

EXTREME HEAT

Policy directive and MHS action to ensure safety of mental health consumers in prolonged extreme heat conditions

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**Government
of South Australia**

SA Health



Presentation Overview

- **Background** – MH consumer vulnerability for adverse events in Extreme Heat conditions
- **SA Health Chief Executive Policy Directive** - mandated action by MHS
- **IT solution**
 - that **standardised vulnerability assessments** conducted by MH clinicians of Adults and Older persons in a variety of settings and **initiated heat vulnerability alerts**
 - **mobilised** intensive contacts by MHS of mental health consumers assessed as heat vulnerable
- **Outcomes**



Background:

Vulnerability of people with a SMI in High and Extreme Heat

- > **Vulnerability** to heat stress and heat exhaustion in **High and Extreme** temperature conditions is more likely when there is a diagnosis of mental illness.
- > **Heat Vulnerability may be exacerbated by:**
 - the **types of antipsychotic medication** prescribed for this condition,
 - **co-morbidities** often present
 - the known **cognitive abilities, lifestyle and living conditions** of MH consumers

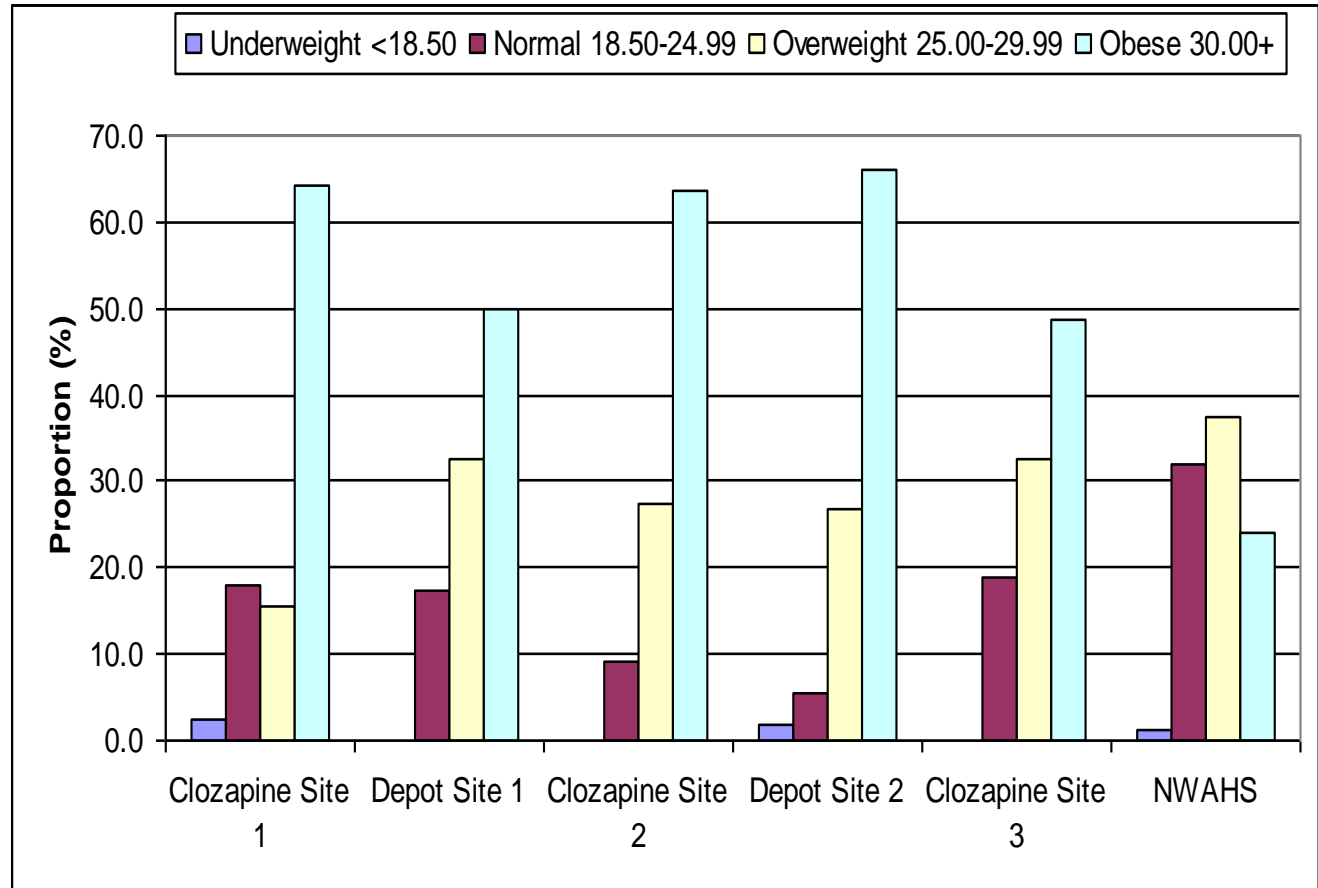
Adv Schizophr Clin Psychiatry 2008;3(4):114–23.

Adverse effects of antipsychotic medications

- > antipsychotic-induced **weight gain**,
- > **Increased central adiposity**
- > The **direct and indirect consequences** of weight gain include:
 - **hypertension, cardiovascular disorders, metabolic syndrome and type 2 diabetes**

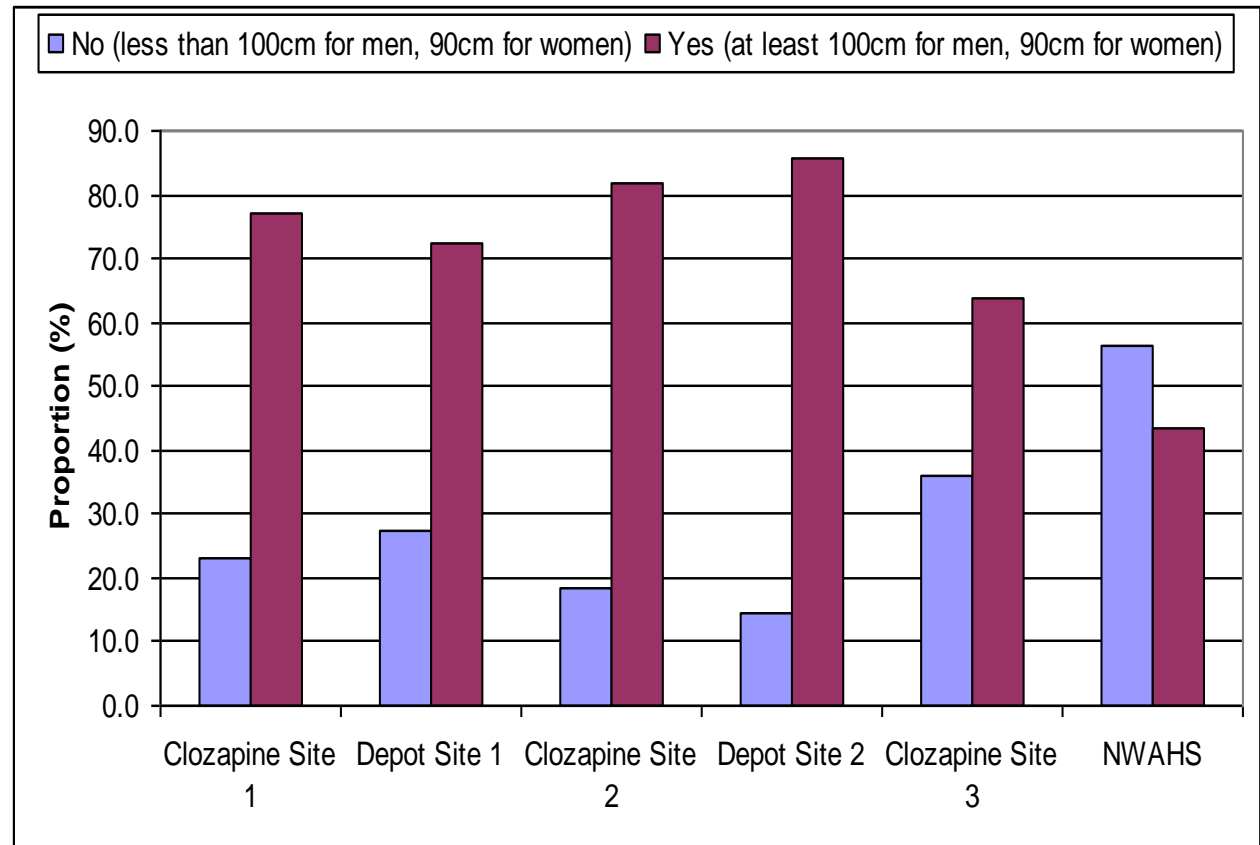


BMI – Overall comparisons 3 sites



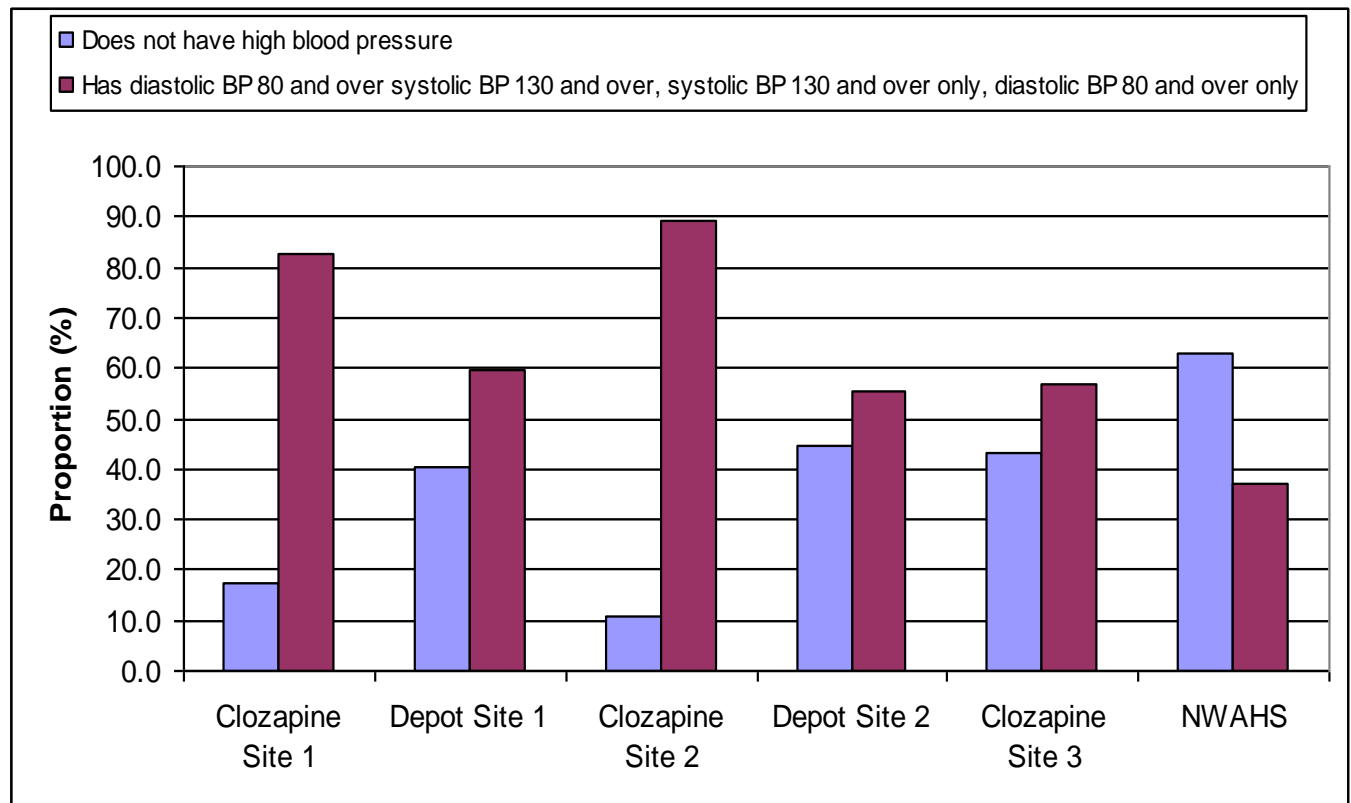
T. Siebert (SASP T2.7) Nov 2008

Overall comparisons: Waist Circumference – All sites



T. Siebert (SASP T2.7) Nov 2008

Blood pressure – Overall comparisons 3 sites



T. Siebert (SASP T2.7) Nov 2008



Policy Directive Development

- > **CE Directive** - Initiated by escalation of mortality rates of MH consumers during 2007-2009 heatwaves
- > **An Extreme Heat Working Group** was established by the MHU in Nov 2009.
- > The **EH Working Group membership** includes representatives from the regions, MHU, IT (CBIS/CCC electronic database) and Consumer/Carer groups
- > This **draft Directive has been trialed** in the regions during the **Dec 2009 & January 2010**

STATE EMERGENCY SERVICES (SES) – TRIGGER TO ACTION

This policy directive is triggered by the SES official Heat Alerts, defined as:

> **MODERATE – (Advice)** *based on Adelaide forecast temperatures for next 7 days -* **No Action**

> **HIGH – (Watch)** *based on Adelaide forecast temperatures for next 7 days* **Action Required**

All MH consumers assessed for vulnerability – intensive contacts begin High (Watch) day 3 of 7 consecutive days

> **EXTREME – (Warning)** *based on Adelaide forecast temperatures for next 7 days* **Action Required**

Intensive contacts begin day 1 of Extreme (Warning) of all consumers assessed as vulnerable

Heat Vulnerability Assessment

Service Plan

Brisbane, Jack [Active] Client No.: **077170** CC No.:

Service Plan No.: **023994** Service Plan Type: **Heat Vulnerability Assessment Tool**

HEAT VULNERABILITY ASSESSMENT TOOL - PAGE 1 of 2

Is the Client is At Risk in Extreme Heat? Yes No Not Assessed

Will the client accept calls from REDi? Yes No Not Asked

Have you entered a CBIS ALERT? Yes No Not yet

Assessment Open Date: ...

Clinician making this assessment...: [Test, Marc](#)

Date Client was re-assessed: ...

Next Assessment due before: ...

PART A - VULNERABILITIES *(Tick identified vulnerabilities)*

INDIVIDUAL	HOUSEHOLD	GEOGRAPHIC
<input type="checkbox"/> Over 65	<input type="checkbox"/> Cultural Restraints	<input type="checkbox"/> Demographics
<input type="checkbox"/> Female	<input type="checkbox"/> Language Barriers	<input type="checkbox"/> Local Infrastructure
<input checked="" type="checkbox"/> Mental Health	<input type="checkbox"/> Living Alone	<input type="checkbox"/> Little Local Business Availability
<input type="checkbox"/> Recent Traumatic Stress	<input type="checkbox"/> Limited or No Access to Cool Area	<input type="checkbox"/> Poor Neighbourhood Security
<input type="checkbox"/> History of Traumatic Stress	<input checked="" type="checkbox"/> Limited or No Use of Air Conditioner	<input type="checkbox"/> Minimal Local Services
<input type="checkbox"/> Physical Health	<input type="checkbox"/> Uninsulated Housing	<input checked="" type="checkbox"/> Heat Island Area
<input type="checkbox"/> Recent Physical Trauma or Illness	<input checked="" type="checkbox"/> Minimal Support Agency Contact	
<input type="checkbox"/> Restricted Personal Mobility	<input type="checkbox"/> Minimal or No Support Network	
<input type="checkbox"/> Disability	<input type="checkbox"/> Financial Vulnerability	
<input checked="" type="checkbox"/> Behavioural Adaption Ability	<input type="checkbox"/> Responsibilities for Others	
<input type="checkbox"/> Refuses or Resistance to Assistance or Support	<input type="checkbox"/> Unavoidable Commitments	
	<input type="checkbox"/> Transport	
	<input type="checkbox"/> Heat Experience	
	<input type="checkbox"/> Access Communication/ Media	

PART B - MITIGATION CAPABILITIES OR COPING STRATEGIES

INDIVIDUAL	HOUSEHOLD	GEOGRAPHIC
<input type="checkbox"/> Knowledge of Heat Wave Effects And Symptoms	<input type="checkbox"/> Insulated Shelter	<input type="checkbox"/> Access To Cooling Areas
<input type="checkbox"/> Self Awareness and Evaluation	<input type="checkbox"/> Access to Cooling / Warming Devices	<input type="checkbox"/> Good Local Infrastructure
<input type="checkbox"/> Personal Mobility	<input type="checkbox"/> Support Networks (family, friends, carers)	<input type="checkbox"/> Secure Neighbourhood
<input type="checkbox"/> Personal Behaviour Modification	<input type="checkbox"/> Agency Support	<input type="checkbox"/> High Local Service support
	<input type="checkbox"/> Power Security	<input type="checkbox"/> Heat Island Minimisation
	<input type="checkbox"/> Financial Security	

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health

Heat entry into ALERT

Alerts

Brisbane, Jack (077170)

Alert Type	Start Date	Review Date	Close Date
Heatwave Vulnerability (0707)	07/01/2010	//	//
Adverse Drug Reaction (0404)	19/03/2008	//	//

Add... Remove Print Hide Details Columns...

Heatwave Vulnerability (0707) Options

Start Date: 07/01/2010 Initiated by... 999998 Test, Marc

Details of Alert: Client on Clozapine which makes him vulnerable to the heat in extreme weather.

Review Due: 08/04/2010 Will accept REDI calls: Yes No Not asked

Review Date: // Reviewed by...

Review Details:

Close Date: // Closed by...

Close Reason:

Save Close Help

Specific Contact made due to extreme heat

Service [002926743]

Brisbane, Jack (Active) Client No.: **077170**

Episode No.: 00371138 (Ambulatory)

Contact No.: **002365352** Procedure: **Care and Treatment (02.0000)**

Options ? ↶

Team... 0234802 NHS Transitional Care - EP

Worker/Volunteer ID... 999998 Test, Marc

Contact Date 21/01/2010 Thursday, 21 January, 2010

Time taken (minutes) 70 Time (24 hour clock) 11:10

Mode... 1 Face-to-Face

Participation Status... 1 Patient/client participating

Other registered clients involved?... N No (A registered client is one who has an existing client record)

Comments Home visit made to Jack - tends to dress inappropriately for hot weather and does not have aircon.

Alert Situation

Yes No Was this contact made in response to an extreme heat situation?

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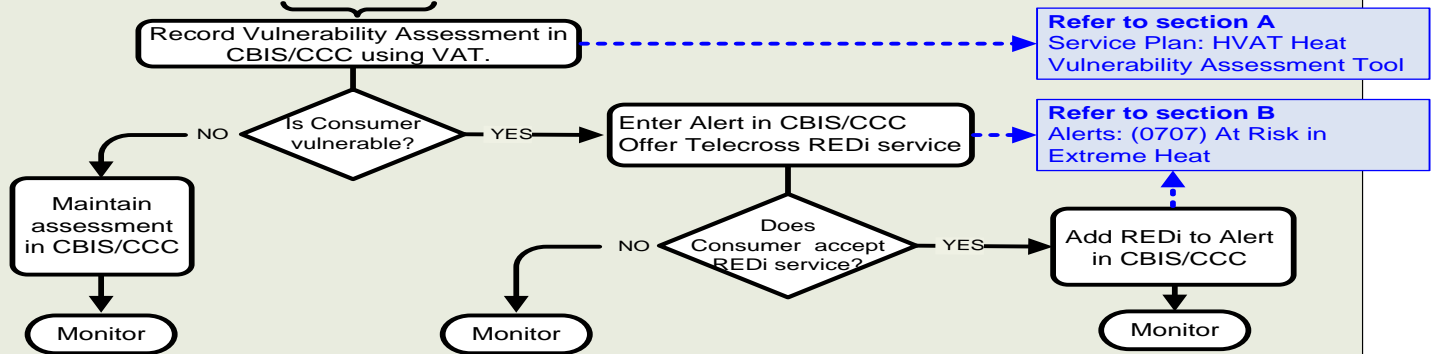
Normal temperatures

All current Consumers to be assessed for extreme heat vulnerability.

Consumer Information from MH Database



Consumer Information from Clinical knowledge and observation and consultation.
Provide information – "Public Health Extreme Heat Guide"



HIGH – (Watch)

Refer to section C Report Browser: AD30 Extreme Heat Readiness

Refer to section D Services: Care and Treatment (02.0000) - Alert Situation

Contact ALL vulnerable clients at least once per day from day 3 of HIGH – (Watch) period. Add details to CBIS/CCC Service

Is Client still vulnerable?

YES: Loop back to Contact ALL vulnerable clients

NO: Close Alert in CBIS/CCC

Refer to section B Alerts: (0707) At Risk in Extreme Heat

Monitor

EXTREME – (Warning)

Refer to section C Report Browser: AD30 Extreme Heat Readiness

Refer to section D Services: Care and Treatment (02.0000) - Alert Situation

Activate REDi - send the contact list

Is consumer REDi listed?

Contact ALL vulnerable clients at least once every day of EXTREME – (Warning) period. Add details to CBIS/CCC Service.

URGENT FOLLOW UP to locate Client Add details to CBIS/CCC * RE-ASSESS *

REDi contact successful?

EXTREME HEAT OVER

EXTREME HEAT OVER

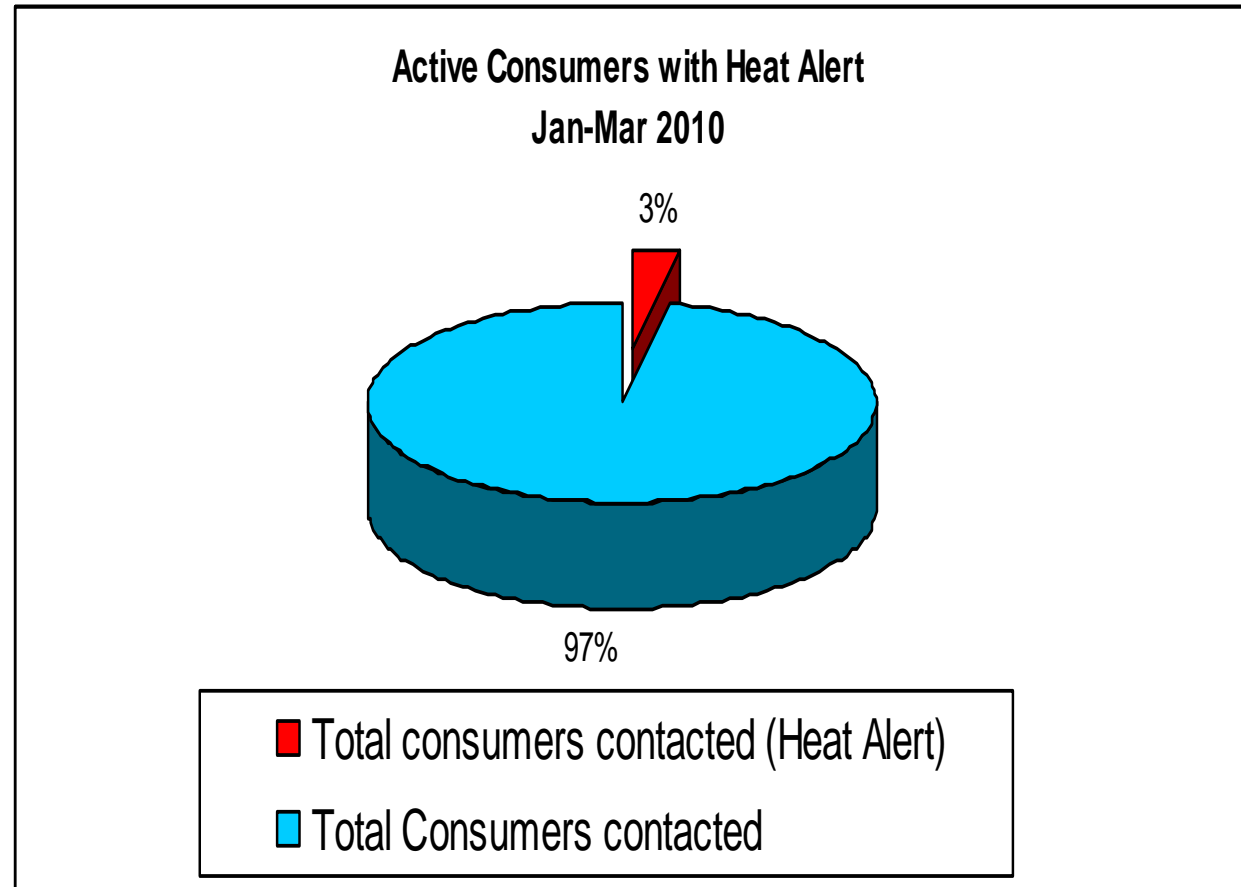
Monitor



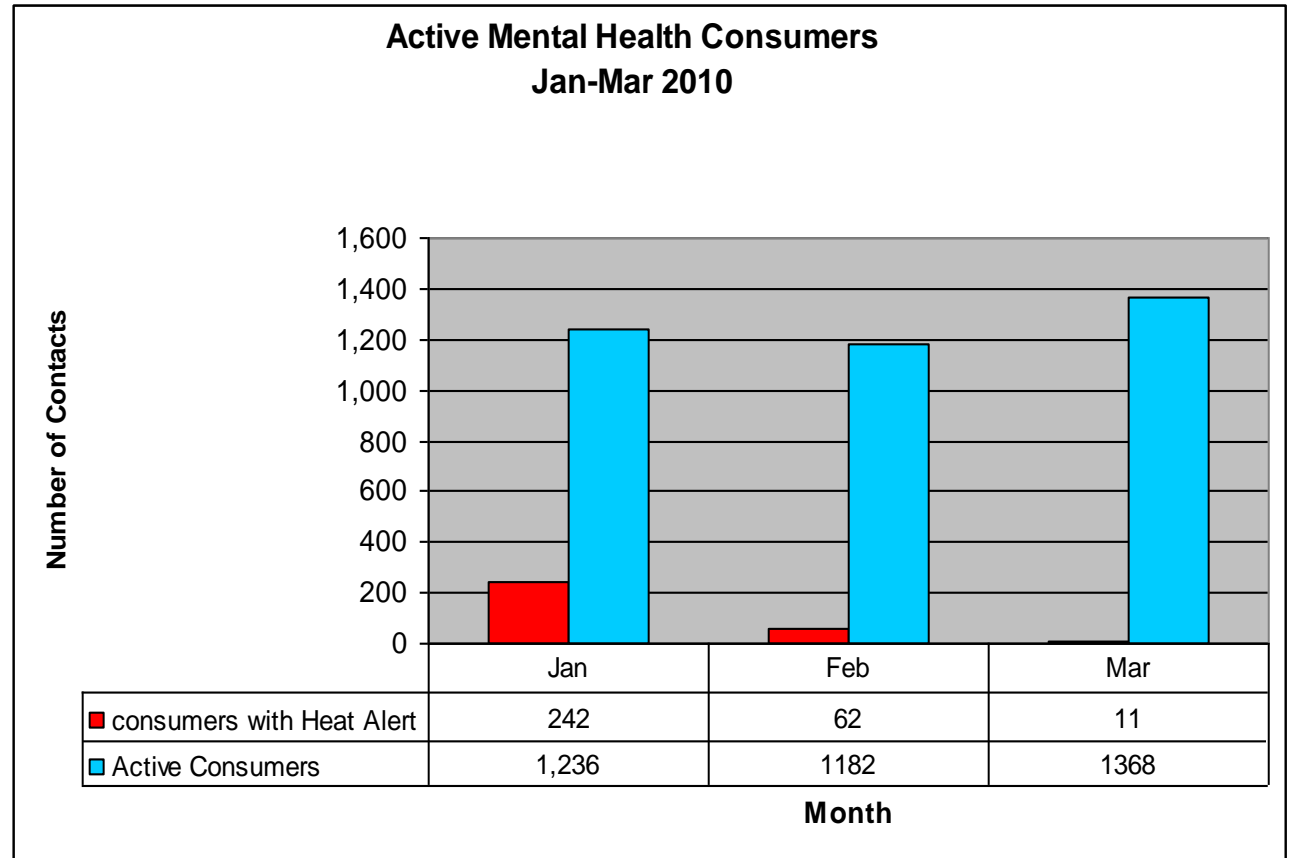
Refer to section E Report Browser: AD31 Telecross REDi Extract

Normal temperatures

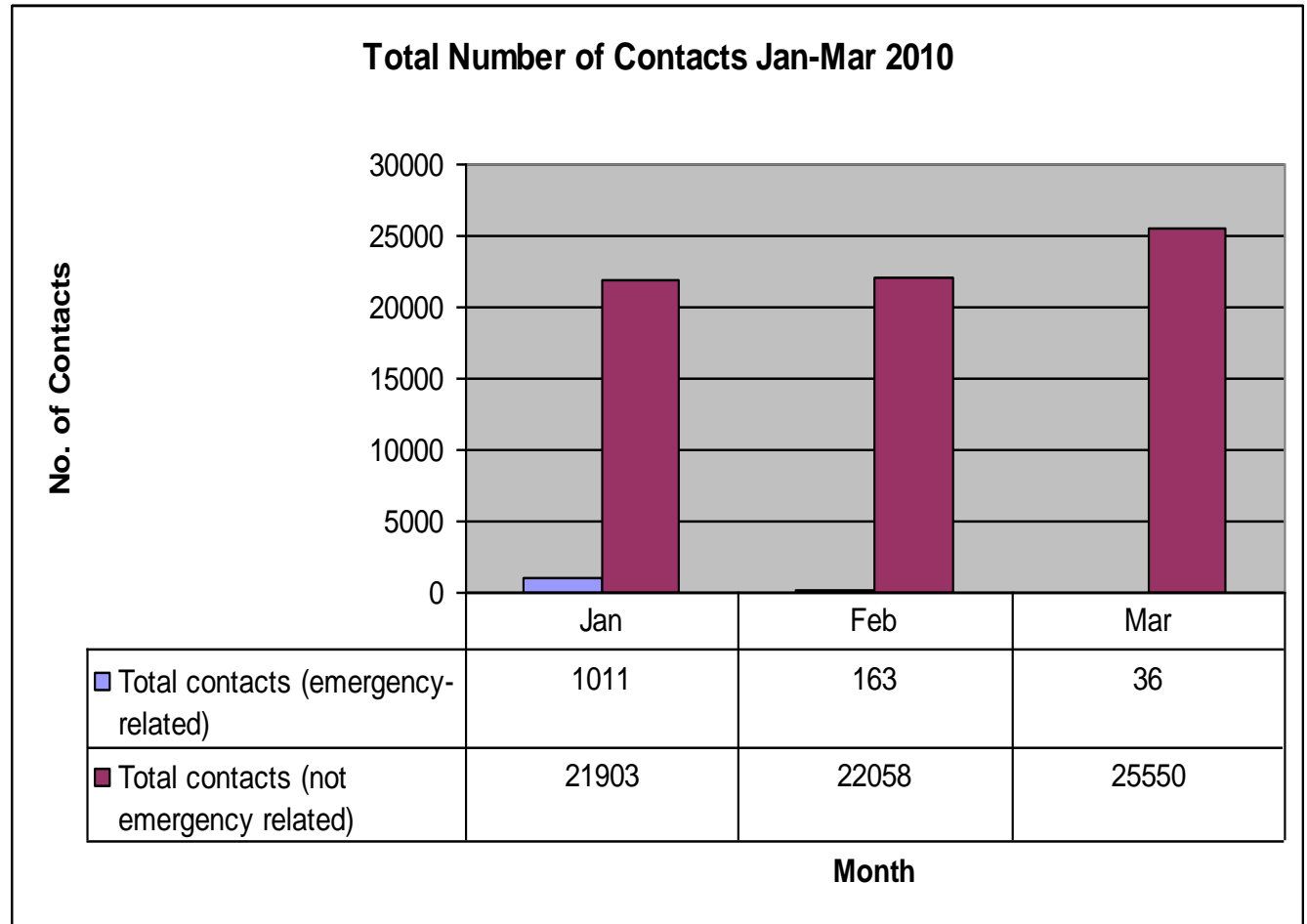
Active consumers with Heat Alert



Heat Alerts – Jan/Feb/March 2010



Total number of contacts





Government of South Australia

SA Health