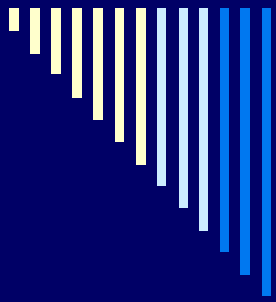


Physical Activity Manager WLMHT

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The Business Case – Promoting Physical Activity

Motivation

Current Physical Activity Provision



Physical Activity Benefits

Positive - Physical Activity and Physical health
(DOH 1996)

Positive -Physical Activity and mental health
(Biddle et al.,2000)

Positive effects of PA have been noted for Anxiety,
Panic attacks and stress disorders (Martinsen
2000)



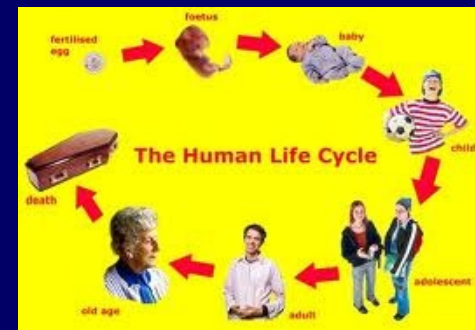
Physical Activity in SMI

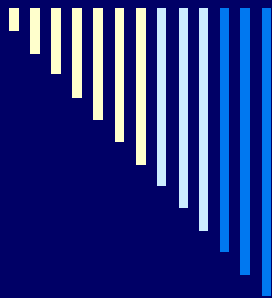
Positive relationship between PA and MH in people with schizophrenia (Faulkner et al., 1999)

PA could alleviate secondary and positive symptoms of schizophrenia (Faulkner et al., 1999)

- ❑ People with Schizophrenia tended to take small amounts of exercise (McCreadie 2003).
 - ❑ Individual with SMI are significantly less active than general population (Silverstone JT et al., 2001)
-

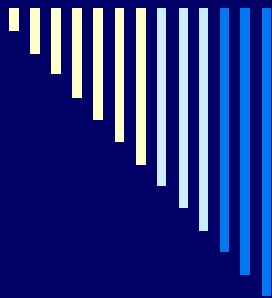
Benefits of Physical Activity





Lower Incidence of MH (Morgan 1997;
Biddle et al 2000)

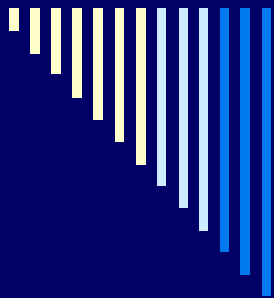
Active people – lower baseline
depression (Mutrie 2000)



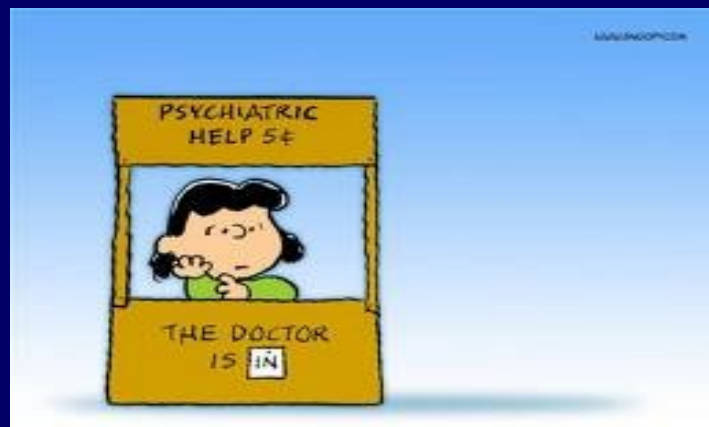
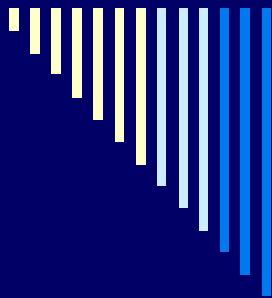
PA linked with positive on mood (Biddle,
2000)

PA small to moderate effect on State Anxiety
(Taylor, 2000)

PA promotes physical self worth (Fox 1997)

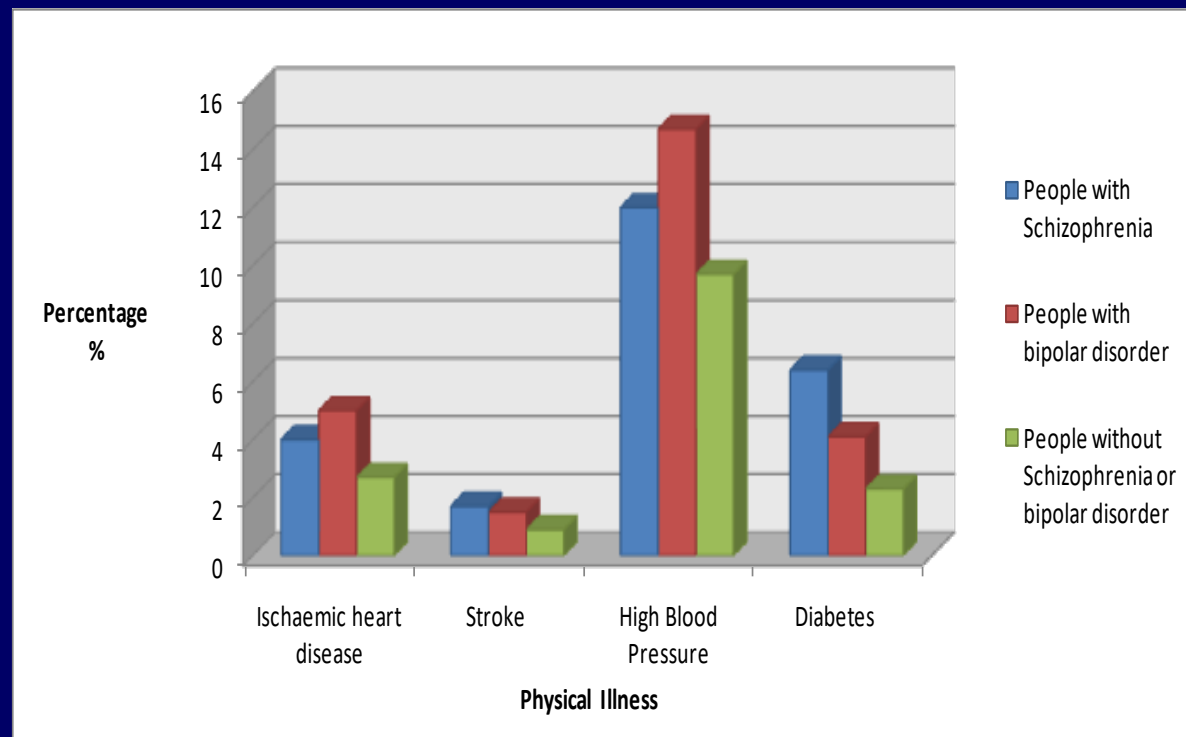


PA effective in improving PH
Potential role of PA in reducing social
exclusion (HEA 1999)



PA equivalent to psychotherapeutic
interventions in treating depression
(Mutrie 2000)

Why Promote Physical Activity?





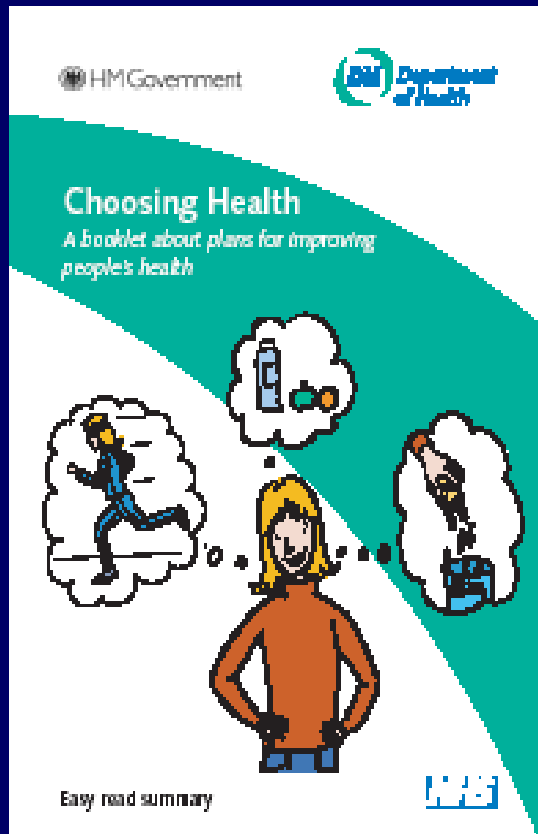
Physical Health

- “Undoubtedly, much of the excess morbidity and mortality....is preventable through lifestyle modification and the recognition and treatment of common diseases”

Connolly & Kelly

(2005)

National Policy



National Policy

The cover features the NHS logo and the slogan 'OUR HEALTHIER NATION' at the top. The main title 'Mental Health' is in large orange font, with 'Modern Standards and Service Models' in smaller grey font above it. A grey box on the right contains the text 'national service frameworks'. At the bottom, 'Executive Summary' is written in grey.

NHS OUR HEALTHIER NATION

Modern Standards and Service Models

Mental Health

national service frameworks

Executive Summary

The cover features the NHS logo and 'Modernisation Agency' at the top right. The title 'Essence of Care' is in large blue font, with 'Patient-focused benchmarks for clinical governance' in smaller blue font below it.

NHS
Modernisation Agency

Essence of Care

Patient-focused benchmarks
for clinical governance



Motivation???



Guidelines (choosing health)



Informed Choice

make own decision based on sound evidence.



Working Together

Communities, govt, business, advertisers, retailers, voluntary sector.

Guidelines

Personalisation

Because some deprived groups & communities find current services do not meet their needs.





Physical Activity Guidelines





Guidelines

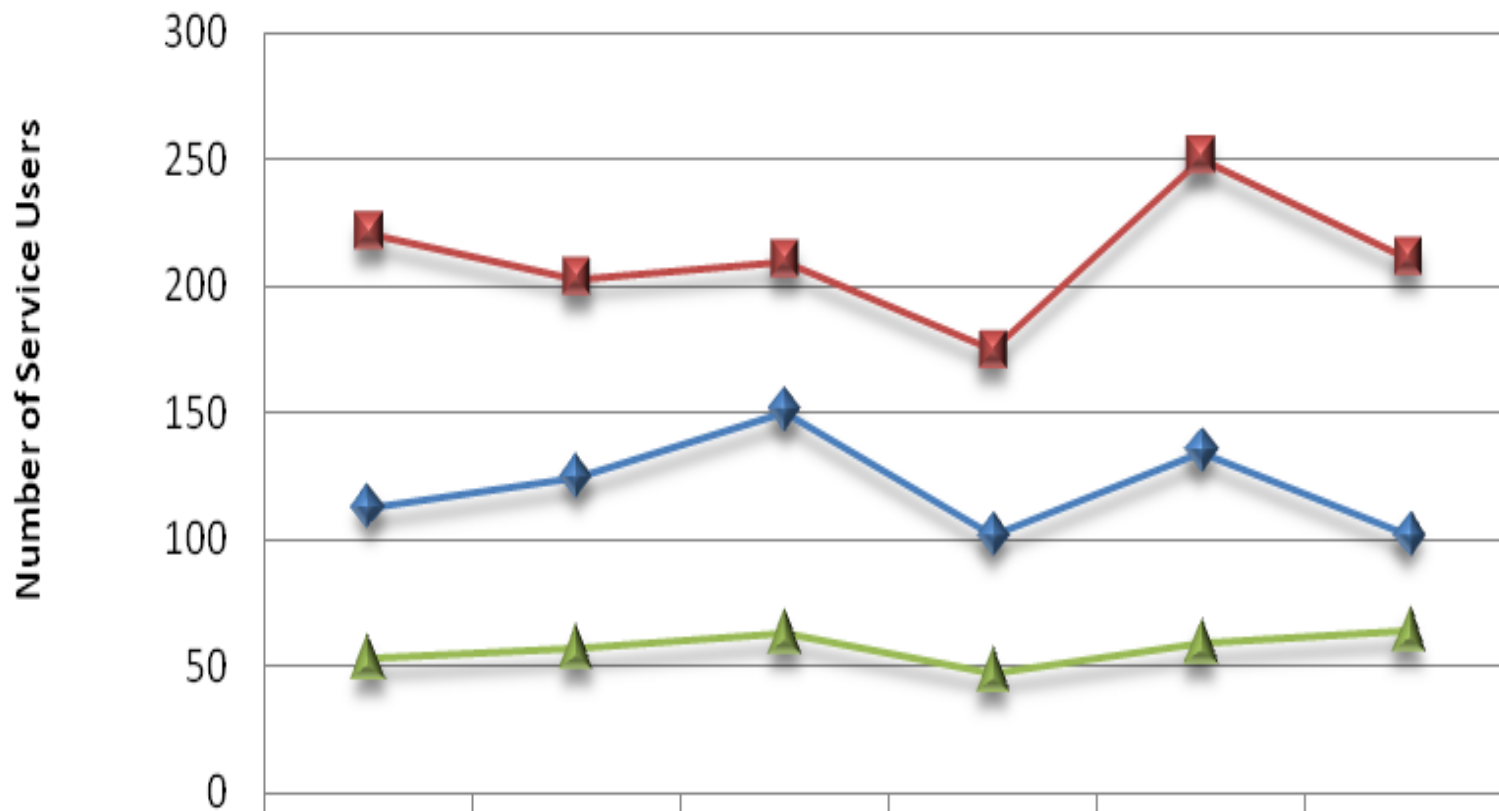




Guidelines



Attendance at St. Bernards Gym (Sep 2009 - Feb 2010)

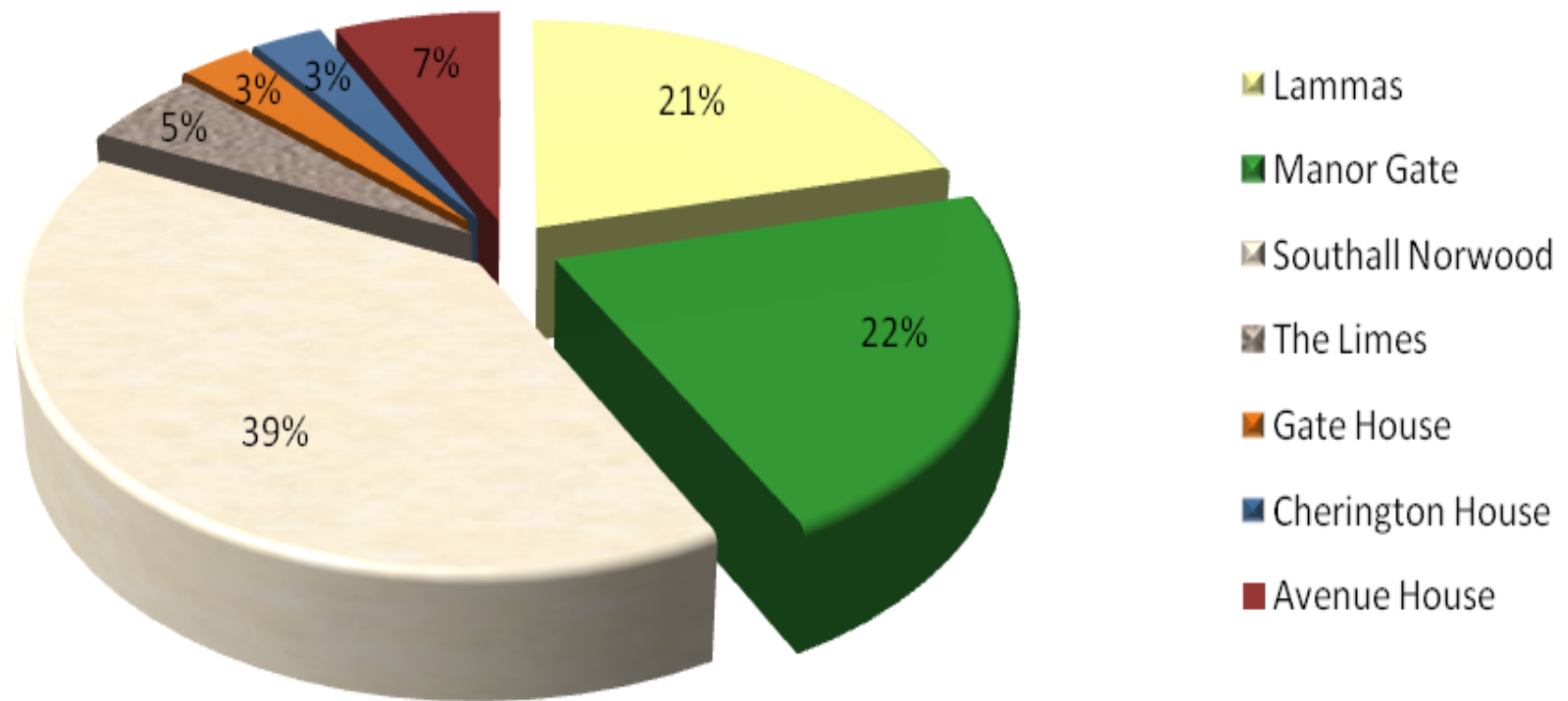


Number of Service Users

◆ Forensic or Rehabilitation Ward
■ Community Mental Health Resource Centre
▲ John Conolly Wing

September	October	November	December	January	February
113	125	151	102	135	102
221	203	210	175	251	211
53	57	63	48	59	64

Attendance at St. Bernards Gym by Community Mental Health Resource Centre (Sep 2009 - Feb 2010)





Physical Activities WLMHT Facilities

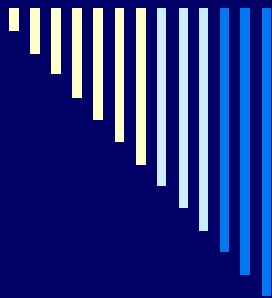


Physical Activity Projects



the
wellbeing
clinic



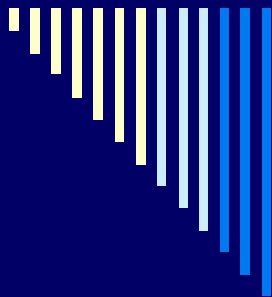


the
wellbeing
clinic

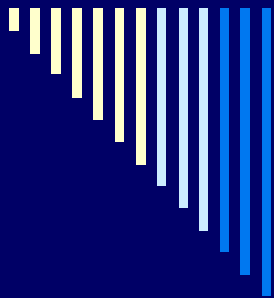
- Provide a baseline fitness assessment
- Advice on Health promotion
- Referral criteria – Diabetes, hypertension, Obesity, Musculoskeletal
- Referrals made by GP
- Joint Initiative with Dietetics, Practice Nurse and Physical Activities.



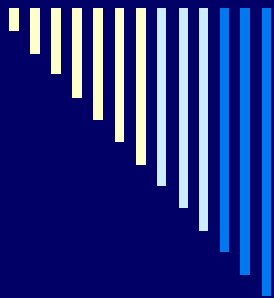
- Cardiac Rehabilitation
- Reduce the number of patients being treated for CHD
- Phase 1V provision for people diagnosed with cardiovascular disease
- To achieve and maintain physical and psychosocial health



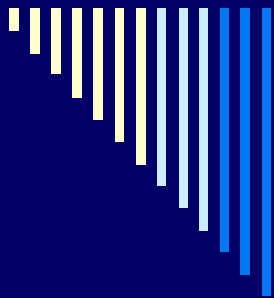
- Weight Management Programme
- Education of ways to effectively support weight loss
- Collaborative work with Dietetics and Psychology
- BMI $>33\text{kg/m}^2$ or existing conditions or rapidly seen to be increasing weight



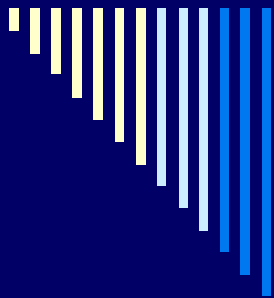
- Gym Supervision training for Nurses
- Allows Nursing staff to supervise users in a gym environment
- Aspects of screening, safety and exercise monitoring
- For clients who are identified as low risk



- ❑ Community Sports Leaders Award
- ❑ Baseline qualification in Sports and Fitness
- ❑ Integrates well with Recovery Agenda
- ❑ Sense of purpose and achievement



- ❑ Football in the community project
- ❑ In collaboration with QPR FC
- ❑ Part of the Positive Mental health league
- ❑ Incorporates well with S I Agenda
- ❑ Recovery Agenda



- Community Cycling Group
- Follows national cycling standards
- 'Bikeability training'
- Schemes to encourage cycling participation



Healthy Staff – Healthy Patients



NHS
