

P-1245 - IMPROVING THE PHYSICAL HEALTH OF RESIDENTS IN PSYCHIATRIC FACILITIES: A RANDOMISED CONTROL TRIAL

P.Hjorth

Unit of Psychiatric Research, Aarhus University Hospital, Aalborg, Denmark

Background: Meta-analyses describe increased physical morbidity and increased mortality on account of somatic diseases among residents with psychiatric diseases. We need more knowledge about how to integrate the prevention and care of somatic illness to this group of residents with severe psychiatric illness.

Aims: To investigate if active awareness on the physical health has an effect on residents' physical health.

Method: Randomised controlled intervention study with a 12-month follow-up.

Results: The intervention results in a statistical significance reduction in the unhealthy waist circumference among residents (3.2 cm. $p=0.018$). There are improvements in the blood values of cholesterol, LDL, fasting glucose among residents.

Conclusions: Active awareness on the physical health has a positive effect of the physical health of the residents. There are excess physical health problems in people with severe mental illness. The potential and needs for prevention and treatment are considerably.

Declaration of interest: None.