



## Service Priorities and Programmes Electronic Presentations

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**Submitting author:** Mr Yat Hong IP

**Post title:** Advanced Practice Nurse, North District Hospital, NTEC

### **Improve physical fitness and self-esteem of patients with severe mental illness**

*Dr H M Wong AC(Psy), Ms C W Mak WMP, Ms C Wong APNP, Mr Y H Ip APNP  
Community Psychiatric Service, department of psychiatry, North District Hospital*

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#### **Introduction**

The average life expectancy of people with severe mental illness (SMI) was shorter compared to general population (Parks et al., 2006). It might be largely due to poor health behavior arising from lack of exercise, smoking, poor diets, and medication side effects. These were associated with pre-mature death from cardiovascular disease, type II diabetes, hypertension, and liver disease (Must et al., 1999). Healthy life behavior strategy can be an approach to improve poor health behavior of SMI clients. It includes dietary therapy, physical activity, lifestyle modification, behavior therapy. The Community Psychiatric Service developed this program with the aim of improving the physical health status for our clients.

#### **Objectives**

-To increase clients' awareness in their present health status. -To help the clients to gain knowledge in healthy lifestyle. -To help the clients to form a physical exercise habit. -To increase client's self-efficacy in managing his/her health

#### **Methodology**

Recruit clients with the inclusion criteria: -For SMI clients (aged 18-55) of both gender on new generation antipsychotics whose Body Mass Index (BMI) >23 & motivated to participate in the program Activities and time frame: Duration of program: -Program duration: 6 months (from August 15 to Jan 16) including 1 educational talk by medical officer, dietitian & nurse to promote client's awareness in mental health and physical health. -Total 11 sessions (each last for 1 hr) of physical exercise class delivered by the coach from the Leisure and Cultural Service Department & team members. Pre & post assessment: -Pre & post questionnaire screening on first & last session -Rosenberg self-esteem scale on last session -Measurement of BMI, waist circumference and waist-hip ratio and physical fitness test taken by team members on every session.

#### **Result**

12 participants completed the training program. There was statistically significance in Rosenberg Self-Esteem scale with Wilcoxon- signed rank test

( $p < 0.008$ ). Clients showed improvement in self-value and confidence. In addition, more than 85% of participants expressed enjoying exercise. Besides, 75% of participants agreed that physical exercise could improve their physical fitness and they had personal interest in joining the exercise training. The physical fitness assessment showed participants improved performance in sit-stand domain with statistical significance ( $p < 0.04$ ). All participants were satisfied with this program as it could arouse their interest in physical exercise training. Participants also expressed that they could know more on the advantages of a balanced diet and drinking right amount of water.