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Enhanced physical health screening for people with severe mental illness in Hong Kong

Submission date
25/09/2013

Recruitment status
No longer recruiting

Registration date
07/11/2013

Overall study status
Completed

Last Edited
04/09/2015

Condition category
Mental and Behavioural Disorders

[ ] Prospectively registered
[ ] Protocol
[ ] Statistical analysis plan
[X] Results
[ ] Individual participant data

Plain English summary of protocol

Background and study aims
People with severe mental illness have significantly poorer physical health than the general population and this problem is sometimes over-looked in clinical practice. Previous health screening studies conducted outside Asian countries have shown that there is potential benefit in using an enhanced screening tool, as this can result in improvements in patients' health behaviours and physical state. There have not been any other studies which have investigated the use of an enhanced screening programme in Hong Kong and therefore this study should provide useful information about the use of the approach in a new clinical setting. This study aimed to explore the potential impact of using the Health Improvement Profile enhanced physical health screening tool over a 12-month period within routine clinical practice in Hong Kong.

Who can participate?
Any male or female, aged 18-65 years, with a diagnosis of 'severe mental illness' defined by a case-note diagnosis of schizophrenia, schizoaffective disorder, psychotic depression or bipolar affective disorder (type 1 or 2).

What does the study involve?
The study aimed to recruit approximately 200 patients. Community Psychiatric Nurses involved in the routine care of patients completed the Health Improvement Profile with patients at the start of the study and at 12 months follow-up. The screening tool is designed to identify areas of physical health risk and therefore help clinicians provide health promotion and make decisions about which existing physical health clinical services the patient may require. The findings from the Health Improvement Profile at baseline and at 12 months follow-up will be compared to give an indication about the potential effects of the screening programme over the duration of the study. All participants will receive the same treatment.

What are the possible benefits and risks of participating?
Participants may benefit if previously undiscovered physical health problems or unhealthy behaviours are detected. In such circumstances patients may be more likely to be referred to receive appropriate physical health interventions that are locally available and receive targeted health promotion advice from their Community Psychiatric Nurse. By taking part in this study

there are no risks of physical injury or harm. It is also unlikely that taking part in the screening would result in any emotional or psychological distress as it is conducted by clinicians who have experience in dealing with the participants. Participants will not be asked to undergo any physical investigations (i.e. blood tests) which are outside of the remit of usual clinical care.

Where is the study run from?
The study is a collaboration between the Community Psychiatric Nursing Service (Castle Peak Hospital Hong Kong), Canterbury Christ Church University (UK) and the University of The West of England (UK). The study will be carried out within the Community Psychiatric Nursing Service at Castle Peak Hospital, Hong Kong, the lead centre.

When is the study starting and how long is it expected to run for?
March 2012 to June 2013.

Who is funding the study?
Canterbury Christ Church University (UK)

Who is the main contact?
Daniel Bressington: Daniel.bressington@canterbury.ac.uk
Jolene Mui

Contact information

Type(s)
Scientific

Contact name
Ms Jolene Mui

Contact details
Castle Peak Hospital
15 Tsing Chung Koon Road
Tuen Mun
New Territories
-
Hong Kong
-

Additional identifiers

EudraCT/CTIS number

IRAS number

ClinicalTrials.gov number

Secondary identifying numbers
N/A

Study information

Scientific Title
Enhanced physical health screening for people with severe mental illness in Hong Kong - results from a one-year prospective case series study

Study objectives
Enhanced Physical Health Screening will result in improvements in health behaviours and reductions in physical health risk over one year

Ethics approval required
Old ethics approval format

Ethics approval(s)
Hong Kong NTW Cluster Clinical & Research Ethics Committee, February 2012, ref: NTWC CREC 001F9b

Study design
Single-centre observational consecutive prospective case-series study

Primary study design
Observational

Secondary study design
Other

Study setting(s)
GP practice

Study type(s)
Screening

Participant information sheet
Not available in web format, please contact Daniel.bressington@canterbury.ac.uk to request a patient information sheet

Health condition(s) or problem(s) studied
Physical health of people with severe mental illness

Interventions
The serious mental illness health improvement profile (HIP) screening tool (White et al., 2009) will be completed at baseline and at 12 months follow-up. The information gathered from the screening tool will be used by the community psychiatric nurses to provide targeted health promotion advice and guide referral to appropriate existing clinical services in order to address any identified physical health issues.

Baseline HIP screening tool completed February- March 2012; 12 months follow-up HIP screening tool completed February- April 2013.

Intervention Type
Other

Phase
Not Applicable

Primary outcome measure
Data about physical state and health behaviours collated from using the HIP tool constitute the primary outcome measures. The items and parameters included in the tool were identified using a systematic review of the literature. The tool contains 27 items which are designed to highlight indicators of physical health risk in people with Severe Mental Illness. The parameters for use in Hong Kong required modification in relation to waist circumference and Body Mass Index (BMI) to ensure that they reflected the values recommended for an Asian population.

Secondary outcome measures
No secondary outcome measures

Overall study start date
01/02/2012

Completion date
01/06/2013

Eligibility

Key inclusion criteria
1. Any male or female
2. Aged from 18-65
3. With a diagnosis of severe mental illness defined by a case-note diagnosis of schizophrenia, schizoaffective disorder, psychotic depression or bipolar affective disorder (type 1 or 2)
4. Able to provide written informed consent

Participant type(s)
Patient

Age group
Adult

Lower age limit
18 Years

Upper age limit
65 Years

Sex
Both

Target number of participants
200

Key exclusion criteria
Any patient who does not have capacity to provide informed consent

Date of first enrolment
01/02/2012

Date of final enrolment
01/06/2013

Locations

Countries of recruitment
Hong Kong

Study participating centre
Castle Peak Hospital
-
Hong Kong
-

Sponsor information

Organisation
Castle Peak Hospital (Hong Kong)

Sponsor details
Jolene Mui
15 Tsing Chung Koon Road
Tuen Mun
New Territories
-
Hong Kong
-

Sponsor type
Hospital/treatment centre

Website
http://www.ha.org.hk/cph/ch/

ROR
https://ror.org/05w7tpg32

Funder(s)

Funder type

University/education

Funder Name
Canterbury Christ Church University (UK)

Results and Publications

Publication and dissemination plan
Not provided at time of registration

Intention to publish date

Individual participant data (IPD) sharing plan

IPD sharing plan summary
Not provided at time of registration

Study outputs

Output type	Details	Date created	Date added	Peer reviewed?	Patient-facing?
Results article	results	27/02/2014		Yes	No