

P-412 - PHYSICAL HEALTH PROBLEMS OF PATIENTS WITH SEVERE MENTAL ILLNESS

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Introduction: Mentally ill patients have rates of medical comorbidity and mortality higher than the rest of the population. They require adequate medical care that isn't usually.

Objectives: Emphasis on physical health problems affecting the mentally ill patients, analyze situations that may motivate and possible solutions.

Methods: Bibliographical review in the literature and pub med using key words: "medical comorbidity, severe mental illness, psychopharmacological treatments"

Results: Mentally ill patients have greater medical comorbidity and higher mortality rate than the general population. In patients with schizophrenia life expectancy is 20% lower and mortality risk of 1.5-3 times higher than the rest of population. Affective disorders are associated with a standardized mortality ratio for medical reasons also high. Studies show that excess mortality in patients with severe mental illness is 60% due to natural causes and 40% to unnatural causes (28% suicide and 12% accidents). This increased mortality is mainly due to cardio-respiratory and infectious disease. Low socioeconomic class, lack of social care, poor medical care, bad habits (poor diet, sedentary, toxics) and adverse effects of psychopharmacological treatments are the main factors. Despite this, detection and treatment of physical illness is low. It is estimated that between 30 % and 47% of these patients are untreated.

Conclusions: Improved medical care of these patients would improve their performance and quality of life. A system for each type of mental health to screening, assessment, diagnosis and treatment of somatic diseases, and a protocol for referral to appropriate medical / surgical centers are required.