

Treatments for psychosis; how the NHS has pioneered new research and service models to improve outcomes.

Paul French

# Promoting recovery in psychosis

- For many years a diagnosis associated with psychosis was assumed to be catastrophic.
  - Don't talk to people about their hallucinations.
  - Stories of clinicians saying you would be better off with cancer.
  - We have known about 20 year loss of life compared to peers for a long time.
- 
- “all these recovery messages not helpful for those people that don't recover”

# Perceptions of mental health and mental illness have changed

**time to change**

let's end mental health discrimination



When your car breaks  
down you can get help  
within **60 minutes.**

When your mind breaks  
down it can take  
**18 months.**

**rethink** severe mental illness - [www.rethink.org](http://www.rethink.org)

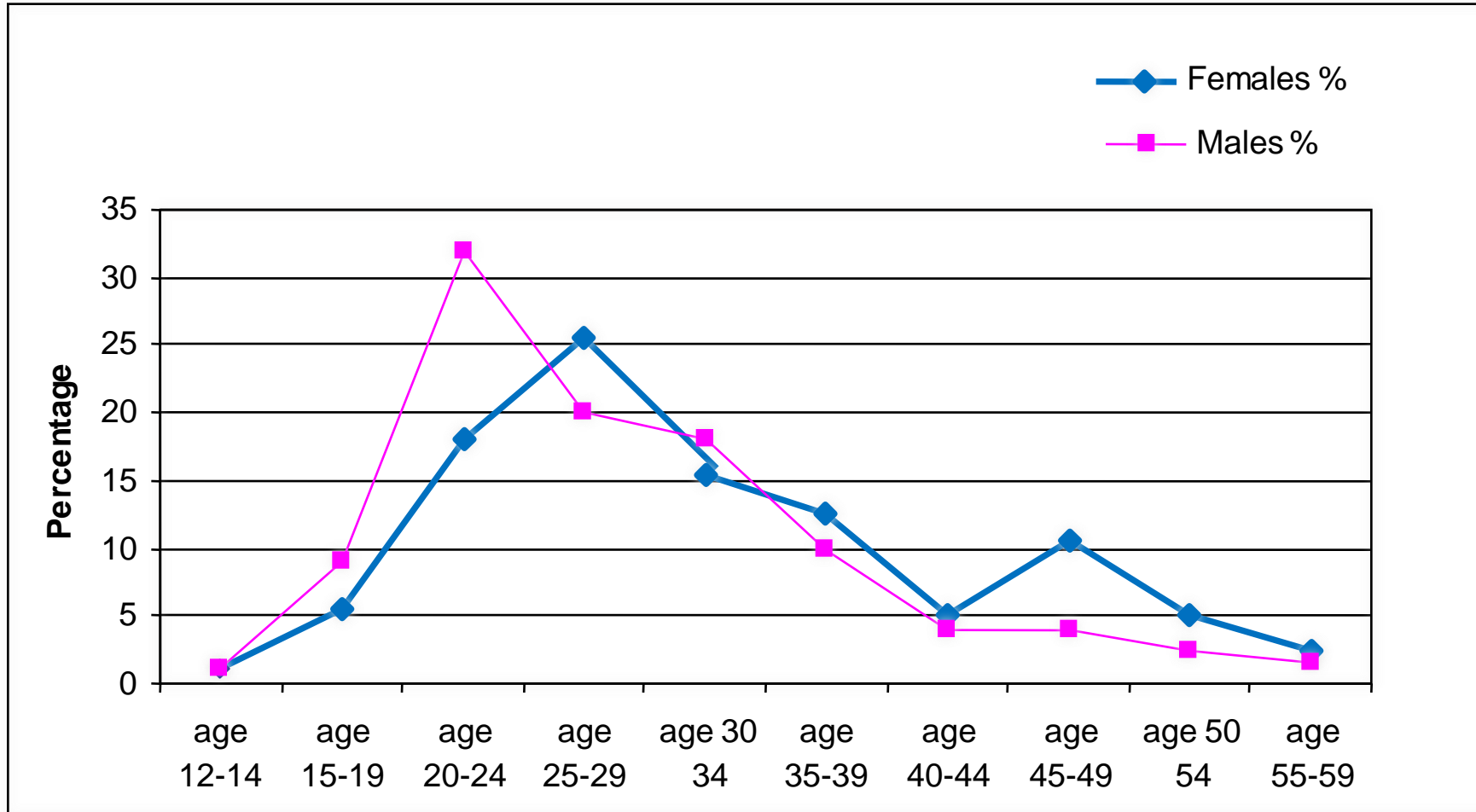
# Policy Implementation Guidelines

- Introduction of EIP services in 1998 as part of the National Service Framework
- Promoted the importance of working with people in their First Episode of Psychosis

# What does an early psychosis team do

1. Highlighted the possibility to prevent psychosis in the ultra high risk individuals
2. Reduce DUP (Duration of Untreated Psychosis):
3. Optimise initial experience of acute care & treatment:
4. Maximise recovery & prevent relapse during critical period:

# Age of onset for schizophrenia



**35% OF PEOPLE**

compared to

**12% OF PEOPLE**



under EIP care are in employment



in standard mental health care



EIP support reduces the probability of someone being 'sectioned'

**FROM 44%**  **TO 23%** 

**in the first two months of psychosis**

EIP support **reduces the risk** of a young person taking their own life

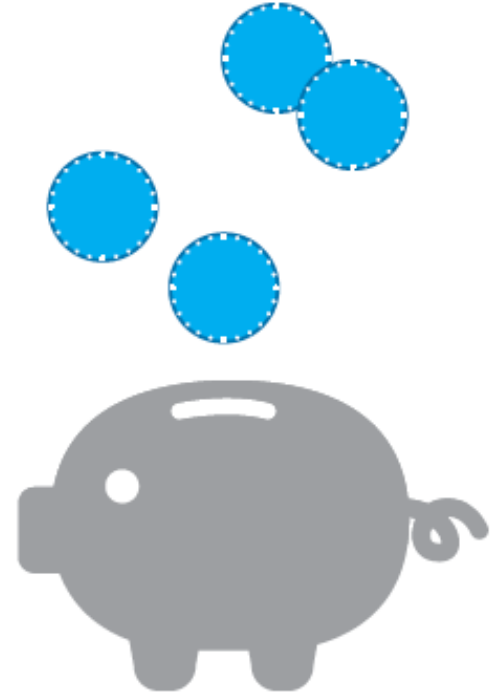


**FROM UP TO 15%**  
**TO 1%**



If everyone who was eligible received early intervention, it would **save** the NHS

**£44 MILLION EACH YEAR**



“The jewel in the crown of the NHS mental health reform because:

- Service users like it
- People get better
- It saves money”



Professor Louis Appleby;  
Track conference  
Birmingham April 29th 2009

# 50% OF EIP SERVICES

have been **cut** in the past year



Lost generation report published by RETHINK 2014

# Ministerial announcement



# Access and Waiting Times Standard for Psychosis

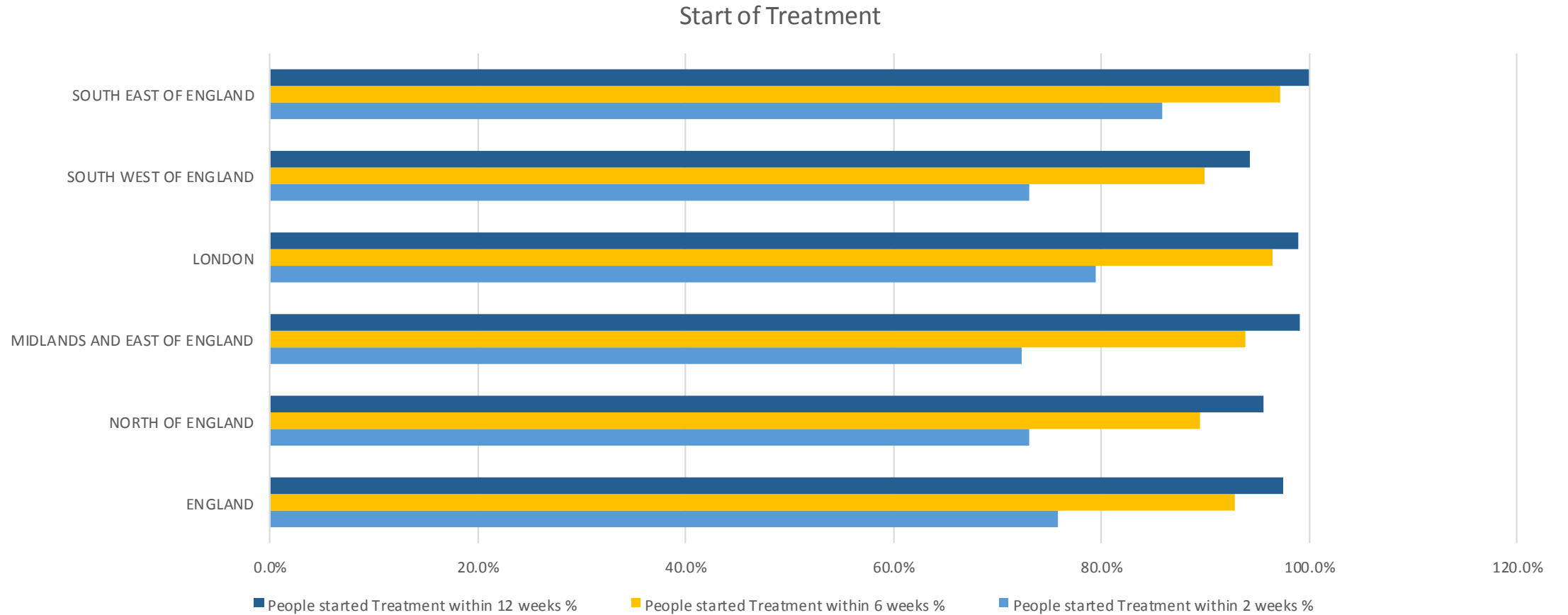
- More than 50% of people experiencing a first episode of psychosis will be treated with a NICE approved care package within two weeks of referral (Rising to 60% by 2020)

2 parts

Part 1 - get people access quickly 2 weeks

Part 2 – get people the right interventions

# How are we doing





# Interventions to maximise outcomes associated with a First Episode of Psychosis

- Referral to EIP and start treatment within 2 weeks
- Offer CBT for Psychosis
- Offer Family Interventions
- Offer Clozapine (if not responded to other meds)
- Provide Supported Employment Programmes
- Assessment of Physical Health
- Promoting Healthy Lifestyles (exercise, smoking cessation, diet)
- Offer carer focused education and support

## THE BEST WAY TO AVOID ILLNESSES IS TO STOP THEM BEFORE THEY START

Taking action early can prevent illnesses occurring later in life. This is true for everyone, but is especially important for people who experience psychosis.

### WHY?

Because people who experience psychosis can be...

- Expected to live 15-20 years less than people without psychosis. This is mostly due to serious physical illnesses occurring at a younger age
- Twice as likely to become obese or overweight
- 2-3 times more likely to suffer a heart attack or stroke
- 2-3 times more likely to develop diabetes

➤ This is why your health team will encourage you to be active, eat healthily and stop smoking.

➤ It's also why they need to monitor your weight, check your blood pressure, and test your blood for diabetes and excess fats. These simple tests allow them to find out if you need extra help and if so, offer it as early as possible.

Your mental health team and GP are here to help you. Work with them to lower your risk of physical illness and take control of your future health.

## MY HEALTH • MY CHOICE • MY RIGHT RIGHT FROM THE START OF PSYCHOSIS

### LET'S TALK ABOUT IT!

For your mental health team and GP

Recommended guidance on how to promote and monitor the physical health of people with psychosis:

Positive Cardiometabolic Health Resource ©HETI 2014

[www.heti.nsw.gov.au/cmalgorithm](http://www.heti.nsw.gov.au/cmalgorithm)

Dear Health Professional,

I want to take steps to live a healthier life. Can you help me? I understand that experiencing psychosis puts me at greater risk of illnesses like heart attacks, strokes and diabetes. Could we work together to reduce these risks and start protecting my health right now?

Thank you,  
Signed \_\_\_\_\_



Healthy Active Lives (HeAL, 2013):

An international consensus to protect peoples' physical health from the start of psychosis and its treatment.

[www.iphys.org.au](http://www.iphys.org.au)

Adapted with permission from Greater Manchester West Mental Health NHS Foundation Trust, UK ([www.gmw.nhs.uk](http://www.gmw.nhs.uk)).

Developed by consumers and clinicians.



RFTS NSW August 2016

## Right from the Start

Keeping Your Body in Mind

A guide for people experiencing psychosis for the first time and those who care for them

Experiencing psychosis and its treatment for the first time is scary. Because of this you may find it difficult to take as much care of your body as you usually would. Unfortunately, the risk of future illnesses like heart attacks and diabetes can be much higher for people experiencing psychosis.

*"Improving my physical health has improved my mental health, which then improved my physical health even more. The two are definitely tied."*

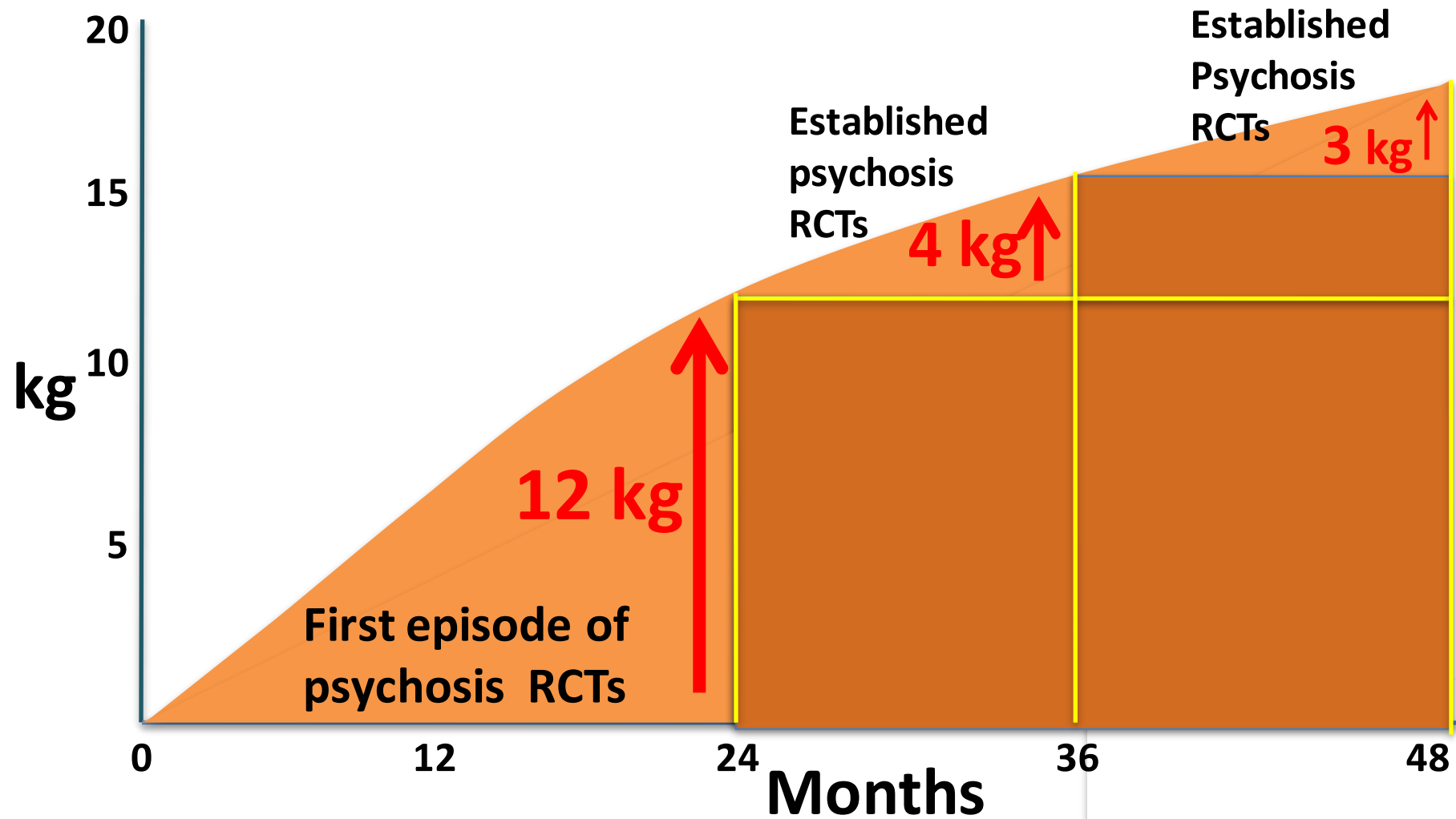
Phil, aged 20, an expert by lived experience

- Smoking?
- Not exercising regularly?
- Eating a poor diet (e.g. fast foods and sugary drinks)?
- Gaining weight due to medication side-effects?
- Raised blood pressure?
- Missing health checks?

Don't leave physical health to chance:

FIND OUT HOW YOUR HEALTH PROFESSIONALS CAN SUPPORT YOU

# Antipsychotic-Induced Weight Gain in Chronic and First-Episode Psychotic Disorders: a Systematic Critical Reappraisal



# Right from the Start

## Keeping Your Teeth in Mind

A guide for people experiencing psychosis and those who care for them



**Looking after your teeth might not be a priority if you are dealing with psychosis.**

**BUT** did you know that people experiencing psychosis are more likely to develop problems with their teeth and gums?

**THE GOOD NEWS** is that there are things that you can do to make a difference and there is support to help you.



**Read about some simple ways to keep your teeth healthy, and how health professionals can help you.**

## Protecting your teeth and gums right from the start

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### WHY AM I AT GREATER RISK?

#### ■ Changes to your routine

Daily routines, like brushing your teeth, can be unsettled if you're feeling unwell, can't concentrate or have low energy.

#### ■ Medication side effects

Drowsiness and dry mouth can lead to these difficulties.

#### ■ Lifestyle and stress

High sugar diets (in both foods and drinks) and smoking can affect your teeth.

#### ■ Worries and fears about dental

You might avoid going if you are worried about the costs or if you're scared of what might happen.

This means that people with psychosis are more likely to get fillings, have teeth taken out or suffer with gum disease. We know that these things can lead to difficulties with simple things like brushing your teeth.

## SOME TOP TIPS

### Spit! Don't rinse

Rinsing with water or mouthwash will wash away the fluoride needed by your teeth.

### Clean between your teeth

Use interdental brushes or dental tape to clean between your teeth. Keep going even if your gums bleed a little.

### Try sugar-free gum

Saliva helps protect your teeth. If you get a dry mouth try chewing sugar-free gum to make more saliva.

### Brush at night

It is important to try and brush twice a day, but at night is the most important time as it is when your mouth is driest.

### Check the fluoride

Fluoride is a natural mineral that helps to protect your teeth from decay. Look for toothpaste with at least 1450ppm. Supermarket toothpaste can be just as good as leading brands.



## HOW CAN YOUR MENTAL HEALTH TEAM HELP?

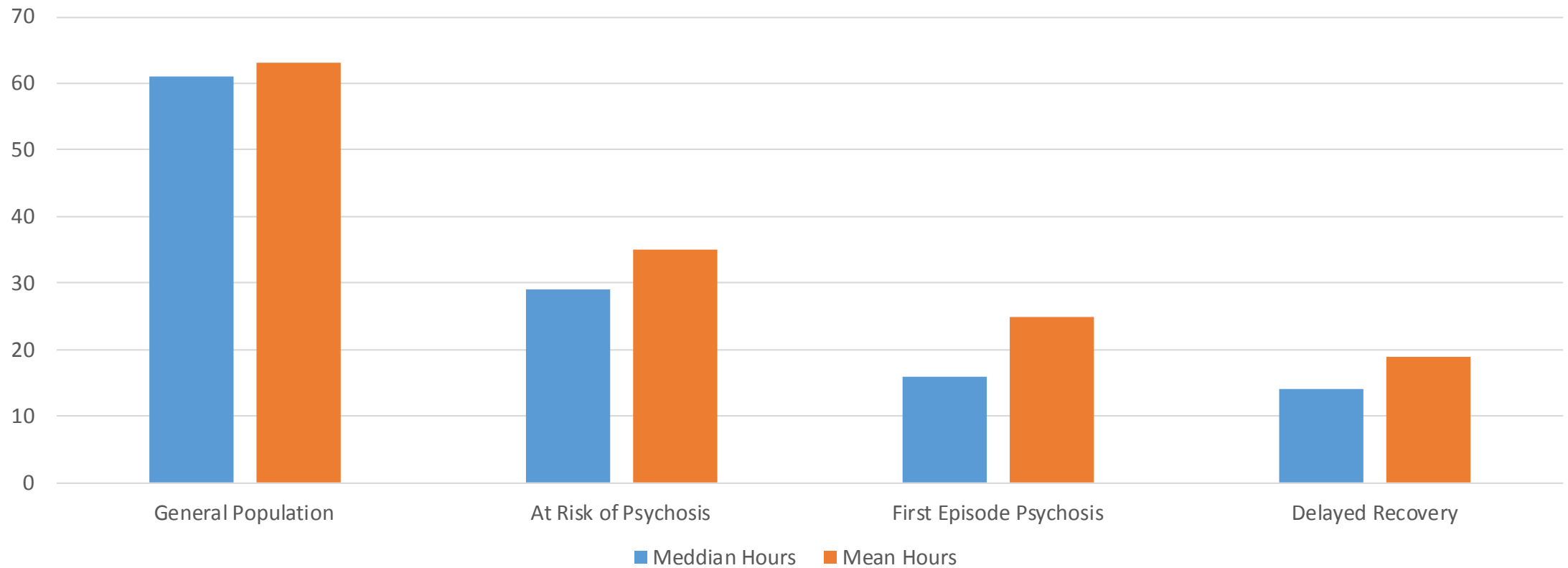
Your mental health team want to support you to be healthy. This includes your dental health. Don't hesitate to ask for support.

### Your mental health professional can help to:

- ★ Support you to buy dental products that work for you.
- ★ Find and go with you to a dentist.
- ★ Find out if you are entitled to free treatment
- ★ Explain how to get the best from your medication, including how to deal with side effects such as a dry mouth.

Jo Hodgekins, Paul French, Max Birchwood, Miranda Mugford, Rose Christopher,  
Max Marshall, Linda Everard Helen Lester, Peter Jones, Tim Amos, Swaran  
Singh, Vimal Sharma, Anthony P. Morrison, David Fowler  
Schizophrenia Research 2015

Weekly Hours Time Use Across Different Groups



# In conclusion

- EIP services are well and truly embedded within clinical practice right across the NHS in England
  - These services have achieved a huge amount over the past couple of years to see people within a 2 week time frame – internationally recognised
  - We are now evaluating what interventions are offered to individuals and their families to promote recovery and measuring whether this is achieved
  - We are the only country in the world that measure delays to services for people with psychosis in days and weeks not months and years.
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- Cancer UK – more than 25,000 patients joined clinical trials last year - we need to encourage research across our services and ensure people get access to early trials and we make the most of research opportunities.

Thank you

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