

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

Submission date 25/09/2013	Recruitment status No longer recruiting	☐ Prospectively registered
		☐ Protocol
Registration date 07/11/2013	Overall study status Completed	☐ Statistical analysis plan
		☒ Results
Last Edited 04/09/2015	Condition category Mental and Behavioural Disorders	☐ 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?

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Jolene Mui

Contact information

Type(s)

Scientific

Contact name

Ms Jolene Mui

Contact details

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Additional identifiers

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

Primary study design

Observational

Study design

Single-centre observational consecutive prospective case-series study

Study type(s)

Screening

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(s)

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.

Key secondary outcome(s)

No secondary outcome measures

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

Healthy volunteers allowed

No

Age group

Adult

Lower age limit

18 Years

Upper age limit

65 Years

Sex

All

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

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Hong Kong

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Sponsor information

Organisation

Castle Peak Hospital (Hong Kong)

ROR

<https://ror.org/05w7tpg32>

Funder(s)**Funder type**

University/education

Funder Name

Canterbury Christ Church University (UK)

Results and Publications**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