

ACUTE THERAPY SERVICES TEAM

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Increased risk

- Population have an increased risk of developing a range physical health problems
- Particularly in people with SMI such as Schizophrenia and Bipolar disorders
- The White Paper, *Choosing Health: Making healthy choices easier*,¹ identified mental health as a priority



Health & Exercise Practitioners Role

- Screening
- Assessment
- Goal setting
- Treatment



What interventions can we offer?

- 1:1 Sessions
- Group sessions
- Educational groups e.g. HLS
- Individual support around healthy living and ways to improve ADL
- Links to community services



Discharge Planning & Referring On

- Starts early and in partnership with MDT
- Appropriate D/C plan
- Support SU on D/C

