

WORKSHOP ABSTRACT

Collaborative Centre for Cardiometabolic Health in Psychosis (ccCHiP): Integrating traditional healthcare services to meet the needs of the mental health population

2nd Asia Pacific Conference on Integrated Care, Melbourne, 11-13 November 2019

Tim Lambert^{1,2}, Kathleen Smith², Vincent Chow^{1,2}, Shilpi Ajwani^{1,2}, Erikka Hennessy², Georgia Frydman²

1: The University Of Sydney, Concord, NSW, Australia;

2: Sydney Local Health District, Concord, NSW, Australia

Background: Rates of cardiovascular disease and its related co-morbidities in those with severe mental illness are disproportionately high. Those suffering from a severe mental illness are six times more likely to die from cardiovascular disease and overall likely to die 14-23 years earlier than the general population (Australian National Mental Health Commission, 2017). The Collaborative Centre for Cardiometabolic Health in Psychosis (ccCHiP) is a joint initiative between Sydney Local Health District, Sydney University and Concord Hospital. ccCHiP delivers an award-winning innovative service that provides a model of integrated care for the assessment and management of cardiometabolic health in those with a severe and enduring mental illness to reduce the disparity in life expectancy between the mental health and general population.

Using a 'one-stop-shop' model, ccCHiP integrates multiple services and clinicians to provide a clinic in one afternoon to improve accessibility to a population who would otherwise have engagement and adherence challenges whilst bridging 'traditional service delivery models'. This includes the collaborative efforts between a psychiatrist, cardiologist, endocrinologist, exercise physiologist, dietician, nurse, dentist and sleep medicine.

Aim: The aim of this workshop is to introduce attendees to clinical and service delivery of a patient-centered integrated care model for people with severe mental illness who have multimorbidity. Experienced members of the ccCHiP team will showcase the ccCHiP model through the use of a simulated clinic using ccCHiP staff and actors. We will also demonstrate the innovative informatics system developed and successfully implemented by ccCHiP for integrated health settings.

Objectives: To provide improved knowledge for workshop attendees on the disproportionately poor health outcomes of people with severe mental illness (SMI) and skills with respect to their management of cardiometabolic comorbidities. Moreover, to provide inspiration to translate the knowledge, confidence and skills acquired by attendees, to consider developing similar models of care in their own services or health districts and other disciplines of medicine.

Target audience: Attendees from a diverse range of clinical and non-clinical backgrounds, academics and community care professionals.

Learning/Take away: An integrated care approach can be the way to bridge traditional service delivery in order to meet the growing needs of a complex cohort; appropriate training and education can alleviate resistance to change and technology can assist these processes.

Format: The workshop will consist of six simulation-based clinic sessions providing an overview of the ccCHiP model of care. Speakers from each of the six disciplines of dietetics, exercise physiology, cardiology/endocrinology, psychiatry, dentistry and a sleep medicine will essentially simulate the ccCHiP clinic process. Each of these sessions will take 7-10 minutes. This will be followed by interactive group exercises and audience discussion led by an experienced facilitator. Attendees will be seated at tables and provided with questions and discussion points – a team member will also be present to aid the discussion about the model. This will create opportunities for attendees to reflect on the process of the integrated, multidisciplinary approach; its benefits for patient care and how this model could be used in their setting.