



**WINTER 2008/9**  
**VOLUME XXX11**



## Editorial

Welcome to a cold but bright 2009. I hope that colds and coughs have been left behind along with possibly a few good hangovers from the festive season.

We have a short publication this time, a cross between a newsletter and a journal, but importantly a last minute reminder for all those who have not signed up for the CPMH AGM at Bedford Row.

January 23rd looks to be an exciting day and always a lovely networking event. The title capturing the evidence eloquently reminds us of the need to expand our evidence base whether it is individually or by collaborating with others. A chance too, to remind readers that we are always keen to receive articles seeking publication, which are of interest to our members.

On a personal front I would like to thank all those who have responded to our request to record postural or distinctive gait patterns in mental health settings and encourage any last minute entries with an extension to the deadline until the 30<sup>th</sup> January. Forms in summer journal or on lcsp

In this edition our feature on local special interest groups around the country focuses on the London and South East branch.

Much of the CPMH members energies have been taken up with the CPMH strategy and it is hoped that armed with this document there will be a better year for the fortunes of Physiotherapy in mental Health.

Date of submission for articles to be included in the summer journal is the 31<sup>st</sup> May 2009.

Jean Picton-Bentley  
CPMH Journal Editor

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**Chairman's report****Chairs letter - Dec 2008/Jan 2009**

Hurrah and happy New Year to all

We have it and I am sure that you have all by now downloaded, bought, begged, borrowed and read it. What you ask?...the long awaited Framework from CSP and CPMH is on the CSP website and with it's companion document designed to aid commissioners it is a very welcome piece of work that will be our action plan for the coming years.

If you haven't found it yet I urge you to do so and to share it with as many colleagues, managers and commissioning bodies that you can.

My heartfelt thanks to all those involved in it's creation on work groups and committees over the last 2 years, including service users and carers, CSP officers, colleagues and all those whose contributions will be included in the documents written for Wales Scotland and Northern Ireland. My special thanks to Catherine Pope, who guided us as chair, and whose tireless efforts in writing and re writing the document will be the stuff of legend.

Which leads me to the CPMH study day and AGM on Jan 23<sup>rd</sup> where Catherine will be sharing a vision of the future based around our action plans.

There will be opportunities for all to contribute to our mission to collect and share evidence for our practice.

I hope to see you there and, as I leave the committee, I hope that you will consider joining the committee to bring some new life and new ideas to our CIG.

All the best to you all

*Caroline*

Caroline Griffiths  
Honorary Chair

## ARTICLES AND RESEARCH



### An update on some research

Dear all,

I hope that all is well with you all and you have had a nice Break over Christmas and the New Year. I just wanted to update you on some research that I have published in 2008. Here are a few abstracts, please get in touch if you would like the full texts.

Best wishes

Brendon Stubbs

1. Stubbs, B., Zapata-Bravo, E., Haw, C. (2008). Screening for Osteoporosis: A survey of Older Psychiatric Inpatients at a tertiary Referral Centre. *In Press in International Psychogeriatrics*

#### Abstract

**Background:** Osteoporosis causes much morbidity and mortality among elderly people. Older inpatients with severe mental illness may be at particular risk of osteoporosis because of factors including immobility, vitamin D deficiency and psychotropic medication.

**Method:** We have screened predominantly older inpatients with severe mental illness for osteoporosis using a peripheral DEXA scanner. We examined associations between patient variables and osteoporosis as detected by DEXA scan, Z-scores and history of fragility fractures and followed patients up to see how many subsequently received drug treatment for osteoporosis. We assessed patient acceptability of the scanning technique.

**Results:** It was possible to scan 72/89 (81%) of patients. Mean T-score was -2.79 (SD 1.50) and mean Z-score -0.76 (SD 1.34). A total of 42 (58%) patients had osteoporosis and 23 (32%) osteopenia. All 12 (17%) patients with a history of fragility fractures had osteoporosis on DEXA scan. Both a scan suggestive of osteoporosis and a history of fragility fractures were associated with age of 75 years and over and thoracic kyphosis. Low Z-scores were associated with longer hospital stay and osteoporosis-predisposing drugs. Patient acceptability of scanning was high. At follow-up, only 7/16 (44%) patients were suitable for central scanning and 9/40 (23%) for bisphosphonates.

**Conclusion:** Older institutional patients with severe mental illness are likely to be at high risk of developing osteoporosis. Peripheral DEXA scanning is acceptable to these patients and identifies those at high risk of fractures. Some behaviourally disturbed patients are not suitable for central scans or for some osteoporosis drug treatments.

**Key words:** Osteoporosis, osteopenia, screening, DEXA scan, risk factors, mental illness, older adults, bisphosphonates.

2. Stubbs, B., & Dickens, G. (2008). Prevention and management of aggression in mental health: An interdisciplinary discussion. *International Journal of Therapy and Rehabilitation*, 15(8),351-356.

### **Abstract**

*Mental health care professionals are at risk of encountering violent and aggressive behaviour from patients which can have a detrimental effect on their physical, psychological, emotional and spiritual well being. Prevention and management of aggression and violence is therefore a priority. However, unlike their nursing colleagues, allied health care professionals are not routinely taught such strategies in their pre-registration training. This paper describes and critically explores violence prevention and management strategies under three headings: physical, psychological and pharmacological interventions. This is intended to act as fast track guidance to get allied healthcare professions up to speed, to assist them in identifying their own training needs, and allow them to take a greater part in multidisciplinary planning and discussion related to aggression and violence.*

3. Stubbs, B. (2009). The manual handling of the aggressive patient: a review of the risk of injury to nurses. *In press in Journal of Psychiatric and Mental health Nursing*.

### **Abstract**

Staff are injured more frequently than patients during the implementation of physical interventions. In essence the application of physical interventions is a form of manual handling, where the aggressive patient is the 'load'. In the non mental healthcare environment, manual handling contributes to a large chunk of musculo-skeletal disorders. Applying physical interventions against an agitated and aggressive human load is a risk factor for injuries being sustained. This article discusses physical interventions as a manual handling procedure as a possible explanation of injuries sustained to nursing staff from being in a team applying physical interventions. Possible strategies to reduce the risk of developing musculo-skeletal disorders from physical interventions are discussed.

**LOCAL CPMH BRANCH INFORMATION****CPMH London and South East Regional Branch**

Chairman:- Anthony Hegarty –Ealing Hospital

Tel - 0208 354 8164 E-mail:- Anthony.hegarty@wlmht.nhs.uk

**Secretary Report -December 2008**

The CPMH group has continued to meet quarterly and enters a new year. The meetings were well attended by committee members, trust's representatives, seniors, juniors and students, totally twenty in number. This year the meetings were held mainly at WLMHT and SLAM NHS TRUST and usually held in the afternoons.

The aims of main group:

1. To promote the role of Physiotherapy in Mental Health Care.
2. To promote the awareness of mental health issues within the Allied Health Professions.
3. To be an exchange for information's regarding Physiotherapy in mental health in different areas of London.
4. To encourage the concepts and use of present procedures and evidence based practice.
5. To provide a support network for members and different trusts.

The committee meeting serves:

1. To report and discuss news and issues within trusts.
2. As a Forum for National group of CPMH.
3. To discuss the new procedures introduced within trusts.

Various experts in the field of mental health and rehabilitation were invited to share new initiatives and approaches during the meetings. The topics and speakers were:

1. "New ways of working for Psychiatrists and its impact on patients and members of multidisciplinary team and in particular Physiotherapist"  
Dr. Sujoy Mukherjee (Consultant Psychiatrist)
2. "Somatisers and Conversion Disorder"  
Dr. Moriarty (Consultant Neuro-Psychiatrist)
3. "Hip operative procedures, Pelvic Fractures, Lumbar spine assessment and treatment including pathologies"  
Carol Waugh (Orthopaedic Physiotherapist)
4. "Epilepsy and Physiotherapy"  
Dr. John Nellors (Consultant Psychiatrist)

The meetings were represented by representatives from different trusts:

Anthony Hegarty:	WLMHT
Daya Lekamwettage:	SLAM NHS TRUST
Diane Everett:	SWLSTG NHS TRUST
Lilian Mapeza:	HARINGEY AND ENFIELD MENTAL HEALTH TRUST
Linda Beck:	OXLEAS NHS TRUST
Shirley Baldwin:	SABP NHS TRUST

The core committee includes:

Anthony Hegarty: Chair  
Kashif Arthur: Secretary  
Jean Picton Bentley: Editor and National Rep for CPMH National Committee.

There continues to be a number of challenges facing Physiotherapy services in mental health. Several services have been axed as well as a number of physiotherapy posts have been cut. More importantly there have been major financial issues for all aspects of health care with redundancies becoming an option in many trusts. Every trust is experiencing difficulties due to financial pressures. With this in mind, it seems even more important that we continue to provide a support network for physiotherapists and other healthcare professionals. This provides opportunity for information exchange, maintaining a positive spirit and effectively highlighting the valuable role physiotherapists play within mental health services. The group is always looking for suggestions to improve its performance.

This year the Chairman and secretary have agreed to continue to serve the CPMH Branch for the next year.

Secretary:-Kashif Arthur :- Ealing Hospital

### **Midlands CPMH Group**

Chairman:- Brendon Stubbs .

Tel:-01604 616251 e-mail:- [bstubbs@standrew.co.uk](mailto:bstubbs@standrew.co.uk)

### **Committee member profiles**



#### **Lilian Mapeza**

Lead Senior Physiotherapist

I am an active member of the Chartered Physiotherapists in Mental Health Clinical Interest Group (CPMH). In March 2008 I was elected as a Diversity and Conference Co-ordinator on the CPMH National Committee. I am also a member of the Eating Disorders Network Group.

I have been working in mental health for over eight years. Main areas of work include Eating Disorders and Mental Health Services for Older People. I am based in North London, Barnet Enfield and Haringey Mental Health Trust. My base of work is Haringey.

Areas of interest include Basic Body Awareness Therapy, health promotion and well being and have completed a study, which looked at barriers to prescribing exercise to patients with mental illness as experienced by general practitioners and psychiatrists. As physiotherapists we can contribute to advocating for physical activity in patients with mental illness.

**FORTHCOMING EVENTS**

# Chartered Physiotherapists in Mental Health Study Day

**23rd January 2009**

**9.15 am to 4.00pm**

## CAPTURING THE EVIDENCE A Strategic Way Forward

**Join us on this day to Share Knowledge**

The workshops would include experience from clinical colleagues and how to capture evidence from your experience of good practice

Who should apply?

Physiotherapists, Rehabilitation Assistants working in Mental Health

For more information please contact

Tony Hegarty on 07956 385 651

Or Lilian Mapeza on 07904 536253

or visit icsp via link to download an application form

<http://www.interactivecsp.org.uk>

follow link for mental health network events

Poster Presentation as examples of good practice will be available on the day. Anyone wanted to display posters please contact Lilian Mapeza on [Lilian.Mapeza@beh-mht.nhs.uk](mailto:Lilian.Mapeza@beh-mht.nhs.uk)

Registration Fee

CPMH Members.....£15

Non- members .....£20

(Fee includes lunch and refreshments)

Deadline of applications is on 16<sup>th</sup> January

**Venue: CSP Headquarters  
14 Bedford Row  
WC1R 4ED**



**CHARTERED PHYSIOTHERAPISTS IN MENTAL HEALTH****CPMH****Programme: 23<sup>rd</sup> January  
2009**

Time	Topic	
9.30	Registration	All
9.40	Start, Welcome & Housekeeping	
9.45	Welcome by CPMH Chair	Caroline Griffiths
9.50	Opening Address	CSP Chair person
10.00 to 10.15	Introductory Session/ What do you want from CPMH	CPMH Committee
10.00 – 10.30	<i>OPERA</i> - a cluster randomised controlled trial to evaluate the effects of exercise on depression: focus on how to generate the best standard of evidence	Nicky Atherton
10.30 to 11.00	<b>'Dealing with challenging and aggressive behaviour: Report national survey' (How that will affect our practice)</b>	Brendon Stubbs
11:10– 11:25	<b>TEA/ COFFEE</b>	
11:30-11:50	Health and Well Being	Sharon Greensill
11:50-12:10	Physiotherapy Guidelines for Exercise and Physical Activity in patients with Anorexia or Bulimia Nervosa'	Eating Disorders Network
12.10- 12.12.40	CSP Presentations: Supporting Knowledge In Physiotherapy Practice (SKIPP) (12.10 to 12.30)  + ICSP (12.30 to 12.40)	Ralph Hammond/  Jackson Dempsey
12:40 – 13.20	<b>LUNCH</b>	
13:20 - 14.00	<b>CPMH AGM</b>	CPMH Members
14.00 –14.30	Workshop on Current Activities/ Which Can contribute to Evidence	Clare
14.30 –15.30	Physiotherapists in Mental Health, The National policy Developments and moving the Framework Forwards	Catherine Pope
15.30 –15.50	Working Together CSP/ CI/ OG	Frances Fitch
15.50 – 16.15	<b>What do you do differently/ Contribute to Evidence</b>	<b>Caroline Griffiths</b>
16:15 –16.30	Evaluation/ Close	All

# Application form

Chartered Physiotherapists in Mental Health  
Study Day

23<sup>rd</sup> January 2009, 9.30 am to 4 pm

**CAPTURE THE EVIDENCE**  
**A Strategic Way Forward**

First Name: .....

Last Name: .....

Are you a member of CPMH : Yes / No .....

CSP Membership Number : .....

Contact Telephone : .....

Contact Email : .....

**Cheques made payable to 'Chartered Physiotherapists in Mental Health' and send to the treasurer,**

**Victoria Welsh  
Physiotherapy Department  
Long Fox Unit,  
Grange Road, Uphill  
Weston Super Mare  
North Somerset, BS23 4TQ**

**Email : [Victoria.welsh@awp.nhs.uk](mailto:Victoria.welsh@awp.nhs.uk)**

**Do you have any dietary/special requirements?**

**If YES, please give details (eg vegetarian, vegan, gluten free)**

.....

.....

**would like additional assistance?**

**If YES, please give details**

.....

**This form is available in large print and Braille**

**Please request from contact details below**

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**For any queries regarding your booking, please contact:**

**Name: Lilian Mapeza**

**Contact details: Q2 Therapy Centre  
St Anni's Hospital, St Ann's Rd, London, N15 3TH**

**Tel: ... 020 8442 6160.....**

**Fax: 020 8442 6367**

**Email: [lilian27@btopenworld.com](mailto:lilian27@btopenworld.com)**

**Website: <http://www.interactivecsp.org.uk>**

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#### Registration details

**Are you:**

**(please tick one box only)**

- |   |  |
|---|--|
| <input checked="" type="checkbox"/> CSP member      | <input type="checkbox"/> Associate (Assistant)           |
| <input type="checkbox"/> Non CSP member             | <input type="checkbox"/> Exhibitor                       |
| <input type="checkbox"/> Physiotherapy student      | <input type="checkbox"/> Exhibitor visitor only (no fee) |
| <input type="checkbox"/> Retired/unwaged CSP member | <input type="checkbox"/> AHP Professional                |
| <input type="checkbox"/> Other                      |  |

.....



## CPMH Committee Members 2008

Chairperson Caroline Griffiths	Physiotherapy Department Warneford Hospital, Oxford, OX3 7JU	01865 223811 caroline.griffiths@obmh.nhs.uk
CIGLC Liaison Vice chair Sharon Greensill	Physiotherapy Department Mental Health Unit, Rotherham General Hospital, Rotherham, South Yorkshire S60 2UD	01709 820000 ext 5946 sharon.greensill@dsh.nhs.uk
Treasurer Victoria Welsh	Physiotherapy and exercise Service Long Fox Unit Weston General Hospital Grange Road, Uphill Weston Super Mare North Somerset, BS23 4TQ	01934 836456 Victoria.welsh@awp.nhs.uk
Membership Secretary Nicky Atherton	Clinical Trials Unit Medical School Building University of Warwick Coventry, CV4 7AL	02476574651 nickyelr@binternet.com
Secretary Clare Leonard	Older Person Mental Health Services, Victoria Centre, 53 Downs Way, Swindon, Wilts, SN3 6BW	01793 327933 Clare.leonard@awp.nhs.uk
Journal editor Jean Picton-Bentley	Physiotherapy Department Maudsley Hospital Denmark Hill London, SE5 8AZ	0203 228 5028 jean.picton-bentley@slam.nhs.uk
Congress/Conference Coordinator Heather Grimwade	Physiotherapy Department St Michaels Hospital St Michaels Road Warwick, Warks CV34 5QW	01926 406782 Heather.Grimwade@covwarkpt.nhs.uk;
Promotion and Development Olivia Horgan	Birmingham and Solihull mental health trust	
Diversity Officer Co conference organiser Lilian Mapeza	Q2 Therapy Centre St Ann's Hospital St Ann's Road London N15 3TH	0208 442 6160 lilian.mapeza@beh-mht.nhs.uk
Scottish representative Ann Parker	Ailse Hospital, Dalmellington Road, Ayr, Scotland, KA6 6AB	01292 513062 Al.McDonald@aapct.scot.nhs.uk
Research and education Brendan Stubbs	Physiotherapy Department St Andrew's Healthcare Billing Road Northampton, NN1 5DG	01604 616251 bstubbs@standrew.co.uk
Advisor Sue Coffee	Head of AHP, Physical Health and well being services Birmingham and Solihull MHT	0121 3011048 Sue.coffee@bsmnt.nhs.uk
ICSP Moderator Anthony Hegarty	Physiotherapy Department West London Mental Health NHS Trust "E" Block, St Bernard's Wing Ealing Hospital, Uxbridge Rd Southall, London, UB1 3EU	Anthony.hegarty@wlmht.nhs.uk Tel - 0208 354 8164 Fax - 0208 354 8560



## CPMH EDUCATION AND RESEARCH FUND

### Aim

To encourage education and research by physiotherapists and assistants for the benefit of patients with mental health problems

### The Awards

The total amount available each year will be £1000. This will be reviewed annually. Grants will be awarded up to this sum. Any money not awarded will be carried forwards to the next year. The awards are at the discretion of the CPMH Executive Committee, whose decision will be final. Awards will be granted for programmes started in the four months prior to (and still continuing) or 12 months following the closing date for application.

Priority will be given to:-

- 1) Research in areas identified by the CSP's evidence based practice in mental healthcare.
- 2) Participants in M-level mental health courses or the introduction to health courses or the introduction to mental healthcare course.

### To Apply

Please complete application form. The committee will be looking for relevance of the programme to mental healthcare: how patients will benefit and how the knowledge gained will be shared with others.

The committee intends to spread the money amongst several applicants and are therefore likely to offer a percentage of the total cost (depending on demand). Please show other sources of funding applied for and whether you have been successful to date.

### If successful

- 1) Applicants must notify their acceptance in writing within 28 days
- 2) Applicants must supply evidence that they have been accepted onto the programme (e.g. receipts of fees, letter of registration) before the grant is paid.
- 3) Recipients undertaking research should submit an abstract on completion, and those on a course will be asked to supply evidence that it was completed.
- 4) All recipients will be expected to supply a short report for publication in the CPMH Journal (although we would not wish to prejudice publication in any other journal)

The committee retains the right to request repayment of the award if the course/research is not completed.

The closing date for applications is July 31<sup>st</sup>



**Application to CPMH Education and Research Fund**

Name .....E-mail.....

Address.....

Date of qualification or length of service if a physiotherapy assistant

MCSP number (or PAB number for assistants).....

Place of work.....

Please describe briefly your work role.....

.....

.....

Course applied for/or area of intended research.....

.....

Venue of course/educational body.....

Date of course /research commencement and completion.....

If you have already been accepted onto the programme please supply evidence of this (e.g. receipt fees, letter of registration)

Total estimated costs please give a brief breakdown).....

Other sources of funding applied for (please indicate if any have been successful)

.....

.....





Chartered Physiotherapists in Mental Health  
Clinical Interest Group

MEMBERSHIP APPLICATION/RENEWAL FORM

**PERSONAL**

TITLE: Mr, Mrs, Miss, Ms, Dr, Prof. .... LAST NAME: .....  
FIRST NAME(S): ..... JOB TITLE/GRADE: .....  
DEPARTMENT: ..... HOSPITAL/CLINIC/UNIT: .....

**2. CONTACT**

Address: ..... Telephone: .....  
..... e-mail: .....  
..... CPMH often needs to contact the membership to ask for  
TOWN/CITY: ..... opinions/feedback, or to send out information. It is  
Post Code: ..... preferred to use e-mail for this purpose. If you do not  
Country: ..... wish to be contacted in this way, please let me know

**3. SPECIAL INTERESTS**

e.g. Adult acute MH, Forensic, Elderly MH; Dementia, CFS/ME, Chronic pain, Eating Disorders, CBT, Cranio-Sacral therapy, Basic Body-Awareness therapy etc. (Please circle those appropriate and add any others below.)

.....  
.....  
.....

**4. LOCAL GROUPS**

Do you belong to a local group? Yes/No

If so – which region/area? .....  
.....

**4. DECLARATION**

The CPMH occasionally receive requests for information from physiotherapy students and other physiotherapy professionals. In t instances people will be directed to the CPMH section of iCSP to post a message on the website.

Information supplied on *this* form will be used only for the purposes of the Clinical Interest Group and the Chartered Society of Physiotherapy.

**Signed:** ..... **Date:** .....

Membership is open to CSP and non-CSP members: 1<sup>st</sup> yr Fees £17.50, £15 annually thereafter; £10 Assistants/PTIs, £5 students

The membership year runs from Sept 1 to Aug 31. I enclose my cheque for £ ..... in payment of the subscription for membership year 2007-2008, or

I wish to pay by standing  order Please complete a standing order form and attach to this application.

Please return this form together with your remittance to:Nicky Atherton, Clinical Trials Unit, Medical School Building University of Warwick, Coventry, CV4 7AL





FORM B

Standing Order

PLEASE USE THIS FORM FOR STANDING ORDERS FROM AN ACCOUNT AT ANOTHER BANK. IF YOU WISH TO SET UP YOUR STANDING ORDER FROM A GIROBANK CURRENT ACCOUNT PLEASE USE THE FORM OVERLEAF.

To Bank

Branch

Please pay	Branch title (not address)	Sorting Code Number
GIROBANK PLC	BOOTLE	7 2 - 0 0 - 0 0

For the credit of	Account Number	Quoting Reference
Beneficiary Name	1 8 4 7 5 8 3 0 0	
CPMH/ACPP		

The sum of	Amount in words
£ 15.00	FIFTEEN POUNDS ONLY

Commenting	and thereafter every
Date of first payment	Months and frequency
1st OCTOBER	1st OCT. ANNUALLY

Until further notice in writing or	Date of last payment

Name of account to be debited	Account number

THIS REPLACES ANY YOUR PREVIOUS STANDING ORDER FOR THE TRANSFER OF TO THE SAME ACCOUNT (cross out if not applicable)

NOTE: The first digit of the Girobank account number should be entered as the last digit of the bank sort code, the remaining eight digits representing the account number.

Name(s)	Signature

Address	Signature

For joint accounts where both signatures are required

Victoria Welsh  
Physiotherapy Department  
Long Fox Unit  
Grange Road  
Uphill  
Weston Super Mare  
North Somerset,  
BS23 4TQ

I ..... have instructed  
my bank ..... to pay my annual  
subscription of £15.00 on the 1st October each year  
until further notice.

Name :-

Contact Address :-

Date .....

Signature .....

Please detach Form B and return it to the above  
address, then forward A to your bank.

PLEASE COMPLETELY PLEASE FORWARD THIS FORM TO THE BANK BRANCH WHICH  
LOOKS AFTER YOUR ACCOUNT.

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