

ABSTRACT

By educating patients in the Behavioral Health Unit about making healthier choices during hospitalization and providing them with resources to continue making nutritious choices once discharged, we aimed to decrease the negative physical effects of their medication regimen.

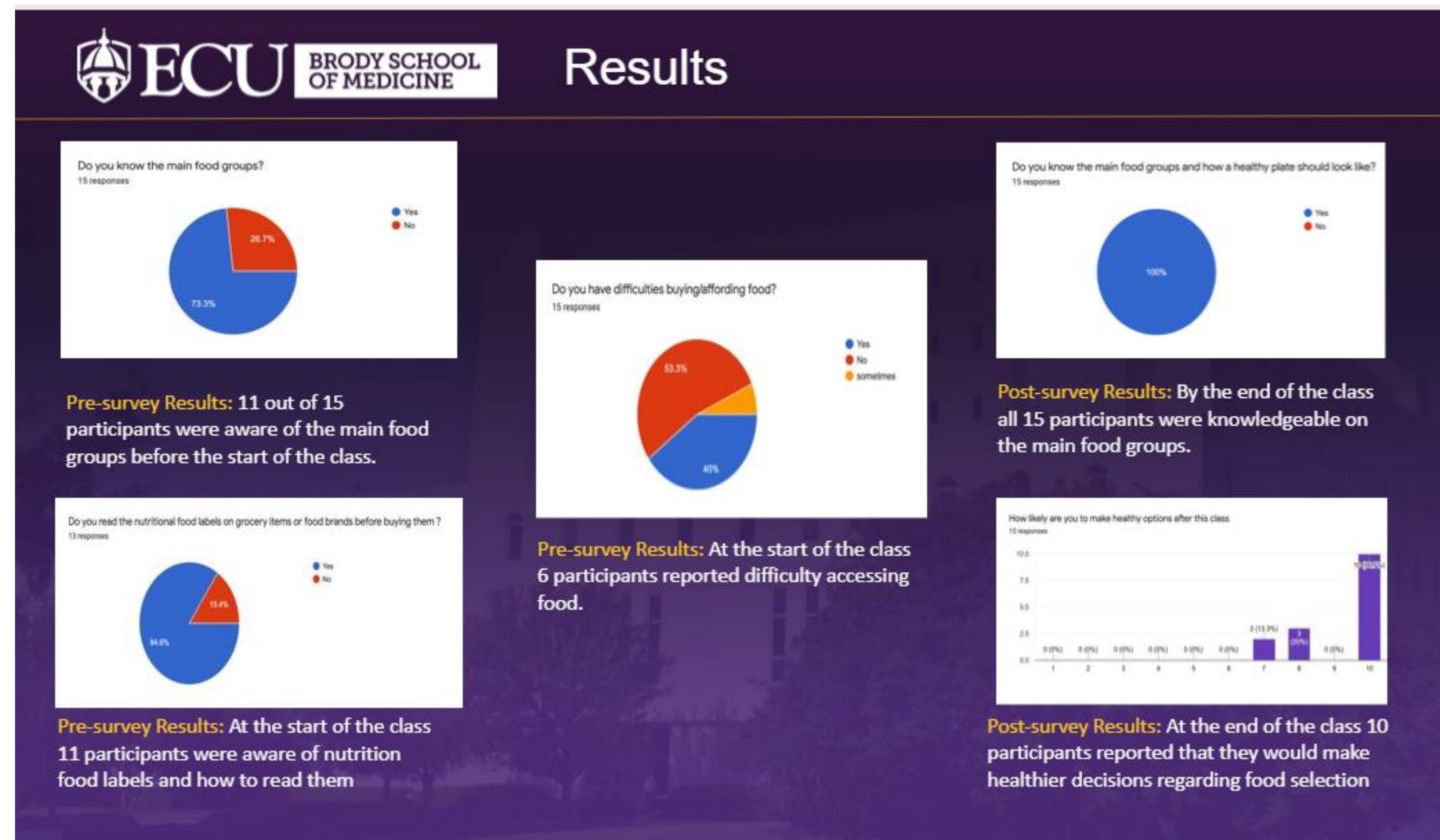
INTRODUCTION

In the treatment of various mental illnesses, patients are prescribed psychiatric medications that can contribute to weight gain and metabolic syndrome. For example, antipsychotics have an adverse effect of metabolic syndrome. Additionally, mood stabilizers and antidepressants can also contribute to weight gain. These adverse effects can increase the patient's risk of developing diabetes, cardiovascular disease, and other life-threatening illnesses. To combat these effects, our multidisciplinary team addressed how nutrition was approached in the Behavioral Health Unit at Vidant Medical Center in Greenville, NC.

MATERIALS & METHODS

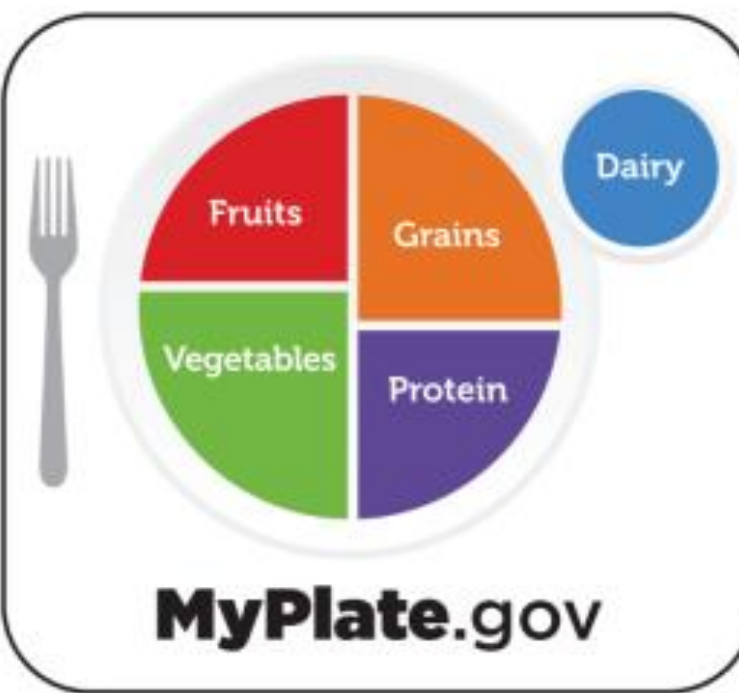
- 15 participants receiving inpatient psychiatric treatment in the Behavioral Health Unit.
- Weekly, 40-minute classes for 6 weeks.
- Participants learned the major food groups, how to prepare healthy snacks, and were also given a handout of local healthy food resources in our community.
- Participants completed a questionnaire before and after the classes to assess their growth in nutrition knowledge.

RESULTS



RESOURCES GIVEN TO PATIENTS

MyPlate and the 5 Food Groups



- Everyday, try to eat foods from each of the 5 food groups
- Be mindful of the size of the portions on your plate
- Try to have more than one food group at every meal and snack

GRAINS	PROTEIN	FRUIT	VEGETABLES	DAIRY
<ul style="list-style-type: none"> • GO Foods • 6-8 servings per day • Breads, cereals, rice, tortillas, crackers, pasta, beans, corn, potatoes • Make half your grains whole! 	<ul style="list-style-type: none"> • GROW Foods • 5-6 oz per day • Meats, poultry, fish, nuts, nut-butters, eggs, beans, soy • Choose lean or low-fat proteins 	<ul style="list-style-type: none"> • GLOW Foods • 2 cups per day • Choose fresh, canned, frozen, dried, or 100% fruit juices • Try to find products that say "no added sugar" 	<ul style="list-style-type: none"> • GLOW Foods • 3 cups per day • Choose fresh, canned, frozen, or 100% vegetable juices 	<ul style="list-style-type: none"> • GROW Foods • 3 cups per day • Choose fat-free or low-fat dairy products

Emergency Food Programs in Eastern NC

Food Pantries in Pitt and surrounding counties
The following listing highlights several emergency food programs in Pitt County and beyond. Please note, days and times of distribution may change. Call the site before attempting to visit. Should you have any problems with accessing a program, call Christal M. Andrews, Outreach Coordinator at 252-752-4996 x 2303 by cell at 252-367-2269.

- Antioch United Holy Church** 2659 Railroad Street, Bell Arthur, Althea Chance is the contact at 252-830-4053; Every 4th Friday at 9a
- Ayden Christian Care Center** 109-B West Avenue, Ayden, Jim White is the contact at 252-746-2995; Every Friday (except 5th Fridays) 9:30a-11:30a; closed July and August
- Catholic Charities of the Diocese of Raleigh** operates multiple food pantries across Eastern NC <http://www.catholiccharitiesraleigh.org/causes/food-pantry/>
- Churches Outreach Network** 703 Albemarle Ave, Greenville NC 27834, Rodney Coles is the contact at 252-717-9600; Tuesdays and Thursdays 9a-4p (also serving Bethel & Stokes)
- Eagle's Wings** food pantry in Washington, NC <http://www.eagles-wings.org/>
- First Born Community Development Center** 912 Black Jack-Grimesland Road, Grimesland, Carolyn Spencer is the contact at 252-758-6142; Every 2nd and 4th Saturday from 10a-12p
- Food Hub** in Bethel, NC provides fresh fruits and vegetables, delivers with a 25 mile radius <http://www.chcch.org/>
- Hope of Glory Ministries** 103 E. Arlington Blvd, Greenville, 252-215-9042; Monday through Friday 8am-4:30pm by appointment. Call to make appointments.
- Kingdom Care Inc. at Divine Anointing Church** 1701 Staton Mill Rd., Greenville, David Moore is the contact at 252-917-7675; Every 3rd Sunday 12pm-3pm
- Koinonia Christian Center Church** 1405 SW Greenville Blvd, Greenville, Bertha Moore is the contact at 252-752-1898; Every 2nd Tuesday at Thomas Foreman Park at 1p and every 4th Wednesday at the food bank at 8:30a
- Love Ministries Church** 1610 Farmville Blvd, Greenville, 252-412-3088; Monday through Friday from 9am-5pm
- Memorial Baptist Benevolence Program** 1510 SE Greenville Blvd, Greenville, 252-756-5314; Pitt County Residents in need of food. Call for more information.

CONCLUSION

It is imperative that all clinicians be mindful of both the benefits and potential risks of psychiatric medication. The utilization of nutritional advice, medication management, therapy, and physical activity, can improve the overall health of patients with mental illness. Our study showed that given the education, proper tools, and a multidisciplinary approach, patients can benefit from information on how to make healthier decisions to prevent the adverse metabolic effects of their medication regimen.

FUTURE GOALS

- Continue to provide nutrition classes on the Behavioral Health Unit.
- Following up with patients during clinic visits and providing further education on nutrition.
- Phone follow up to gauge long-term impact on the Nutrition Matters course and interest in similar events in the future.
- Community outreach and events: hosting nutritional advice days on the hospital campus and the local library.
- Nutrition matters walks in order to raise funds for community outreach programs and for the local food pantry and soup kitchen.

ACKNOWLEDGEMENTS

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