

Article: 1708

Topic: EPV31 - e-Poster 31: Schizophrenia

---

## Preventing Premature Death of Somatic Causes Among Patients with Schizophrenia

P. Hjorth<sup>1</sup>, P.M. Jørgensen<sup>2</sup>, C.B. Christensen<sup>2</sup>, C.R. Medici<sup>2</sup>, A.J. Kynde<sup>2</sup>, M. Vinter<sup>2</sup>

<sup>1</sup>Randers, Psychiatry Aarhus University Region Midt, Silkeborg, Denmark ; <sup>2</sup>Risskov M, Psychiatry Aarhus University Region Midt, Aarhus, Denmark

---

**Background:** Patients with schizophrenia have increased somatic morbidity and increased mortality. Knowledge of how to integrate the prevention and care of somatic illness into the treatment of psychiatric patients is required.

The aims of the study were to investigate whether a three year interventional programme to improve the physical health is effective.

**Method:** An 'Active awareness' and motivational interviewing approach to increase knowledge and understanding of physical health problems in patients with schizophrenia. The intervention is health promotion activities characterized by attention turned away from disease and focus on health. Patients have an intense monitoring of physical health parameters and individual guidance in healthy food and how to live a physical active life. The intervention is part of a program together with the intervention title: 'Preventing premature death of somatic causes among patients with mental illness and co morbid substance use disorders', both conducted in The Central Region in Jutland in Denmark.

**Preliminary results after one year:** 164 patients are participating. There are wide problems with obesity and very low level of physical activity among patients. The included patients are in a high risk of cardiovascular diseases and diabetes type 2.

The patients have great interest in the program and it is unproblematic getting patients to participate with measurements, questionnaires and the attached supervision.

**Conclusions:** The intervention seems relevant and manageable in an outpatient's setting. The preliminary results are promising in the ongoing process of improving physical health and we will implement the programme in daily practice.