

## **The participation of dietitians in a multi-disciplinary forensic psychiatric team treating mentally ill offenders under the Medical Treatment and Supervision Act: Case report**

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### **Abstract**

Hospital A provides mentally ill offenders admitted under the Medical Treatment and Supervision Act with appropriate medical care and treatment to facilitate their reintegration into society. Treatment programs are conducted on the forensic psychiatric ward designated under the act by a multi-disciplinary specialist team (forensic psychiatric MDT) from admission to discharge or transfer. In the course of their treatment, some patients develop lifestyle-related diseases, such as overweightness, dyslipidemia, hypertension, and diabetes, due to unhealthy lifestyle habits. This report describes a schizophrenic patient with lifestyle-related disease conditions whose eating habits, body weight, and triglyceride levels improved after receiving nutritional intervention led by national registered dietitians participating in the forensic psychiatric MDT. Tottori J. Clin. Res. 7(1), 64-69, 2016

**Keywords:** forensic psychiatric ward designated under the Medical Treatment and Supervision Act, multi-disciplinary specialist team, schizophrenia, national registered dietitian, lifestyle-related diseases

### **Introduction**

As an inpatient medical care facility designated under the Medical Treatment and Supervision Act, Hospital A provides mentally ill offenders admitted to the forensic psychiatric ward under the act with appropriate medical care and treatment to facilitate their reintegration into society<sup>1)</sup>. After admission, patients undergo various treatment programs conducted by the forensic psychiatric MDT in a stepwise manner, from acute to recovery and then to rehabilitation stages, until they are discharged or transferred. In the course of their treatment, a number of patients develop lifestyle-related diseases, such as overweightness, dyslipidemia, hypertension, and diabetes, due to unhealthy lifestyle habits, including increased snacking and lack of exercise.

Despite this, the role of dietitians in the programs was limited to providing group nutrition education sessions several times a year. We present a patient with lifestyle-related disease conditions whose eating habits, body weight (BW), and triglyceride (TG) levels improved with regular dietary management by dietitians participating in the forensic psychiatric MDT.

### **Patient**

A 30-year-old man (height, 168.5 cm; BW, 100.4 kg; and BMI, 35.4 kg/m<sup>2</sup> at admission) was diagnosed with schizophrenia and received medication at a local clinic around the year 200X. He was noted to have hyperglycemia and fatty liver at that time. In the Y-th month of the year 200X + 4, he