

COMMUNITY MENTAL HEALTH NURSING

**Presented
by:-**

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welcome



Introduction:

- BORN IN 1963
- 1ST revolution : Change attitude towards mental illness in middle ages
- 2nd revolution: development psychoanalysis
- 3rd revolution : psychopharmacology
- 4th revolution : **CMH Nr**
- Clifford beers 1908- concept
- Adolf Mayers 1913- recommended established treatment centres in community
- 1975 recommended the delivery of mental health services through community.

Definition:

Community mental psychiatric nursing is the application of specialized knowledge to population communities

- **to promote and maintain mental health,**
- **to rehabilitate population at risk.**
- **Psychiatric nurse must possess knowledge about community resources.**

Community Health Nursing

Community Health nursing is a field that is a blend of primary health care and nursing practice with public health nursing.

- **The Community health nurse conducts a continuing and comprehensive practice that is preventive, curative and rehabilitative.**
- **The philosophy of care is based on the belief that care directed towards the individual, the family and the group contributes to the health care of the population as a whole.**

Goals of C M H Nursing -

- **Provide prevention activities to population for the purpose of promoting mental health.**
- **Provide prompt interventions**
- **Provide corrective learning experiences**
- **Help individuals develop a sense of self worth and independence.**

Contd...

- **Anticipate emotional problems**
- **Identify and change social and psychological factors that influence human interactions**
- **Develop innovative approach to primary preventive activities**
- **Provide mental health education and how to assess the mental health.**

e.g.. SIGECAPS

National Mental Health **Program**

Came into force : 2nd August 1982

Aims

to provide mental health care to total population within the available resources.

Objectives

Basic mental health care to all the needy.

- **Encourage application of mental health knowledge**
- **Promote community participation.**
- **Prevention and treatment of mental and neurological disorders and their associated disabilities.**
- **Use of mental health technologies to improve general health services.**
- **Application of mental health principles in total national development to improve quality of life.**

Specific Approaches for implementation---- **(NMHP)**

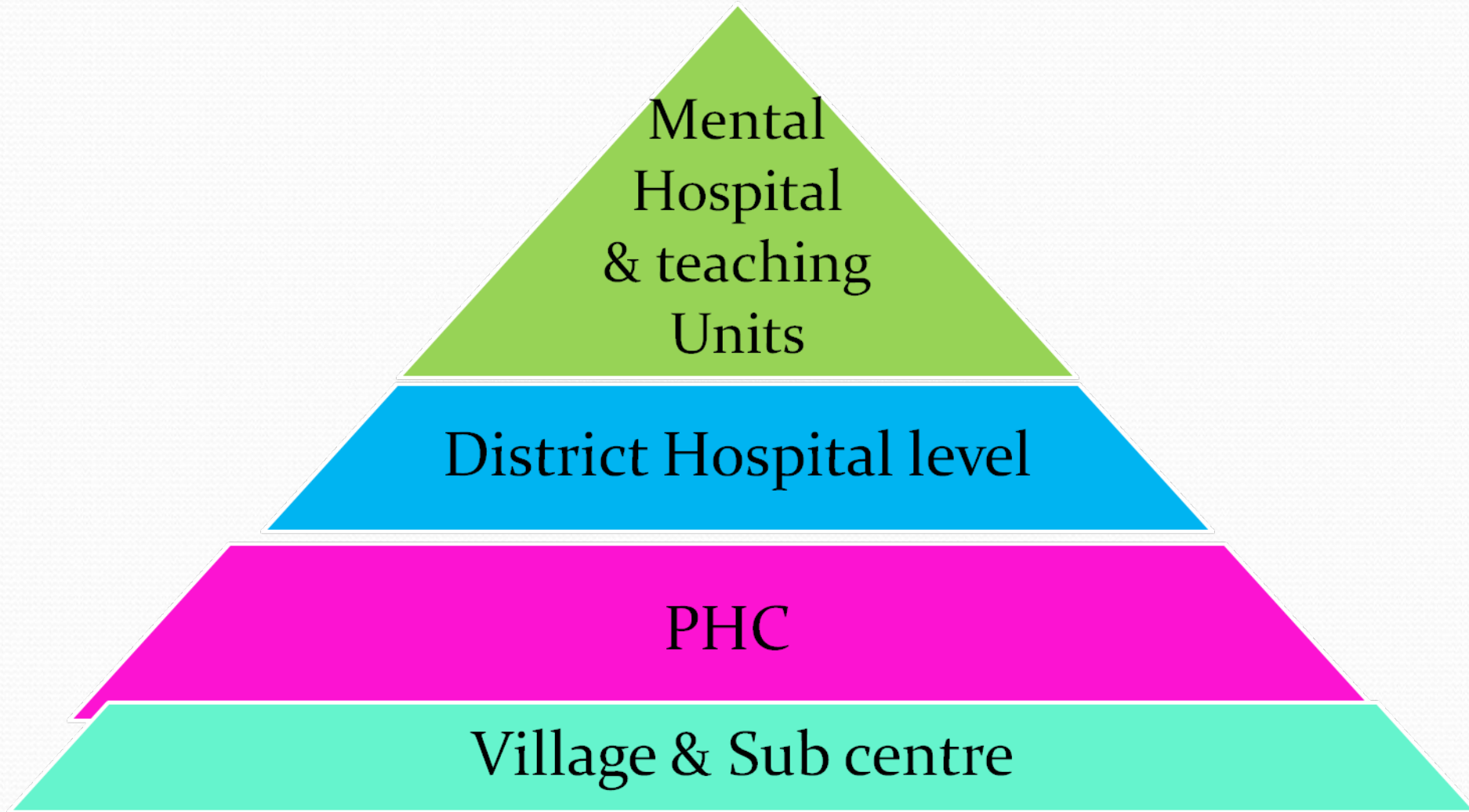
- 1. Diffusion of mental health skills to the periphery**
- 2. Appropriate appointment of task in care**
- 3. Equitable and balanced distribution of resources**
- 4. Integration of basic mental health care into general health services**
- 5. Linkage to community development.**
- 6. Utilization of existing infrastructure to deliver minimum mental health care services.**
- 7. Provision of appropriate task oriented training to the existing staff.**



Component of National Mental Health program

Component of National Mental Health program

1. Treatment



2. Rehabilitation & Prevention

A Community Mental Health Program should -

- Provide mental health care in the community itself.
- Focus services on total community
- Focus on preventive and promotive services
- Provide continuing and comprehensiveness of services
- Provide indirect services like consultation, mental health education etc.

Community Mental Health Program

The overall goal of community mental health as outlined by Mrs. Indira Gandhi in May 1981 is

- Services must begin where people are, where problems are**
- to provide mental health care through multidisciplinary approach and collaborative services.**

Features of Community Mental Health Centers -

- **Commitment**
- **Services**
- **Long term care**
- **Case Management**
- **Community Participation**
- **Evaluation and Research**

DISTRICT MENTAL HEALTH

PROGRAM

- **GOI launched DMHP in 1996**

Following objectives :

- **Provide basic mental health services and integration of existing services**
- **Early detection and treatment**
- **prevent long distance travelling for pts**
- **To take pressure off mental hospitals**
- **Reduce stigma attached to mental illness thru IEC**
- **To treat and rehabilitate discharged pts**

ROLE OF NURSE

- **Provide basic care to patients**
- **Conducting therapies and health education to pts n family**
- **Training of professionals and non professionals I at taluka and PHCs about mental health**
- **Supervise MPWs in mental health care delivery.**
- **Assist psychiatrists in research activities.**

Community Facilities for Mentally Ill -

- Suitable well supported caregivers
- Suitable accommodation
- Suitable occupation
- Arrangements to ensure patients collaboration and treatment
- Regular reassessment
- Effective collaboration among carers

Community Mental Health Facilities Available -

- Hospital Services
- Partial Hospitals
- Quarter way homes
- Half way homes
- Self Help Groups
- Suicide prevention centers

Hospitals

- Part of continuum of mental health services.
- Offer variety of treatment facilities

Partial Hospitals

- Innovative alternative
- suitable for chronic psychiatric syndromes
- Include day care centres, day hospitals and day treatment programs

Quarter Way Homes

- Located within the hospital campus
- Lack regular services of hospital
- Most of the care by patients themselves.

Half Way Homes

- Transitory residential center
- Patients are not completely independent
- maintains a climate of health
- Aids to develop individual capacities.

Objectives of half way Homes -

- ❖ To ensure smooth transition from the hospital to the family.
- ❖ To integrate the individual into the mainstream of life.

Activities

- ❖ Monitor the progress of discharged patients for
 - ❖ medications regimen
 - ❖ coordination of other facilities

Self-help Groups

- **Composed of people having problem of life crises**
- **have improved emotional health of people**
- **don't explore individual psychodynamics in depth**
- **don't change personality functioning**
- **People have same disorder.**
- **Share their good/bad experiences**
- **work together using their strengths**
- **Educate each other**
- **Provide mutual support**
- **alleviate sense of isolation**
- **based on the principle that those who have experienced a particular problem are able to help others with same problem.**

Self-help group -

- **Individual does not feel lonely**
- **Aids to generate alternate ways to view and resolve problems**
- **Emphasize cohesion**
- **Strong emotional bond among members**
- **promotion of dialogue, self disclosure and encouragement are used by leaders**
- **psycho-education, mutual support, self disclosure, self affiliation, learning self control and modeling to cope with stress.**

Self – help Group -

- E.g. A.A., in Bangalore
- Deesha at Nagpur & Manas at Akola

Suicide Prevention Centers

- Helping hands and MPA in Bangalore
- Sneha in Chennai
- Sahara in Mumbai

Shraddha : Nature of Innovation

- Shraddha's innovation lies in two areas
- Client Segment Definition
 - In focusing on one single segment of the mentally ill viz. the roadside destitute.
- Innovative Psychosocial Intervention



1001 Tales of Hope

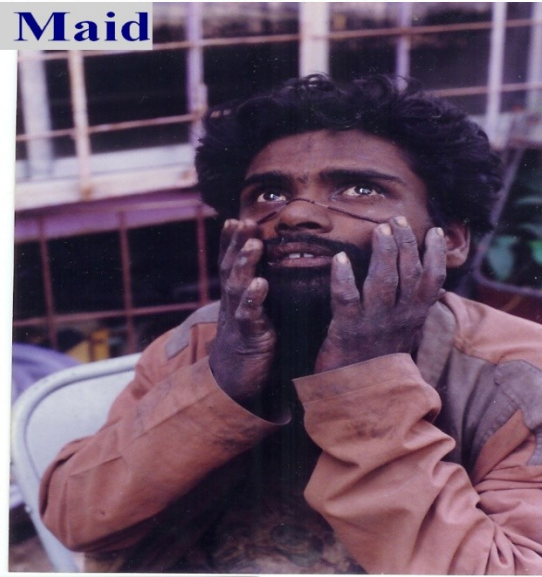
Pappu/Gujrat



1001 Tales of Hope



Santosh Maid



1001 Tales of Hope

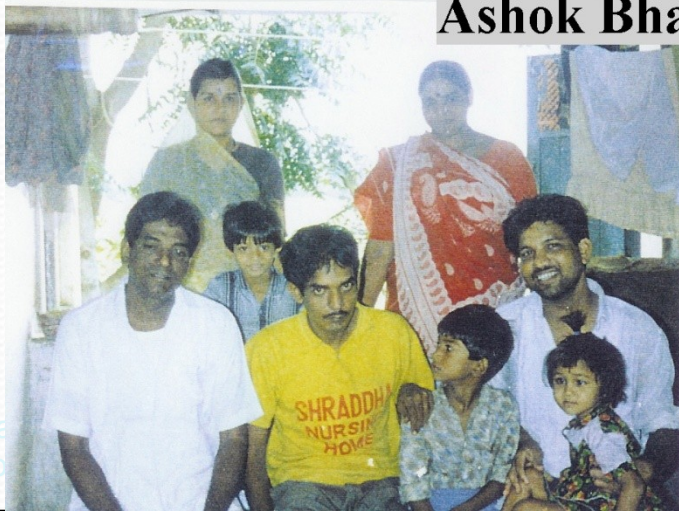
Sanjay Dhakane (Before/After)



1001 Tales of Hope



Ashok Bhatti/Rajkot



Community Mental Health Nursing -

- PN possesses knowledge about community resources
- Is flexible in approach to individual, family, support systems, basic living needs like housing and financial support.

Attributes of CPN -

- **Awareness of self, personal and cultural values**
- **Non-judgmental attitude**
- **Flexibility**
- **Problem solving skills**
- **Knowledge of community resources**
- **Understanding of social, cultural and political issues that influence mental health and illness**

Community Mental Health Nursing Process –

- **Psychological assessment-** Impairment due to mental illness symptoms e.g. hallucinations, social withdrawal, negative symptoms.

- **Social assessment** – assessment of family support, attitude of family members and economic status of family like poverty, homelessness, stigma etc

- **Vocational assessment** – retaining existing job and developing skills for alternative job

-
- **Assessing community resources**

- **Personal reaction to illness like low self esteem,**

- **hopelessness, poor motivation etc.**

Interventions -

- Reduction of impairment, elimination of symptoms by cognitive therapy & medication
- Remedies for disabilities through skill training and vocational training
- Psycho-education related to housing, nutrition, medication, side effects , treatment modalities etc.
- Assess the continuing mental health problem
- Plan and implement within the confines of resources
- Flexible and individualized approach

Community Mental Health Nsg.

Points to be kept in mind -

Identification of patient in community -

- Talk to important people in the community
- Find out those –
 - who talk nonsense
 - who don't mix with others
 - Who claim of hearing voices/seeing things
 - who claim that others are trying to harm them

Refer if -

- Severely ill
- Violent
- Client threatening to commit suicide
- disturbed behavior due to alcohol or other intoxicating substance.
- Follow up care – medical regimen adherence, improvement made, side effects, patients occupational status etc.

Be prepared to answer -

- Is mental illness hereditary?
- Is mental illness contagious?
- Do ghosts, black magic cause mental illness?
- Is mental illness treatable?
- Can patient take responsibilities after recovery?
- Can marriage cure mental illness?

Principles of Mental Health -

- Mental illness can be treated with medication and psychosocial methods.
- Behavior modification, counseling, activity therapy, family therapy, group therapy, occupational therapy are other therapies in addition to medications.
- Continuity of treatment is very important
- Regular treatment completely cures certain mental illness
- Early detection and prompt treatment leads to social productive life.

Remember -

- Don't give false assurance
- Don't make any decisions for the family
- Don't criticize or blame
- Develop their confidence in their abilities
- Don't make them dependent on you.

Outcome

- Successful return of the client to his previous activities
- prevention of relapses
- prevention of economic losses

Through counseling

MENTAL HEALTH SERVICES AVAILABLE AT THE PRIMARY, SECONDARY AND TERTIARY LEVELS

AT PRIMARY LEVEL:

- **SUB CENTRE**
- **PHC**
- **CMHC**

Activities :

- **First aid**
- **Nursing care of outpatients and inpatients**
- **Mental health education**
- **Identification of cases and referral in community**
- **Follow up**

Secondary level

- General hospitals and psychiatric units
- Government & Pvt. Psychiatric hospitals
- Voluntary organizations

Activities :

- Out patient treatment
- Inpatient treatment
- Education and training
- Research and rehabilitation
- Referral and follow up
- Mental health education
- Community out reach programs

Tertiary level

- Rehabilitation centers of Govt. and Pvt. hospitals
- Voluntary organizations
- Non-governmental mental health organizations

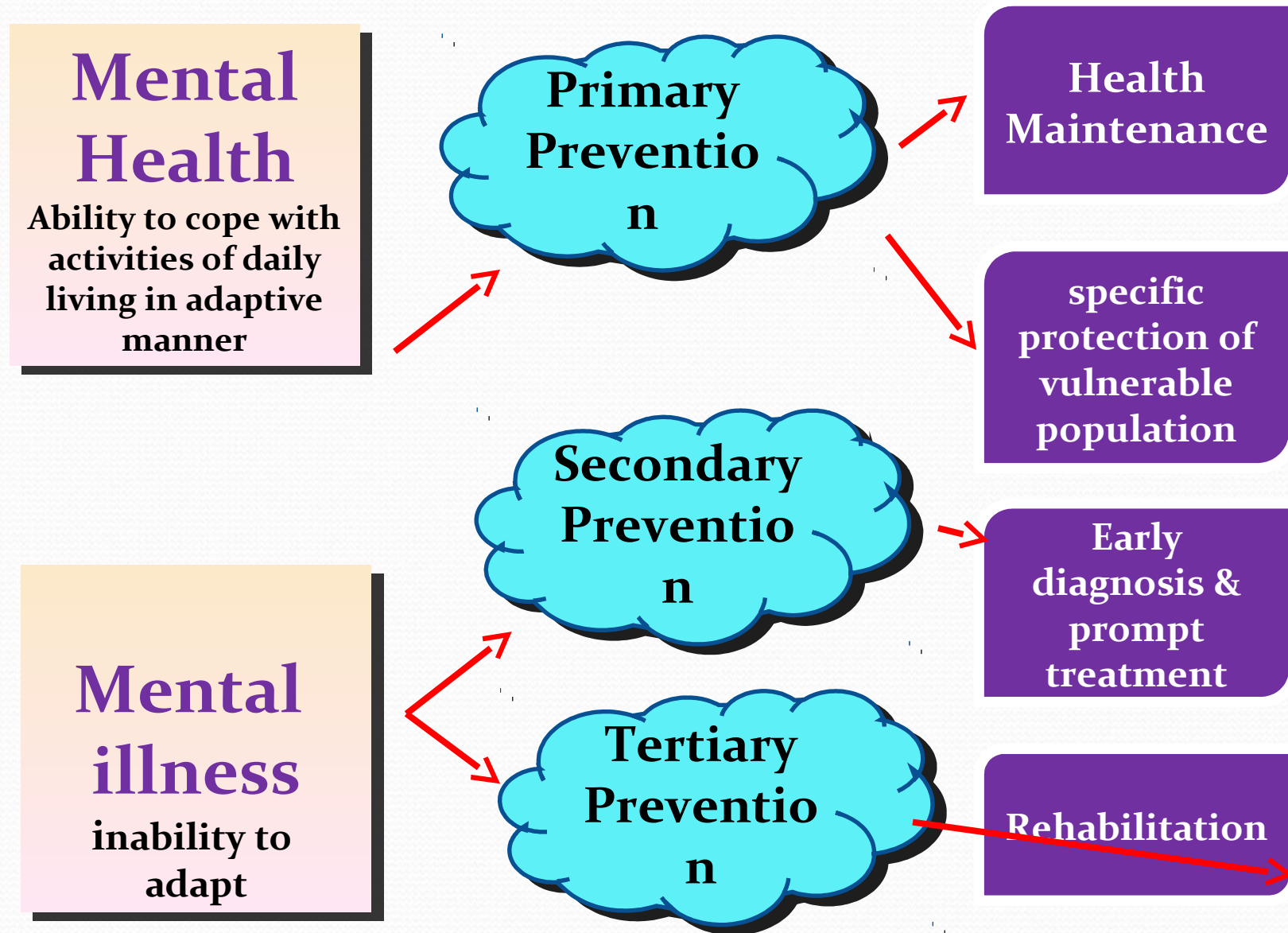
Activities :

- Rehabilitation
- Family and pts mental health education
- Community outreach program
- Follow up
- Training and education
- Research



Levels of prevention :

LEVELS OF PREVENTION



Primary Prevention

Seeks to prevent the occurrence of mental illness by strengthening individual and group coping abilities.

Nurse's Role –

- Individual centered interventions
- Interventions oriented to child in school
- Family centered intervention to ensure harmonious relationship
- Interventions to keep families intact
- Interventions for families in crises
- Community health education
- Society centered preventive measures

SECONDARY Prevention

Targets people who show early symptoms of mental health disruption but regain premorbid level of function through aggressive treatment.

Nurse's Role -

- **Early diagnosis and case finding**
- **Early reference**
- **Screening programs**
- **Training of health personnel**
- **Consultation services**
- **Crisis intervention**

Tertiary Prevention

Targets those with mental illness and helps to reduce the severity, discomfort and disability associated with their illness.

Nurse's Role –

- Involve family members
- Address the stigma issues & concealment
- Help cope with guilt and improve self-esteem
- Foster healthy attitudes



OTHER ROLES

- Social skill training
- Anxiety management and relaxation
- Assertive training
- Bereavement counselling
- Group meetings
- Community outreach work services
- Child care services
- Adult care and elderly care services

• ANY QUESTION?????

?????



ASSIGNMENT

- *Role of community mental health nurse in identification of mental illness in community setting??????*

