

WHAT ELSE CAN YOU DO TO LOOK AFTER YOURSELF?

Dietitian

The dietitian will ask you about what you usually have to eat. They talk about different food, drink and snacks and how they can affect your physical health. The dietitian will help you set a goal to maintain or improve your health.

Exercise Physiologist

Will talk to you about physical activity and the different ways you can move more to benefit your physical health. Exercise can help improve blood pressure, diabetes control, mood, sleep patterns as well as heart and bone health.

Dentist

A dentist will check the health of your mouth, teeth and gums and can refer you if more treatment is needed.

Smoking

One of the team will also ask you about smoking.

For people interested in quitting smoking, a breath test can be used to measure the level of carbon monoxide (a toxic gas) in the lungs and bloodstream. Referral to a smoking cessation group can be organised and the level rechecked on your next visit to the clinic.

ccCHiP

Clinical Sciences Building
20 Hospital Road
Concord NSW 2139

Tel: 02 9767 6027

Fax: 02 9767 7107

Online:

www.ccchip.clinic

Email:

referrals@ccchip.clinic

Audio Visual Services 80302



Health
Sydney
Local Health District

ccCHiP



Patient Information Booklet



Collaborative Centre for
Cardiometabolic Health
in Psychosis

ccCHiP

Cardiometabolic Health in Psychosis

Welcome to the Collaborative Centre for Cardiometabolic Health in Psychosis (ccCHiP). The clinic is for people living with a long-lasting mental illness, and offers a health check-up for your physical health.

What is physical health and why is it important?

The physical health of people living with a serious mental illness is concerning. The most frequent cause of death is disease of the blood vessels in the heart – for example cardiovascular disease, heart attack or stroke. What is frightening is that often there are no symptoms, so most people will not be aware that there is anything wrong until it is too late or the condition is well progressed. ccCHiP offers the opportunity for people to visit a clinic away from the mental health environment. The clinic provides expert care and advice in a setting that would be expected by people without a mental illness and that those living with a mental illness deserve.



What happens at the clinic?

The clinic reception staff will need to see your **Medicare card**, so please bring it along to your appointment. After this, we ask that you stay in the waiting room and one of the ccCHiP health professionals will ask to see you and take you into a private room. You will have the opportunity to see a range of health professionals (in no particular order).

[Please feel free to ask any questions and write anything you are not sure about in the space below.](#)

Many people die up to 20 years earlier than people without a mental illness.

Areas of expertise; ccCHiP team

Psychiatrist

A Psychiatrist or Psychiatric Registrar will talk to you about your medications, family history of medical illness - for example – do you know if there is anyone in your family with diabetes or heart disease (high blood pressure, stroke, heart attack).

The doctor will also explain the results of your blood tests to you.

Endocrinologist

An Endocrinologist is a specialist doctor who helps people with diabetes, high cholesterol, thyroid problems, and metabolic issues – just to mention a few.

The Endocrinologist will sit in with the Psychiatrist or the Psychiatric Registrar, depending on who needs to be seen for an endocrinology review.

Cardiologist

A Cardiologist is a specialist heart doctor. The Cardiologist will ask you some questions about medications and look at your blood results. An ECG will be done.

To do an ECG, the Cardiologist will need to ask you to lie down on the bed. Leads from the ECG machine are attached to the skin on your arms, legs and chest using sticky patches. This records the heart's rhythm and activity on a computer screen or on paper. The Cardiologist can interpret this to see if the heart is working normally. Some people may need further tests. The tests are quick and do not hurt.

Nurse

Takes your height and weight, measurement around your stomach, blood pressure and blood sugar. Also, checks foot health. In some people this may mean using a doppler. This is a machine that can detect if the blood supply to each foot is good. To use this, the nurse will apply a small amount of gel to each foot. This test is particularly important for people with diabetes, although everyone has the opportunity to have their feet checked.

Sleep: Obstructive sleep apnoea (OSA) carries the risk of heart disease. Obstructive sleep apnoea is often associated with snoring, waking up unrefreshed, waking during the night gasping for air and feeling tired during the day. To do this we will ask questions about your sleep and take a measurement around your neck, as sometimes people with a large neck may have a narrow airway. If there are any issues of concern, a referral for a sleep study can be organised for you.