

Health Care for Patients with Serious Mental Illness: Family Medicine's Role

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Numerous studies document disproportionate physical morbidity and premature death among people with serious mental illness. Although suicide remains an important cause of mortality for this population, cardiovascular disease is the leading cause of death. Cardiovascular death among those with serious mental illness is 2 to 3 times that of the general population. This vulnerability is commonly attributed to underlying mental illness and behavior. Some excess disease and deaths result from poor access to and use of quality health care. Negative cardiometabolic effects of newer psychotropic medications augment these trends by increasing rates of obesity, diabetes, and hyperlipidemia among those treated. Researchers have developed innovative care models aimed at minimizing the disparate health outcomes of patients with serious mental illness. Most strive to enhance access to primary care, but publications on this topic appear almost exclusively in the psychiatric literature. A focus on primary care for the prevention of excess cardiometabolic morbidity and mortality in this population is appropriate, but depends on primary care physicians' understanding of the problem, involvement in the solutions, and collaboration with psychiatrists. We review health outcomes of the seriously mentally ill and models designed to improve these outcomes. We propose specific strategies for Family Medicine clinicians and researchers to address this problem. (*J Am Board Fam Med* 2009;22:187–195.)

Serious Mental Illness: A Cardiovascular Disease Risk Equivalent?

In 2002, the National Heart Lung and Blood Institute labeled diabetes a cardiovascular disease (CVD) risk equivalent, indicating patients with diabetes have a risk of CVD events equal to that of

people with known CVD.¹ This information represented a paradigm shift in cardiovascular event prevention for diabetics. A similar shift may be warranted for people with serious mental illness (SMI) (schizophrenia spectrum, bipolar disorder, and refractory depression). The association between SMI and cardiovascular event risk has not been conclusively quantified, but the high prevalence of cardiometabolic risk factors, CVD, and cardiovascular death in this population may justify classification of SMI, like diabetes, as a CVD risk equivalent. At very least SMI should signal a need for attentive cardiovascular risk assessment and prevention efforts. Such a shift in understanding will focus physicians on the cardiometabolic hazards this group faces and prompt appropriate attention to the problem. In this article we aim to convince family physicians of the need for this paradigm shift and to engage them in the effort to improve health and health care for this population.

Background

Health outcomes and life expectancy of patients with SMI are poor and worsening. Much of this

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Serious Mental Illness And The Family The Practitioners Guide

Carol D. Goodheart



Serious Mental Illness And The Family The Practitioners Guide:

Serious Mental Illness and the Family Diane T. Marsh, 1998-10-16 Serious Mental Illness and the Family helps psychologists psychiatrists family therapists and other mental health professionals give families of patients with mental illness the support and guidance they need to build on existing strengths survive crises meet challenges and enhance the quality of their lives

Family Psychoeducation for Serious Mental Illness Harriet P. Lefley, 2009-07-17 Research shows that many adults with serious mental illness live with or maintain contact with their families But families are rarely given information about their relative's illness and their own needs for support are ignored To be optimally beneficial family members and other caregivers need education about the disorder some knowledge of illness management techniques and personal support Family psychoeducation FPE is a powerful evidence based psychosocial intervention that serves consumers and their families FPE has proven efficacious in reducing relapse and hospitalization reducing symptoms increasing employability of persons with severe and persistent mental illness and in many cases enhancing their families well being Its success rests with a state of the art education model for improving caregivers understanding of their loved one's illness through learning what is known and not known about it and how to assess and cope with its manifestations Here in the first book of its kind Harriet P Lefley traces the history of FPE including the developments in mental health services and systems and theoretical approaches that inform it and the robust empirical evidence it now claims after a quarter century of development and evaluation at major research centers around the world Presenting first the approach's generic components training models and required competencies Lefley then discusses the available variations such as Family Education FE a brief manualized form of FPE offered by professionally trained family members that has some empirical support for knowledge gains and easing family distress The result is a comprehensive practical introduction to family psychoeducation that critically appraises the evidence and examines the model's place in contemporary mental health systems This groundbreaking volume is an ideal training tool for graduate students of social work psychology and psychiatry and a valuable addition to the clinician's armamentarium of evidence based practices for clients with serious mental illness

Serious Mental Illness Abraham Rudnick, David Roe, 2018-08-17 Practical and evidence based this unique book is the first comprehensive text focused on person centered approaches to people with serious mental illness such as schizophrenia and bipolar disorder It reflects a range of views and findings regarding assessment treatment rehabilitation self help policy making education and research It is highly recommended for all healthcare professionals students researchers and educators involved in general practice psychiatry nursing social work clinical psychology and therapy Healthcare service providers and policy makers and shapers will find the book's wide ranging multi professional approach enlightening Serious Mental Illness reflects a continued distancing from the outmoded and unsubstantiated belief that people with severe mental illnesses could not recover and that they would respond positively only to goals and treatment plans chosen designed and implemented by

providers in order to prevent their further deterioration Anyone with an interest in the concept of person centered approaches will discover new ideas in this book Indeed anyone with an interest in person centered approaches has to read this book Not only is it the first such book on person centered approaches but it will serve as the gold standard in this topic area for years to come William A Anthony in the Foreword

Handbook of Girls' and Women's Psychological Health Carol D. Goodheart,2006 The Handbook of Girls and Women s Psychological Health presents a contemporary view of psychological health for girls and women that integrates psychology physiology society and culture A range of 50 chapters integrates current research scholarship and practice on the risks and protective factors that influence women s health and well being across the life span Within and biopsychosocial framework the Handbook explores mind and body risks and resilience research and interventions cultural diversity and public policy This Handbook underscores the importance of gender in the lives of girls and women developmentally across significant phases of the life span Considering the importance of cultural context this book illustrates how gender socialization in female development and behavior affects self evaluation identity processes and the social roles that girls and women adopt Its chapters illustrate how externally induced risks such as poverty discrimination and violence present challenges to healthy development Significantly the chapters also draw attention to long overlooked and compelling strengths and capacities that provide a firm basis for growth and health BOOK JACKET

Handbook of Serious Emotional Disturbance in Children and Adolescents Diane T. Marsh,Mary A. Fristad,2002-10-23 The only comprehensive work on SED with practical information on diagnosing and treating children with SED Features contributions by leading experts of SED research and practice Includes a foreword by Kay Jamison a nationally recognized author on mental illness

Working With Serious Mental Illness Catherine Gamble,Geoff Brennan,2006-01-06 This title is directed primarily towards health care professionals outside of the United States In today s mental health services there is a pressing need for practitioners to place greater emphasis on working with users of services and to use skills that have a sound theoretical basis This book focuses on evidence based practice but reflects that in mental health the best evidence is the personal experience of the user Many publications explore theoretical aspects of service delivery or provide an in depth analysis of specific clinical interventions However how practitioners comprehensively amalgamate theory with their practice is often missing This book fills that gap and seeks to guide plan and suggest down to earth treatment ideas for individuals on a day to day basis Mental health practice focused Full of practical advice user friendly clearly accessible and well designed Reflects user input including a chapter written by a user of mental health services describing their experiences of mental illness Leading contributors from practice Early intervention Supervision Implementation and practice development issues Meaningful activity and recovery Engaging and working with carers Relapse prevention

Principles and Practice of Psychiatric Nursing - E-Book Gail Wiscarz Stuart,2012-07-23 Using the latest clinical research and diagnoses Principles and Practice of Psychiatric Nursing 10th Edition provides a holistic biopsychosocial approach to psychiatric nursing care It

follows the popular Stuart stress adaptation framework and includes comprehensive coverage to simplify important nursing and medical concepts promote quality and safety in care and address psychobiology and psychopharmacology topics integral to today's psychiatry New to this edition is a chapter on psychiatric care of military personnel plus the latest on health care reform prescription abuse and obesity issues Written by psychiatric nursing expert Gail W Stuart this market leading text makes it easy to apply classroom theory to clinical practice An easy to follow writing style makes it easy to understand both simple and complex topics A well rounded collaborative approach provides coverage of all major psychiatric disorders from nursing and medical perspectives The Stuart Stress Adaptation Model of health and wellness provides a consistent nursing oriented framework with clear explanations of biological psychological sociocultural environmental and legal ethical components An evidence based practice approach bridges the gap between clinical research and everyday practice Learning from a Clinical Case boxes begin disorders chapters with thought provoking questions and end chapters with answers and feedback Summarizing the Evidence boxes in the disorders chapters examine the research and findings that support psychiatric nursing care A family focus and discussions of outpatient care reflect current trends in psychiatric nursing A Patient Speaks and A Family Speaks boxes present short vignettes with the patient's and family's perspectives of the caregiving process Competent Caring A Clinical Exemplar of a Psychiatric Nurse boxes feature the experiences and personal insights of practicing psychiatric nurses Medical and Nursing Diagnoses boxes and Detailed Diagnoses tables emphasize the interdisciplinary approach to patient care by presenting NANDA diagnoses relevant to specific disorders and describing the essential features of the related DSM IV TR diagnoses Nursing Treatment Plan Summary tables present care plans including patient goals with nursing interventions and rationales Patient Education Plan and Family Education Plan tables include key information that you need to share with the patient and his or her family to facilitate shorter hospital stays and more outpatient care Therapeutic Dialogue boxes offer examples of nurse patient interactions Clinical examples include selected nursing diagnoses Focus Points provide a comprehensive point by point review of the important information in each chapter

Surviving Manic Depression Edwin Fuller Torrey, Michael B. Knable, 2002-01-03 A groundbreaking guide to manic depression which affects more than two million people in the U S alone is drawn from the most recent research furnishing in depth coverage on every aspect of the ailment from symptoms psychotherapy and rehabilitation to special problems arising out of this disorder such as violent behavior suicide sex AIDS and alcohol and drug abuse **Treating Difficult Couples** Douglas K. Snyder, Mark A. Whisman, 2003-05-22 This essential handbook describes effective treatments for a particularly challenging clinical population couples struggling with both relationship distress and individual mental health difficulties Distinguished scientist practitioners provide detailed accounts of their respective approaches reviewing conceptual and empirical foundations as well as clinical procedures Included are well established treatments for couples in which one or both partners has anxiety mood disorders schizophrenia substance abuse sexual dysfunction or physical aggression Also

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Mueser,Susan Gingerich,Julie Agresta,2013-07-29 This book has been replaced by Social Skills Training for Schizophrenia Third Edition ISBN 978 1 4625 5503 1 *Mental Health Care: An Introduction for Health Professionals, 5th Edition*

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