

# Physical Health Assessment and Intervention

## Early Intervention in Psychosis

'Your mental and physical health are inseparable, you cannot work to strengthen one without having a positive effect on the other.' Napoleon Hil

**People with psychosis continue to die on average 15-20 years younger than those in the general population and are more likely to develop health problems in future years.**

**EIP services work with young people to reduce physical health conditions outlined as a risk to their life expectancy**

### EIP services in Wales have committed to work toward

- Improving physical health monitoring
- Promote standardised processes and safe practices in all aspects of physical health assessment, intervention and activities
- Creating a bespoke physical health programme designed around young people, whilst achieving and maintaining national standards
- Ensuring 100% of young people under EIP care are offered physical health screening that covers all 7 identified components of
  - smoking
  - alcohol
  - substance use
  - Body Mass Index (BMI)
  - blood glucose
  - blood pressure
  - blood lipids
- Offering physical health intervention programmes to 100% of young people that need them
- Ensuring discussion around lifestyle and physical wellbeing as routine and integral to everyone's professional and social responsibility

Scan here for:  
Psychosis  
Wales website

