

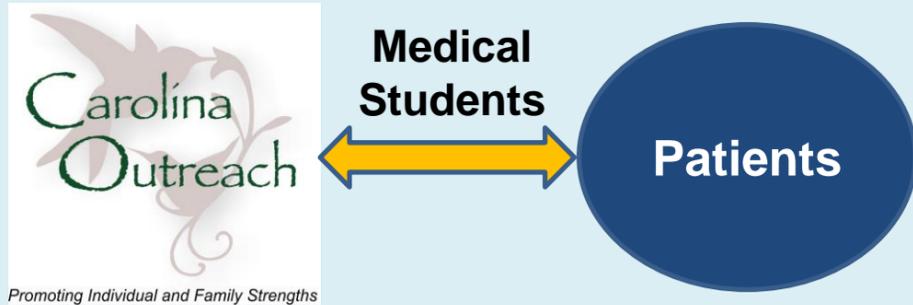
Improving Health Behaviors in Patients with Severe Persistent Mental Illness

2016-17 NC Albert Schweitzer Fellows Heather Burrell and Jing Han



PROJECT GOALS

The Fellows aimed to improve medical conditions in patients with severe persistent mental illness by partnering medical students with a local community mental health treatment team.



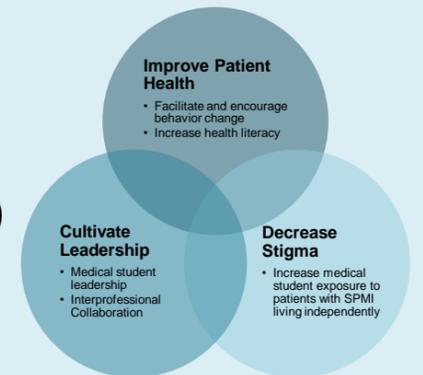
PROGRAM DETAILS

- Carolina Outreach, a local Assertive Community Treatment Team in Durham, NC, identified their patients with severe mental illness who also suffered from coexisting medical conditions
- Medical student pairs were partnered with a patient and helped them to select a behavior change goal
- Students visited patients monthly to facilitate and encourage behavior change

Patient	Health Goal	Progress	Obstacles
TS	Lose weight	Purchased pedometer and resistance bands Started exercising Students met patient at park	Hospitalization
CH	Lose weight	Medication reconciliation Walks daily Brainstormed alternative ideas	Setting boundaries
AC	Quit smoking	Provided information about ways to quit smoking	Hospitalization
GK	Going to senior center	Purchased umbrella and pedometer Followed up on Home Safety Assessment, Home Health	Didn't feel safe walking to bus stop Mobility, patient had a fall then physical therapy
RD	Medication adherence and understanding	Purchased date and time clock Made poster of medications with pictures	Psychiatric instability Frequent medication changes Denial of illness Unclear diagnosis

RESULTS

- Overall Population served:
5 patients in the pilot project (2 months)
5 patients in the full project (10 months)
- Student Participants:
10 students in the pilot
10 students in the full project



SUSTAINABILITY

- The fellows have proposed and integrated the program as an elective into the first year medical student curriculum
- The fellows received funding from the American Psychiatric Association Helping Hands Grant

ACKNOWLEDGEMENTS

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