# LOOKING AFTER THE WAISTLINE

Positive Cardiometabolic Health for People with Intellectual Disability

**AADDM Workshop**

**Friday 14th August 2015**

9:30am-12:30pm

Black Dog Institute

<table>
<thead>
<tr>
<th>Time</th>
<th>Topic / Title</th>
<th>Presenter</th>
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<tbody>
<tr>
<td>09:00 - 09:30</td>
<td>Registration</td>
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<tr>
<td>09:30 - 09:40</td>
<td>Introduction to workshop and presenters</td>
<td>Julian Trollor, Jackie Curtis, Simon Rosenbaum</td>
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<tr>
<td>09:40 - 10:15</td>
<td>Improving cardiometabolic health in people with mental illness and in people with ID</td>
<td>Jackie Curtis</td>
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<td>10:15 - 10:45</td>
<td>Psychotropic drugs and cardiometabolic health: changing practice</td>
<td>Julian Trollor</td>
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<td>10:45 - 11:05</td>
<td>Morning Tea Break</td>
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<td>11:05 - 11:35</td>
<td>Physical Activity for people with ID</td>
<td>Simon Rosenbaum</td>
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<td>11:35 - 12:05</td>
<td>Targets and tools for positive cardiometabolic health in people with ID</td>
<td>Julian Trollor</td>
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<td>12:05 - 12:20</td>
<td>Q&amp;A</td>
<td>All</td>
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<td>12:20-12:30</td>
<td>Workshop Close</td>
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**PRESENTERS**

**Dr Jackie Curtis**, Clinical Director, Youth Mental Health, Senior Staff Specialist in Psychiatry, South East Sydney Local Health District (SESLHD); Conjoint Senior Lecturer, School of Psychiatry, UNSW

Dr Jackie Curtis is the Clinical Director of Youth Mental Health at the SESLHD. Since 2002, she has worked with the Early Psychosis Program in Bondi and set up a Metabolic Clinic in 2006. She has presented on metabolic issues in youth with first episode psychosis both nationally and internationally and published in this area. She has facilitated a programme to ensure the integration of physical and mental health needs for youth with psychosis. She is active in the education of mental health clinicians, GPs and NGOs in physical health issues in mental health. Since 2010 along with Dr David Shiers, Jackie has co-chaired the iphYs working group, which is an international working group promoting physical health issues in youth with psychosis. She has co-led the development of the HeAL (Healthy Active Lives) declaration on the importance of an early intervention approach to preventing future poor physical health, which was formally launched in Tokyo in November 2014 and endorsed by the IEPA.

**Dr Simon Rosenbaum**, Research Associate, University of New South Wales; Exercise Physiologist, The Bondi Centre, South Eastern Sydney Local Health District; Honorary Fellow, The George Institute for Global Health

After completing undergraduate training in exercise physiology at The University of New South Wales, Simon completed his PhD at the George Institute for Global Health and Sydney University in the area of exercise and mental illness. Simon has worked as an allied health professional within various mental health settings, including private and public hospitals, community facilities and general practice since 2009. As an early career researcher, Simon has presented both nationally and internationally on the role of exercise in mental illness and is the national mental health representative on the Exercise and Sports Science Australia (ESSA) exercise physiology advisory group.

**Professor Julian Trollor**, Chair of Intellectual Disability Mental Health, UNSW Australia; Head, Department of Developmental Disability Neuropsychiatry

Professor Julian Trollor is a Neuropsychiatrist and holds the inaugural Chair of Intellectual Disability Mental Health at the University of New South Wales (UNSW). He also heads the Department of Developmental Disability Neuropsychiatry within the School of Psychiatry at UNSW. Julian is involved in diverse research programs including ageing and cognitive decline in intellectual disability, intellectual disability in the criminal justice system, human rights and healthcare in intellectual disability, and ageing studies in the general population.
ABOUT THIS WORKSHOP

We do hope you enjoy this half day, interactive workshop. In preparing the material, we have tried to focus on ways to assist health professionals to better identify and manage cardiovascular and metabolic risk factors in people with an intellectual disability across the lifespan. Participants will develop and enhance their understanding of:

1. Cardiometabolic risk factors in people with an intellectual disability, and their contribution to morbidity and mortality.
2. Barriers to effective monitoring and management of cardiometabolic risk factors in people with an intellectual disability.
3. The relationship between psychotropic prescribing practices and cardiometabolic risk factors.
4. The international initiatives to reduce the morbidity and mortality associated with mental illness.
5. Targets for positive cardiometabolic health in people with an intellectual disability, including the latest recommendations for physical activity and exercise to manage cardiometabolic risks.
6. Key tools available to assist health professionals in the management of cardiometabolic risk factors.

Please feel free to send any feedback (either positive or negative) regarding the workshop to Julian Trollor j.trollor@unsw.edu.au We would welcome the opportunity to make adjustments to improve future workshops and presentations.

TARGET AUDIENCE:

Health professionals from all backgrounds including general practitioners, paediatricians, physicians, and psychiatrists.
LEARNING OUTCOMES

Knowledge

- Awareness of cardiometabolic risk factors in people with mental ill health
- Knowledge about the cardiometabolic risk profile in people with intellectual disability
- Knowledge of data to be collected, and targets for maintenance, of good cardiometabolic health in people with intellectual disability
- Awareness of theoretical and practical barriers and enablers to the implementation of preventative measures related to cardiometabolic health in people with intellectual disability
- Knowledge of the factors that contribute to the use of psychotropic medications in people with intellectual disability
- Awareness of the principles of responsible prescribing in people with intellectual disability

Skills

- Ability to detect ‘out of range’ parameters related to cardiometabolic health
- Ability to plan, implement and monitor appropriate interventions to improve cardiometabolic health
- Improved capacity to perform a psychotropic medication review
- Ability to monitor the safety of psychotropic medications and their impact on cardiometabolic status
- Ability to access relevant resources to support practice which improves cardiometabolic health in people with ID

Attitudes

- Recognition of the right of people with intellectual disability to the highest attainable standard of healthcare
- Willingness to make reasonable adjustments to clinical practice to meet the health needs of people with intellectual disability
- Working with the person, family and carers, as well as their health and disability supports to achieve the highest attainable standard of health for a person with intellectual disability
- Supporting inclusive decision making in health care
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EVALUATION FORM

We would appreciate your feedback. Please place a tick for each question in the table below, and circle the best answer in the remaining questions.

<table>
<thead>
<tr>
<th>Please rate the success of the workshop in improving your knowledge and confidence in these areas: (please tick)</th>
<th>Very unsatisfactory</th>
<th>Unsatisfactory</th>
<th>Satisfactory</th>
<th>Good</th>
<th>Excellent</th>
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<tbody>
<tr>
<td>Awareness of cardiometabolic risk factors in people with mental ill health</td>
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Which session/s did you find **most** useful? (please circle) Why?

1. Improving cardiometabolic health in people with mental illness and in people with ID
2. Psychotropic drugs and cardiometabolic health: changing practice
3. Physical Activity for people with ID
4. Targets and tools for positive cardiometabolic health in people with ID
5. Q & A

Which (if any) session/s did you find **least** useful? (please circle) Why?

1. Improving cardiometabolic health in people with mental illness and in people with ID
2. Psychotropic drugs and cardiometabolic health: changing practice
3. Physical Activity for people with ID
4. Targets and tools for positive cardiometabolic health in people with ID
5. Q & A
How easy was the information to understand (please circle)

Comments:

How would you rate Julian Trollor’s style of presentation?

Comments:

How would you rate Jakie Curtis’s style of presentation?

Comments:

How would you rate Simon Rosenbaum’s style of presentation?

Comments:

Any other comments: