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SCHIZOPHRENIA Factsheet

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How is physical health monitoring relevant to people with schizophrenia?

People with mental disorders such as schizophrenia may be at increased risk for a number of physical conditions. This can be due to lifestyle factors such as poor diet and lack of exercise, and also side effects of many treatments for schizophrenia. Furthermore, people with schizophrenia may be hesitant to seek medical advice.

What is the evidence for physical health monitoring?

Moderate quality evidence finds people with any severe mental disorder such as schizophrenia, bipolar disorder, or major depression, are prescribed medication for physical disorders less often than people without a severe mental disorder. Moderate to high quality evidence finds a medium-sized effect of less mammography screening in women with schizophrenia.

Medical hospital inpatients with schizophrenia experience more adverse events than medical hospital inpatients without a psychiatric disorder. Common adverse events include; longer hospital stays, receiving a blood transfusion, experiencing post-operative infection, post-operative anaemia, post-operative sepsis, pulmonary insufficiency, respiratory failure, deep vein thrombosis, and mechanical interventions.

Moderate to high quality evidence suggests there is greater risk of rehospitalisation to a medical hospital following discharge. However, there is greater uptake of prevention services with general health advice.

For more information see the technical table



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NeuRA (Neuroscience Research Australia) is one of the largest independent medical and clinical research institutes in Australia and an international leader in neurological research.

Diseases of the brain and nervous system pose the greatest health, economic and social burden of any disease group because they are chronic, debilitating and have no known cures.

Medical research is the cornerstone of efforts to advance the health and wellbeing of families and the community. Our dedicated scientists are focussed on transforming their research into significant and practical benefits for all patients.

While we hope you find this information useful, it is always important to discuss any questions about schizophrenia or its treatment with your doctor or other health care provider.

HOW YOUR SUPPORT HELPS

We are able to make significant advances due to the generosity of countless people. Your donation allows us to continue to work towards transforming lives. For information on how you can support our research, phone **1300 888 019** or make a secure donation at neura.edu.au/donate/schizophrenia.