

NASMHPD OFFICE OF TECHNICAL ASSISTANCE

Preparing the Adult Mental Health Workforce to Succeed in a Transformed System of Care

Module XV

Overview of Medical/Physical Risk Factors in Persons with Mental Illnesses

Objectives

By the end of this training, participants should be able to:

1. Identify major causes of serious illness and early death in people with serious mental conditions
2. Understand major health risk factors that cause people to be vulnerable to early death
3. Discuss the role & responsibilities of direct care staff in preventing/decreasing major risk factors

Outline

- ✓ Increased incidence of illness and death in people with serious mental illnesses
- ✓ Natural causes of illness and death
- ✓ Identified risk factors for people with serious mental illness
- ✓ Major health risk factors for persons with serious mental illness
- ✓ Direct Care Staff roles and responsibilities in promoting positive health:
 - Smoking cessation
 - Monitoring
 - BMI and weight management
 - Documentation
 - Diet and exercise