

# Lotofale Metabolic Screening Audit

## Physical health within Mental health

*Assessing and monitoring*

Presented by Ioana Mulipola and Liliane Valoa



## Lotofale Pacific Mental Health Service: Established 21<sup>st</sup> July 1995

Our service aims to optimise the mental health and general wellbeing of adult Pacific Islanders who have serious mental health problems.

We aim to provide the best possible standards of Cultural-Clinical care and choice for consumers and their families, ensuring that the cultural needs of our consumers are met



Fonofale Model

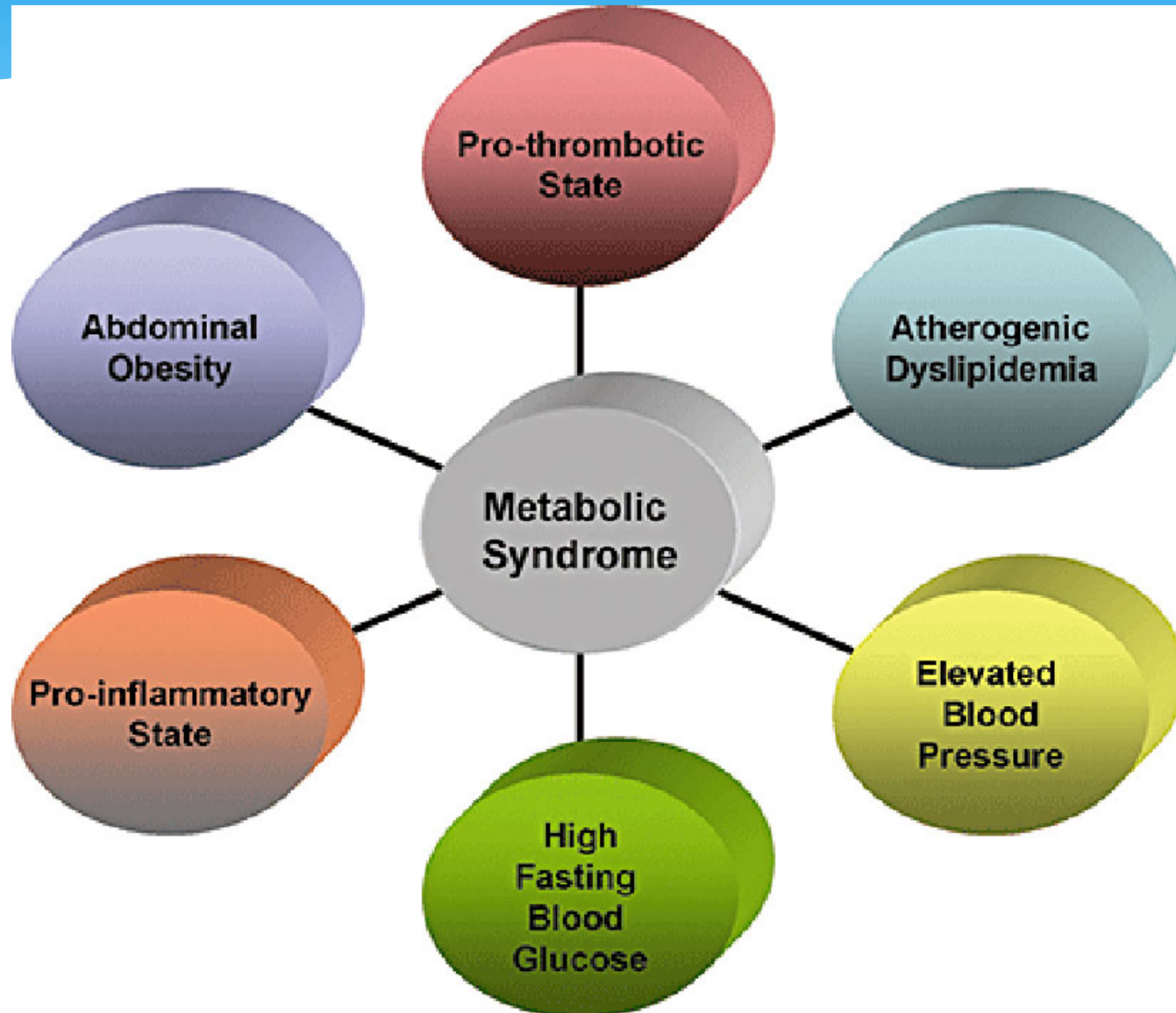
# Lotofale Pacific Team

## **Team:**

- Clinical Team Leader
- 2 psychiatrists
- 4 nurses
- 2 occupational therapists
- 3 social workers
- 1 psychologist
- 6 Community support workers

Pacific Adult Community Mental Health Service for ADHB  
Location: Greenlane Clinical Centre Building 16

# What is Metabolic Syndrome



# New Zealand Metabolic Profile

- 16% Overall Population
  - 32% Maori
  - 39% Pacific
  - \* 40 years and over
- Maori & Pacific 50% known diabetes
- 80% having at least two risk factors of the syndrome



- \* Ministry of Health. (2015). Annual Update of Key Results 2014/15.
- \* Ministry of Health. (2014). Annual Update of Key Results 2013/14
- \* Obesity and diabetes in New Zealand. (2014).
- \* Ministry of Pacific Island Affairs. (2011).



# New Zealand Population Health Profile



**Maori 48.3% and Pacific 68% obesity**

**Cardiovascular disease, diabetes and stroke contributes to high mortality in Maori & Pacific**

**Higher rates for most health risks and conditions includes smoking and excessive alcohol consumption**

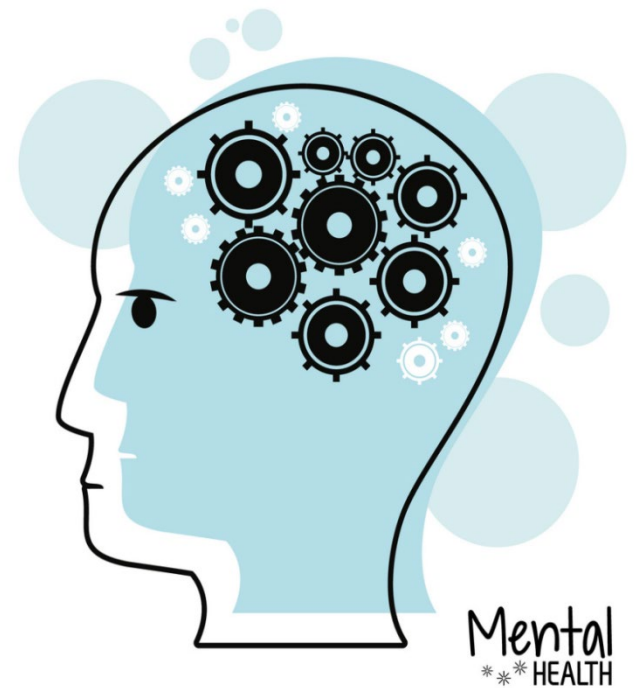
Obesity and diabetes in New Zealand. (2014).  
Medical Council of New Zealand. (2008).  
Ministry of Pacific Island Affairs. (2011).  
Ministry of Health. (2014). Annual Update of Key Results 2013/14:





# New Zealand Mental Health Profile

- Maori and pacific have higher rates of psychological disorders and mental illness diagnosis- Schizophrenia
- Maori higher rates of mental disorder and for first admission into acute psychiatric institution
- Maori & Pacific readmission rate is twice that of the Pakeha population



# Brief Facts about Schizophrenia & Antipsychotic medications

**Schizophrenia - a mental disorder characterized by abnormal thinking processes and disturbance in social functioning that lasted six months or more.**

**Common symptoms includes: delusional, hearing voices, thoughts form and contents illogical, social withdrawal, lack of emotion expression and lack of motivation**

❖ **Metabolic risks complication are high among schizophrenia patients**

❖ **Metabolic syndrome as a major side effects concern for antipsychotic medications**

❖ **Olanzapine and Clozapine are two atypical antipsychotics strongly associated with metabolic risk factors**



# AUDIT:

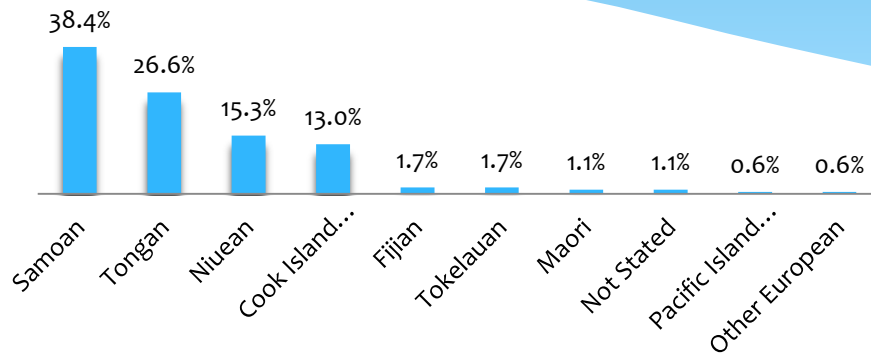
Clinical Records as of June 30<sup>th</sup> 2017  
Caseload Number- 168

## Our Focus

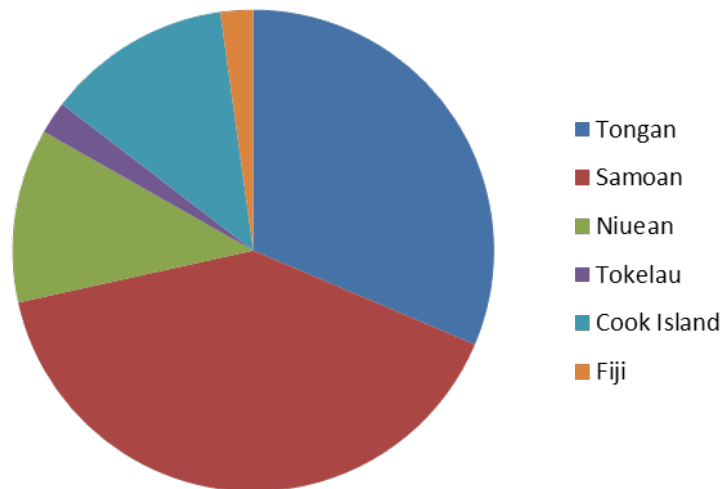
- Ethnicity
- Caseload number
- Most selected diagnosis
- Most prescribed antipsychotic
- Blood test results
- Lipids
- Diabetic profile
- Weight
- Blood pressure
- Smoking screening
- Gp practice
- Employment & living environment

# Lotofale's client ethnicity

## Ethnicity in June 2017

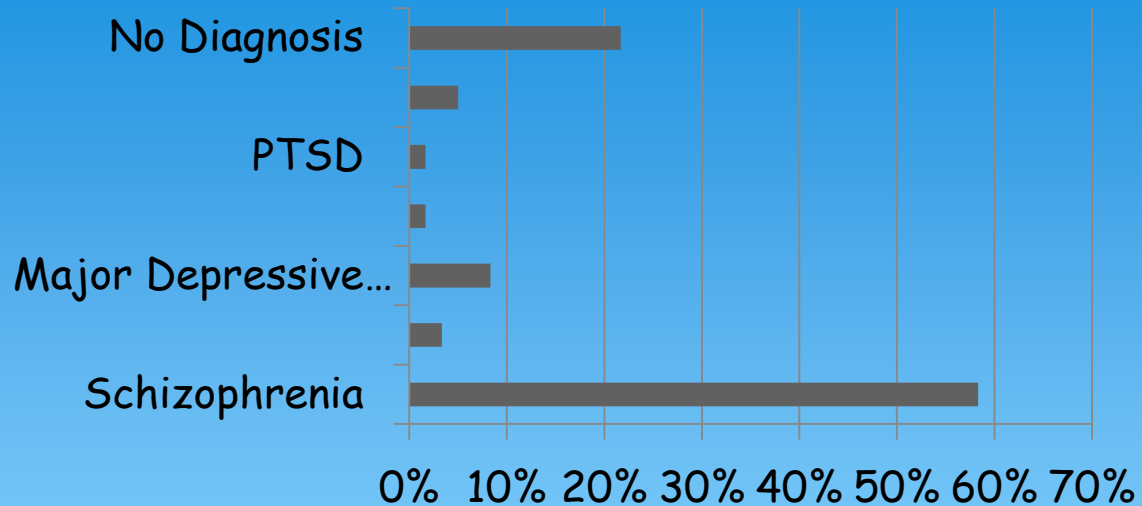


## Ethnicity



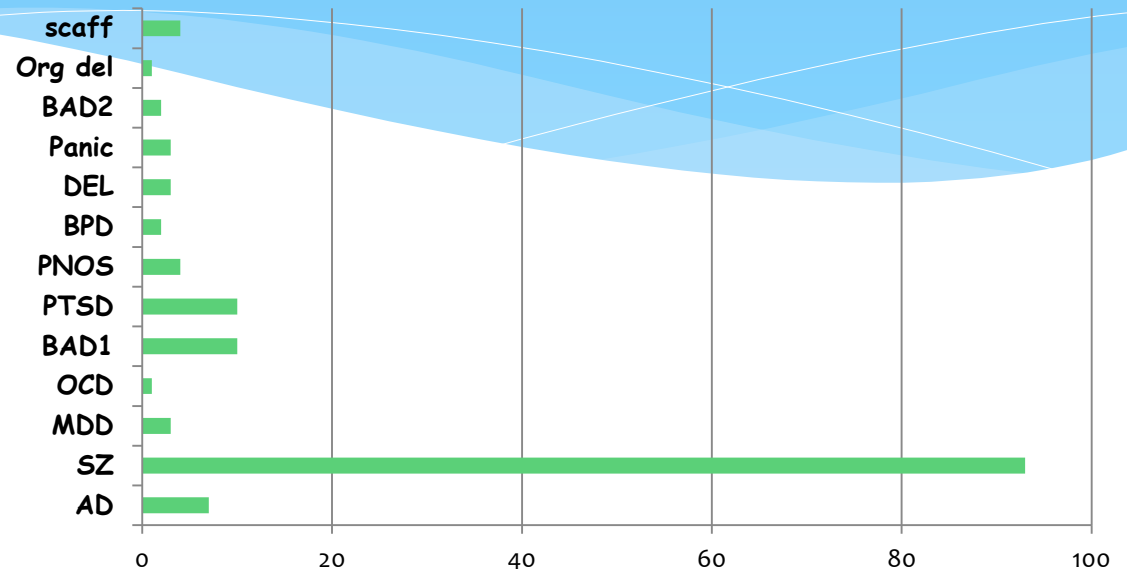
# Most selected diagnosis

June 2017



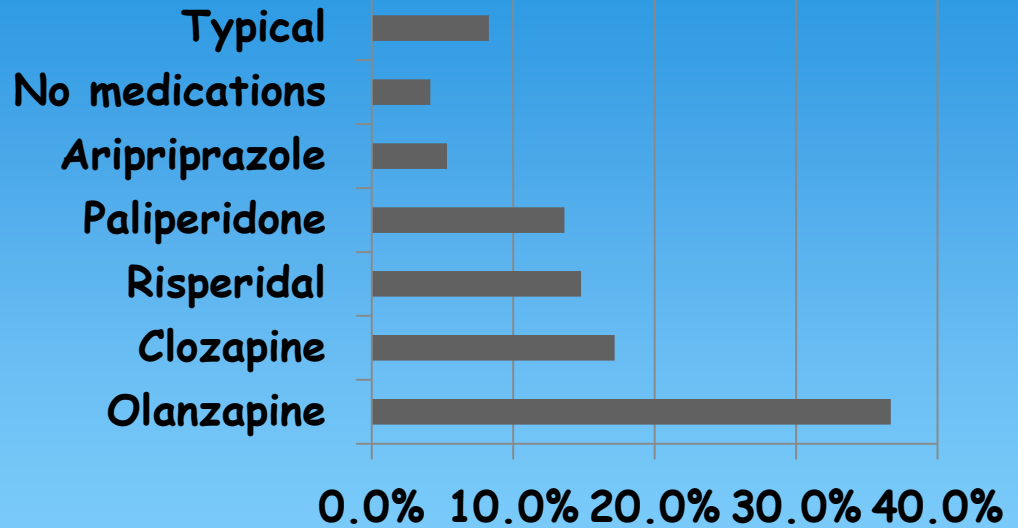
## Diagnosis

Current

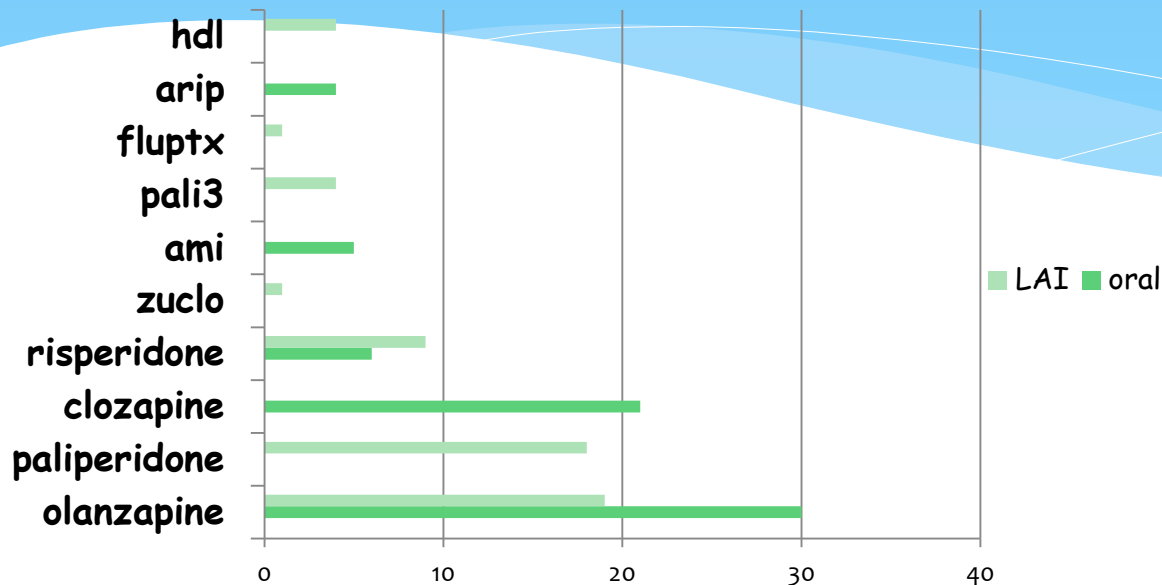


# Medications

June 2017

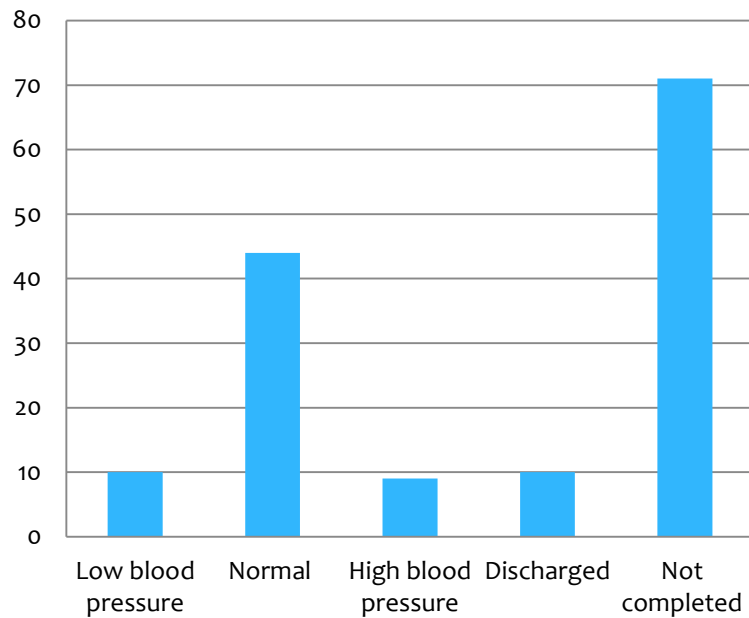


Current

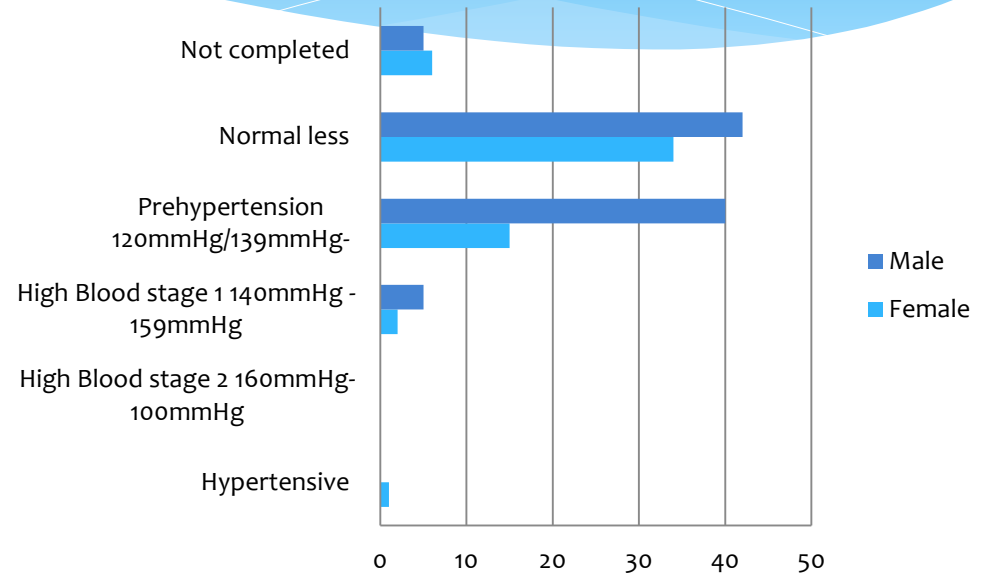


# Blood pressure comparison

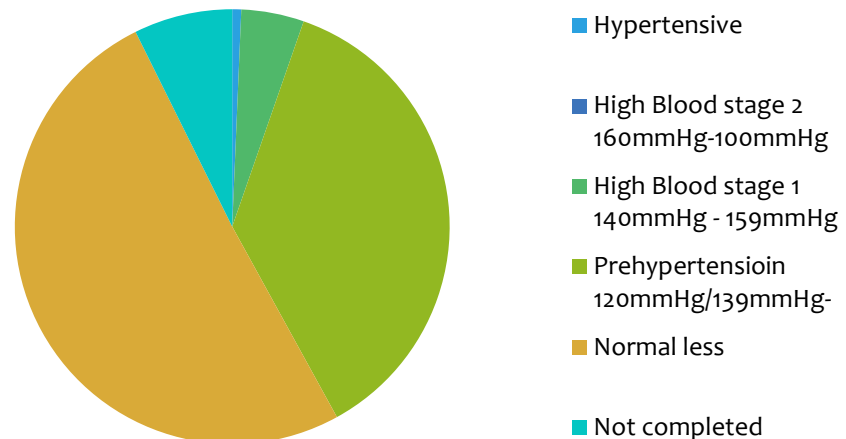
## Blood pressure audit in June 2017



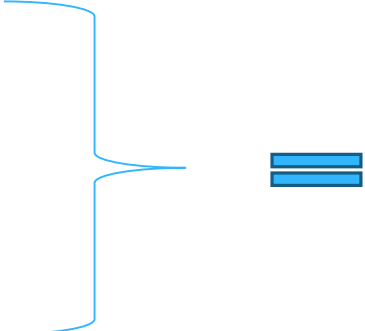
## Blood pressure results- Current



## Blood pressure overall results



# Blood Test Results

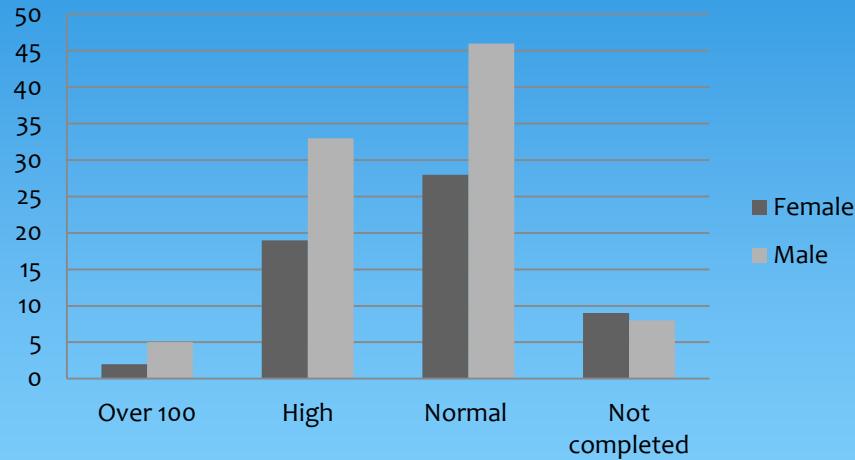
- Abnormal HbA1c- 36 (normal range <41mmol/mol)
  - Normal diabetic profile - 47  
(most with high lipid levels) - normal cholesterol level  
<5.0, triglyceride <2.00
  - None-28
  - FBC- 19
  - CBC- 22
- 
- 69 (Metabolic profile and lipids not included)
- Normal diabetic profile with normal lipid levels- 16



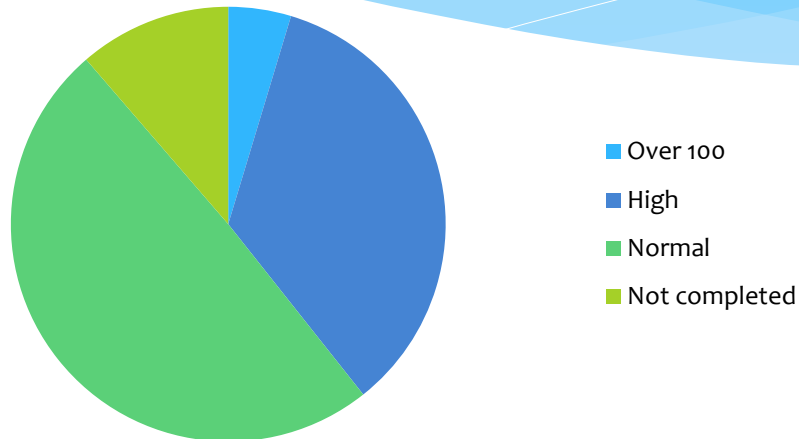
# Blood Test Results

## Current Results

### HbA1c results



### HbA1c overall results

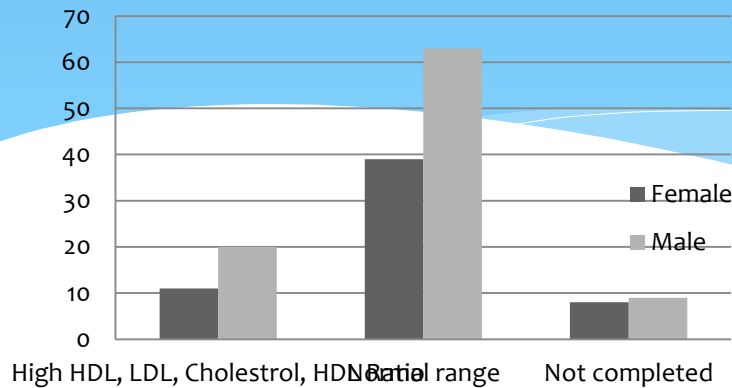


# Lipids Readings

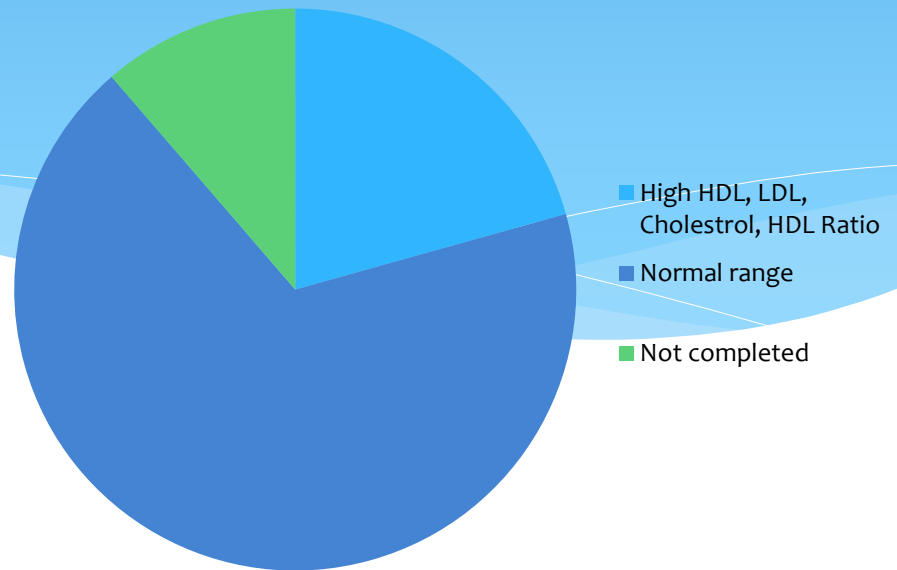
16 have normal diabetic profile with normal lipid levels- in June 2017

## Current Results

### Lipids results



### Lipids overall results



# Weight comparison

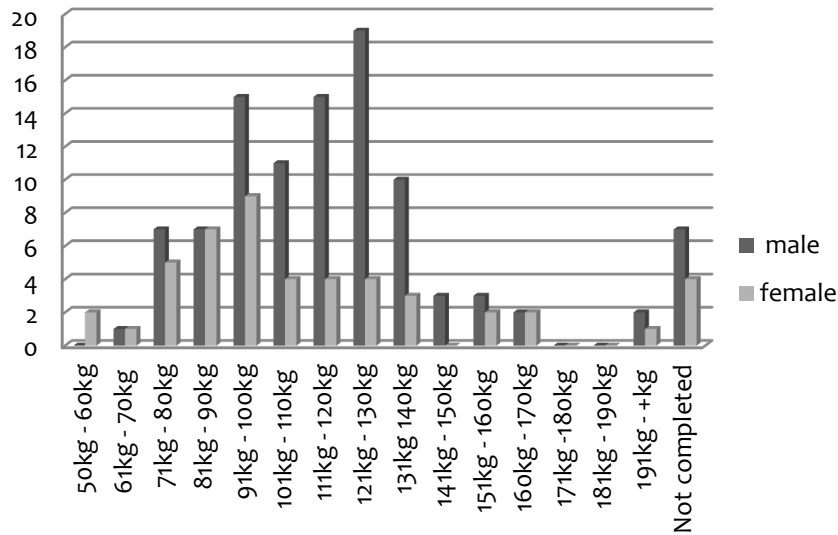
From the audit in June 2017

Weights: over 100kg- 96

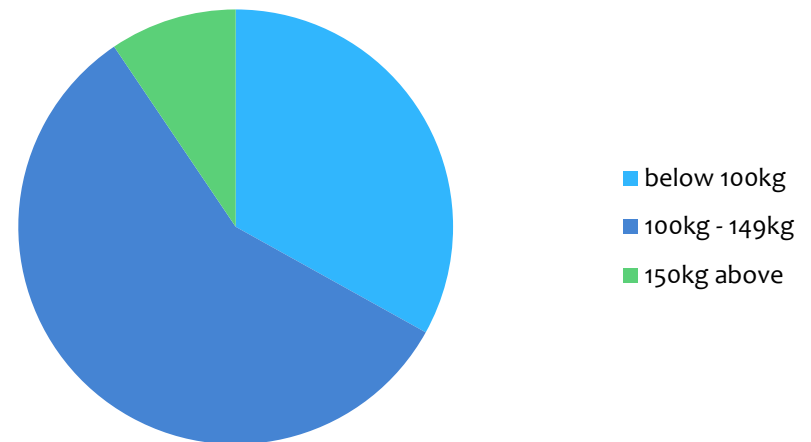
BMI:29-53 normal range <25

## Current Results

Weight results for gender



Weight results total

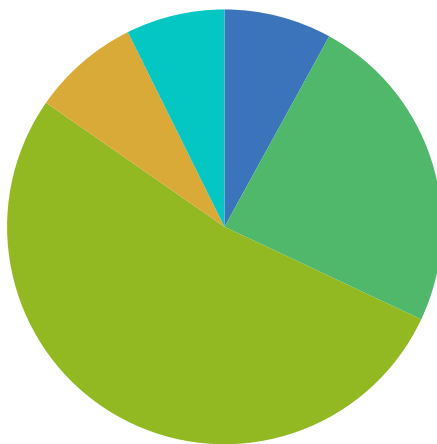


# BMI

BMI ranges for 96 consumers with 100kg and over  
29-53 in June 2017

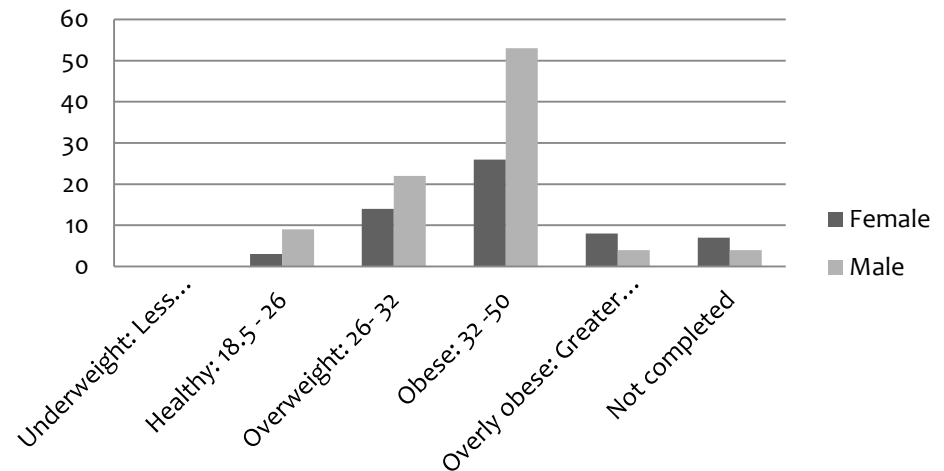
## Current Readings

### Overall BMI results



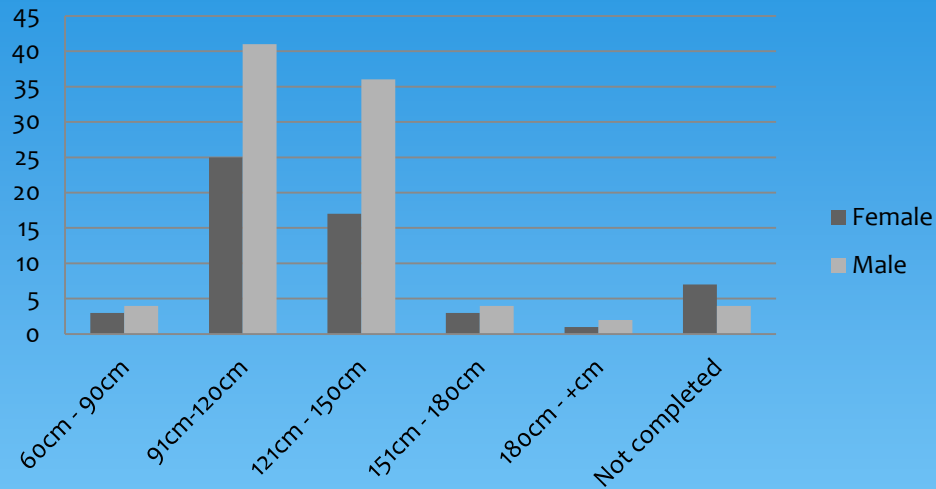
- Underweight: Less than 18.5
- Healthy: 18.5 - 26
- Overweight: 26 - 32
- Obese: 32 - 50
- Overly obese: Greater than 50
- Not completed

### BMI results

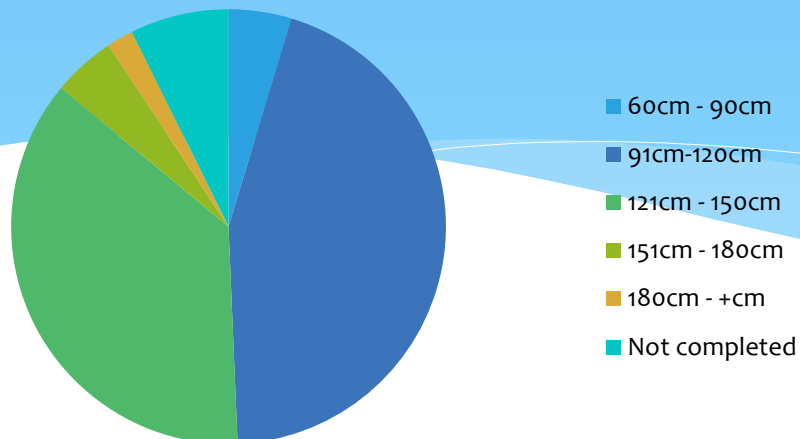


# Girth

## Girth results



## Girth results overall



# HCC records completed

- \* Employment status - 32
- \* Most are enrolled in GP practice
- \* Smoking:
  - Current smoker -14
  - Ex-smoker- 4
  - Never smoked- 12
  - ABC smoking 2016- 19
  - ABC smoking 2017- 11



# Where to from Here?



# What happens so far....

- Pacific Health Service ADHB
- Offer Self management training for staff
- Dietician Liaison Service
- Green prescription and the physical activities
- Link to Pacific support from Heart Foundation NZ
- On going screening and management from the team lead by the nursing team

As Mental Health Nurses at Lotofale we are doing our part in providing holistic care for pacific population that are registered under our care.

How can we support & improve the physical health of mental health service users in the pacific nations ?

# Application to MH nursing in the Pacific Nations

- \* Vital role of nurses as Change Agents
- \* Awareness of population health risks
- \* Leading new initiative to create a difference
- \* Involved in policy making
- \* Strong advocate for our patients
- \* Professional development & training

# References

**American Psychiatric Association (2013), (Haupt, 2006; Taylor et al, 2007),  
(Nursing, Midwifery and Allied Health Professions Policy Unit, 2016),  
(Ministry of Health Survey, 2014),  
(Newcomer, 2004), (  
Mitchell et al, 2013), (Haupt, 2006), (Ramaswamy et al, 2007).**

**Ministry of Health. (2015). Annual Update of Key Results 2014/15.**

**Ministry of Health. (2014). Annual Update of Key Results 2013/14**

**Obesity and diabetes in New Zealand. (2014).**

**Ministry of Pacific Island Affairs. (2011).**