



Physical Disease and Severe Mental Illness (SMI)

Relative risk is the ratio of the probability of a particular event occurring in one group compared with the probability of that same event in a comparison group.

Among individuals with severe mental illnesses, physical health problems including cardiovascular disease, metabolic disorders, infectious diseases, respiratory illnesses and sexual dysfunction occur with greater frequency, especially when compared with the general population.

Furthermore, individuals with severe mental illnesses such as schizophrenia and bipolar disorder have a greater relative risk of modifiable risk factors for cardiovascular disease.

The guidelines below provide an overview of the physical ailments that occur with greater frequency among individuals with SMI. They also provide monitoring recommendations to better evaluate and treat these physical health issues with the goal of achieving better health outcomes.

Estimated Prevalence and Relative Risk (RR) of Modifiable Risk Factors for Cardiovascular Disease in Schizophrenia and Bipolar Disorder Compared to the General Population^{1,2}

Modifiable Risk Factors	Schizophrenia		Bipolar Disorder	
	Prevalence (%)	Relative Risk	Prevalence (%)	Relative Risk
Obesity	45–55	1.5–2	21–49	1–2
Smoking	50–80	2–3	54–68	2–3
Diabetes Mellitus	10–15	2–3	8–17	1.5–3
Hypertension	19–58	2–3	35–61	2–3
Dyslipidemia	25–69	≤ 5	23–38	≤ 3
Metabolic Syndrome	37–63	2–3	30–49	2–3

Quality care is a team effort.
Thank you for playing a starring role!



Physical Diseases with Increased Frequency in SMI^{1,2}

Disease Category	Very High Frequency (++)	High Frequency (+)
Cardiovascular Diseases		
Stroke	✓	—
Myocardial infarction	✓	—
Hypertension	✓	—
Other cardiac and vascular diseases	✓	—
Nutritional and Metabolic Diseases		
Obesity	✓	—
Hyperlipidemia	✓	—
Metabolic Syndrome	✓	—
Diabetes Mellitu	—	✓
Bacterial Infections and Mycoses		
Tuberculosis	—	✓
Viral Diseases		
HIV	✓	—
Hepatitis B/C	—	✓
Neoplasms		
Obesity-related cancer	—	✓
Dental Problems		
Poor dental status	—	✓
Respiratory Tract Diseases		
Impaired lung function	—	✓
Urological and Male Genital Diseases		
Sexual dysfunction	—	✓
Female Genital Diseases and Pregnancy Complications		
Obstetric complications	✓	—

This tool is provided as a resource and is not a substitute for the professional medical judgment of treating physicians or other healthcare providers. These guidelines reflect the current state of knowledge at the time of development on effect and appropriate care. Proper use, adaptation, modifications or decisions to disregard this summary in whole or in part are entirely the responsibility of the clinician who uses this guideline.

References

1 Adapted from Hert, M. D., Cohen, D., Bobes, J., Cetkovich-Bakmas, M., Leucht, S., Ndeti, D., Newcomer, J., Uwakwe, R., Asai, I., Moller, H., Gautam, S., Detraux, J., & Correll, C. (2011). Physical illness in patients with severe mental disorders, II., Barriers to care, monitoring, and treatment guidelines, plus recommendations at the system and individual level. *World Psychiatry, 10(1)*, 138-151.

2 Adapted from *A Summary for Monitoring Physical Health and Side-Effects of Psychiatric Medications in the Severely Mentally Ill Population (2014)*. The University of South Florida, Florida Medicaid Drug Therapy Management Program for Behavioral Health sponsored by the Florida Agency for Health Care Administration.