and the NSD Fall Prevention Advisory Committee.
- 6. Mandy Meehan@health.nsw.gov.au

Physical Health Care & Mental Health

Likely to die between 14 and 23 years earlier than the general population.

National Mental Health Commission. Equally Well Consensus Statement: Improving the physical health and wellbeing of people living with mental illness in Australia. Sydney NMHC, 2016.

Many factors contribute to the poorer physical health experienced by people with mental illness, as outlined below.²



FIGURE 1

Nursing, Midwifery and Allied Health Professions Policy Unit, Improving the physical health of people with mental health problems: Actions for mental health nurses. Dept. of Health, Public Health England 2016.

STEPPING ON WITH RECOVERY

LINKING COMMUNITY MENTAL HEALTH CONSUMERS TO EVIDENCE BASED FALLS PREVENTION



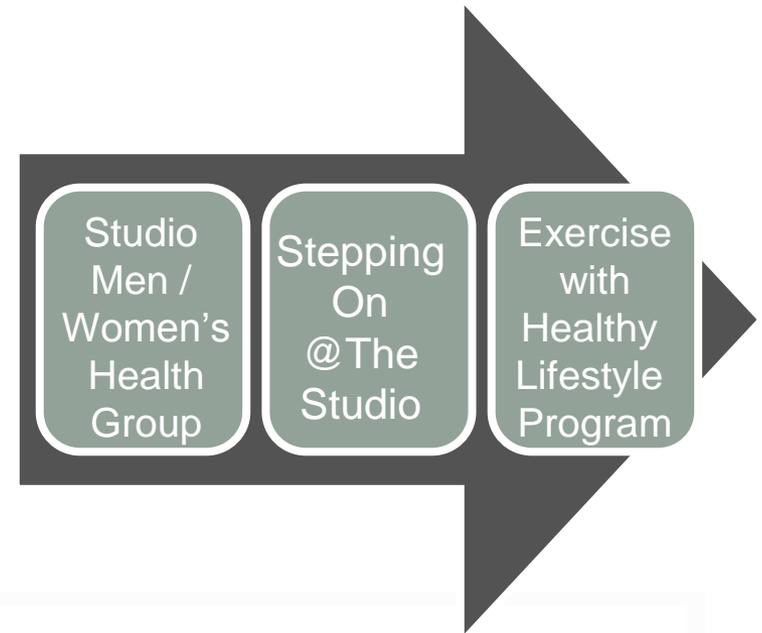
Clemson & Swan, 2008

2017 Stepping On SMSHOP & AOT Groups

Group Participants - Mix of SMSHOP & AOT consumers

Outcomes:

Improvements in;
Physical Outcome Scores & reduction
in Fear of Falling continues...



Physical Health & Falls Prevention



Health

Northern Sydney
Local Health District

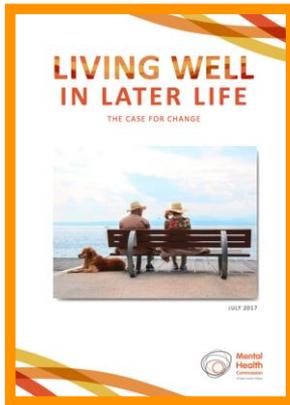
STEPPING ON WITH RECOVERY

LINKING COMMUNITY MENTAL HEALTH CONSUMERS TO EVIDENCE BASED FALLS PREVENTION

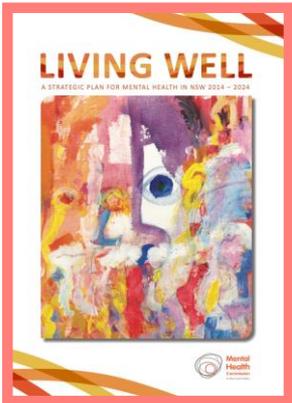


STEPPING ON

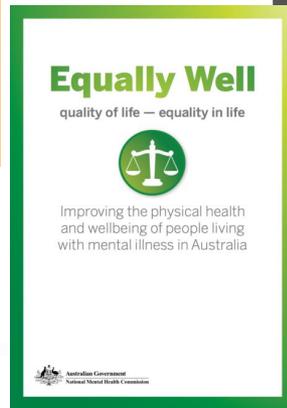
Clemson & Swan, 2008



© 2017 State of New South Wales



© 2014 State of New South Wales



National Mental Health Commission: Equally Well Consensus Statement: Improving the physical health and wellbeing of people living with mental illness in Australia, Sydney NMHC, 2016

Wellness
Clinics
Centre Based
&
Outreach

Studio
Men /
Women's
Health
Group

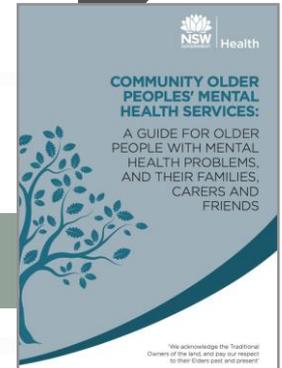
Stepping
On
@The
Studio

Exercise
with
Healthy
Lifestyle
Program

Physical Health & Falls Prevention



Health
Northern Sydney
Local Health District



© NSW Ministry of Health 2017