

MENTAL HEALTH: is a state of wellbeing in which an individual realises his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community (WHO)

- Our ability to respond to challenges -- ability to bounce back and stay on course (eroded by risk factors and supported by protective factors)
- Ability to cope with stress

MENTAL ILLNESS: a health problem that significantly affects how a person feels, thinks, behaves, and interacts with other people. It is diagnosed according to standardised criteria. The term mental disorder is also used to refer to these health problems (Commonwealth Department of Health and Ageing)

- Inability to cope with everyday stresses
- Affects thinking/feelings/behaviour
- Depressed/distressed

Stereotypes in Mental Illness

- Locked up in psych ward
- Chained to bed
- Unable to function

MENTAL HEALTH NURSING PRACTICE

Standards of Practice:

- **Standard 1:** the mental health nurse acknowledges diversity in culture, values and belief systems and ensures his/her practice is non-discriminatory, and promotes dignity and self-determination
- **Standard 2:** the mental health nurse establishes collaborative partnerships that facilitate and support people with mental health issues to participate in all aspects of their care
- **Standard 3:** the mental health nurse develops a therapeutic relationship that is respectful of the individual's choices, experiences and circumstances. This involves building on strengths, holding hope and enhancing resilience to promote recovery.
- **Standard 4:** the mental health nurse collaboratively plans and provides ethically based care consistent with the mental, physical, spiritual, emotional, social and cultural needs of the individual
- **Standard 5:** the mental health nurse values the contributions of other agencies and stakeholders in the collaborative provision of holistic, evidence-based care and in ensuring comprehensive service provision for people with mental health issues
- **Standard 6:** the mental health nurse actively pursues opportunities to reduce stigma and promotes social inclusion and community participation for all people with mental health issues
- **Standard 7:** the mental health nurse demonstrates evidence-based practice and actively promotes practice innovation through lifelong education, research, professional development, clinical supervision and reflective practice
- **Standard 8:** the mental health nurse's practice incorporates and reflects common law requirements, relevant statutes and the nursing profession's code of conduct and ethics. The mental health nurse integrates international, national, local and state policies and guidelines with professional Standards and competencies
- **Standard 9:** the mental health nurse holds specialist qualifications and demonstrates advanced specialist knowledge, skills and practice, integrating all the Standards competently and modelling leadership in the practice setting

RECOVERY

Recovery is about the whole of your life, not just your symptoms. It involves:

- Finding hope, and developing your self esteem and resilience
- Having a sense of purpose and meaning in your life
- Building healthy relationships with people in your community
- Gaining independence in your life

The "recovery approach" to mental illness is about helping you take control of your own life

Mental Health Services Structure

- Present to ED via ambulance, police
- Crisis teams in ED specialise in assessing mentally ill patients
- Acute inpatient ward from: crisis team (CAT team -- triage using a scale, can have referrals from GPs, police etc.)
- CCT (mobile support team, primary care, psychologist, OT, social workers)
- Headspace --> adolescent psychiatry
- Stepping stones - in-patient wards for young people
- Rehab - extended support (CCU = continuous care unit)
- Homeless teams
- Drug and alcohol services

Skills needed to be a mental health nurse --> forms a therapeutic relationship (***enablers to therapeutic relationship***)

- Compassion
- Empathy
- Respect
- Understanding
- Listening
- Non-judgemental
- Observant
- Physical assessment skills
- Reflective practice

Therapeutic Relationship

- Open communication
- Trust
- Rapport building
- Supportive
- Boundaries

Barriers to therapeutic relationships:

- Behaviour (e.g. aggression)
- Prejudice/judgement
- Body language (facial expression/eye contact/arms crossed/distracted/fidgeting)
- Clothes/uniforms (uniforms not worn in community setting)

Patient-centred care:

- Respecting peoples' opinions and beliefs

BIOPSYCHOSOCIAL FRAMEWORK

- **Biological**
 - DNA
 - Genetics
 - Infectious agents