

B.SC NURSING MENTAL HEALTH NURSING

UNIT-I INTRODUCTION

TOPIC- MENTAL HEALTH TEAM

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OBJECTIVES

- The aim is to emphasize the importance of integrated treatment. It means to share therapeutic targets among different professionals.
- To collaborate with multidisciplinary teams should work in mental health services, and presents a new way of working that is challenging.

Cont...

- To establish the mental health multidisciplinary teams delivering secondary level mental health treatment and care, primarily from the perspective of adult mental health teams.
- To provide holistic, seamless service, and the full continuum of care, provided by a multidisciplinary team(MDT), are essential features of a quality mental health service.

Cont...

- To improve the quality of care by including the perspectives of these professionals into the service users' planning of care (Department of Health, 2007; Wagner, 2004), multidisciplinary working is now standard practice across all mental health services.
- Underpinning the perceived strength of MDT working is the creation of a clinical environment that enables different professions to use their skills, knowledge, attitudes, values and abilities within their scope of practice.

MENTAL HEALTH TEAM



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Meaning:

- ❖ Teamwork means the combined, co-coordinated & dedicated effort of each & every member of the team toward achievement of the vested interest, target or goal of the team as an entity.
- ❖ Teamwork becomes more significant in a mental health setting where the contribution of all the members is extremely vital for the assessment, diagnosis, treatment, in-patient rehabilitation as well as community based rehabilitation of the mentally ill patient.

Cont...

- ❖ A group composed of members with varied but complimentary experience, qualifications and skills that contribute to the achievement of the organization's specific objectives.
- ❖ A multidisciplinary team (MDT) is composed of members from different healthcare professions with specialised skills and expertise.

CONCEPT OF MULTIDISCIPLINARY TEAM

- ❖ The multidisciplinary team concept is a hallmark of the field of mental health.
- ❖ Multidisciplinary teams form one aspect of the provision of a streamlined patient journey by developing individual treatment plans that are based on 'best practice'.

Cont....

- ❖ This multi-disciplinary team functions as an Inter- disciplinary team in that the total care of the patient requires not only the total input of each members of this team but also the inter-disciplinary coordinated effort .
- ❖ Multi-disciplinary input & inter-disciplinary coordination's as directed by the patient & his illness will lead to the splendid outcome of recovery of the patient to his maximum capability & capacity in the community.

ROLE OF MULTIDISCIPLINARY TEAM

- ❖ **Psychiatrist:** Perform assessments, provide talking therapies, prescribe medication, investigate for physical illnesses.
- ❖ **Psychologist:** Provide specialised talking therapies, perform in-depth assessments of aspects of brain functioning and behaviour.
- ❖ **Psychiatric Nurse :** Assess difficulties, provide talking therapies, administer and monitor medication.

Cont...

- ❖ **Occupational Therapist** : Provide skills assessments, formulate rehabilitation plan which is delivered both individually and in groups
- ❖ **Social Worker**: Provide support for families, provide talking therapies, advise in relation to housing, finance and supports.

MULTIDISCIPLINARY TEAM MEMBERS



Mental Health Nurse

Psychiatric nurses undergo a degree course in the assessment and care of people with mental health problems. Psychiatric nurses work in inpatient units, day hospitals, rehabilitation centres or in the community.

Role/Experience/Capacity:

- ❖ Work with people with high and low prevalence mental health disorders, including mental illnesses or psychological distress.

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Cont...

Services provided:

- ❖ Identify client goals and interventions required to achieve them.
- ❖ Provide a comprehensive mental status assessment.
- ❖ Contribute to the development of a General Practice Mental Health Care Plan.
- ❖ Contribute to case conferences.
- ❖ Assist clients' families and carers to provide care and support.
- ❖ Provide psychological education.
- ❖ Provide counselling and psychological interventions.

Psychiatrist

- ❖ Psychiatrists are doctors with a degree in medicine, who specialise in the assessment and management of mental health conditions, such as depression, anxiety, psychosis, personality disorders, intellectual difficulties or addictions. Psychiatrists will usually have a particular specialist interest.
- ❖ The psychiatrist works as part of a multi-disciplinary team (link) but will also be aware of a wide range of other helpful resources in the community such as peer support groups, counselling services, volunteer organisations etc.

Cont...

- ❖ A consultant psychiatrist often functions as the leader of the multidisciplinary team, coordinating the work of psychiatric registrars and the other team members in order to provide the highest quality care for individual patients.
- ❖ Psychiatrists employ treatments including talking therapies, social interventions and medications in the management of mental health problems.

Psychologist

- ❖ A psychologist working in the mental health services will have obtained a primary degree in psychology and will then have undertaken further education and specialist training in clinical or counselling psychology.
- ❖ Psychologists have expertise in the assessment of psychological functioning (i.e. personality or intellectual functioning) and in the delivery of a variety of talking therapies.

Cont...

- ❖ Talking therapies may be delivered on an individual or group basis.
- ❖ She/he conducts psychological, diagnostic tests, interprets and evaluates the finding of these tests and implements a program of behavior modification.

General Practitioner

GPs look after clients by promoting health and doing preventive health care.

- ❖ Attend to clients who are physically or emotionally unwell.
- ❖ Provide 'person centred, continuing, comprehensive and coordinated whole person health care to individuals and families in their communities.

Occupational Therapist

Occupational therapy (OT) is a client-centered health profession concerned with promoting health and wellbeing through occupation.

The primary goal of an Occupational Therapist:

- ❖ To enable people to participate in everyday life by working with people and communities.
- ❖ To enhance their ability to engage in the occupations they want to, need to, or are expected to do, or by modifying the occupation or the environment to better support their occupational engagement.

Cont...

OT's assist with SEWB and can refer clients to a GP with:

- ❖ Comorbidity (depression, other acute conditions)
- ❖ Failure to progress
- ❖ Wounds that do not heal
- ❖ Poor compliance to medication regime
- ❖ Life crises (sudden changes in life circumstances, such as death of partner, family member or pet)

Mental Health Social Worker

- ✓ Work with individuals with mental disorders to resolve associated psychosocial problems and with families in which mental health problems exist in connection with social problems, such as family distress, unemployment, disability, poverty and trauma
- ✓ They work with issues such as depression, anxiety, mood and personality disorders, Suicidal thoughts, relationship problems, adjustment issues, trauma and family conflicts.

Cont....

✓ They provide a range of evidence-based interventions, which focus on achieving solutions, including:

- Cognitive behavioural therapy
- Relationship strategies
- Skills training
- Interpersonal therapy
- Psycho-education
- Family therapy
- Narrative therapy.

Cont....

MHSWs interventions include:

- ❖ Detailed psychosocial assessment identifying the connections between mental health problems and complex social contexts .
- ❖ Assessment of the mental illness and its impact on the life of individuals and their families
- ❖ Working with individuals, family.

Pharmacist

- Devise and revise a client's medication therapy to achieve the optimal regime that suits the individual's medical and therapeutic needs.
- They can be an information resource for the client and medical team.
- Provide information on new drug treatments and the impact of different drugs when taken together.

Recreational therapist

The recreational therapist plans activities to stimulate the patients muscle coordination, interpersonal relationship and socialization.

Diversional Play Therapist

Makes observation of a child during play behaviour .This is then related to conditions such as phobia, abuse and separation.

Chaplain/Pastor/Priest

- Visits and ministry to clients and family.
- Spiritual advice and counselling.

Family Caregiver/Spouse/ Children

Consumer and family advocate for the client and are often the main provider of direct care. They:

- Provide a wealth of information regarding the client - pre-illness functioning, hobbies, interests, and concerns.
- Offers direct input about ability and willingness to assist in care.
- Provide a background and understanding of family history and/or dynamics that may interfere with knowledge of client and ability to participate.

ROLE OF NURSE

A role is “the sum total of expected behaviours from a person who occupies a particular position and status in a social pattern.”

According to Hardy & Hardy (1988) – A role is set of expected and actual behaviours associated with a position in a social structure.

Cont...

The concept of an extended role means to reach out. It is the extension of the basic caring role. Nurses are assuming their roles in variety of settings.

- ❖ **Nurse educator**
- ❖ **Nurse administrator**
- ❖ **Clinical nurse specialist**
- ❖ **Critical care nurse**
- ❖ **Nurse anaesthetist**
- ❖ **Nurse practitioner**

Cont....

- It provides variety of services for patient of all age groups which may be part of hospital or community.
- It enhances clinical decision skills
- It provides great challenges & opportunities for nurses.
- It provides expert knowledge and high level of job satisfaction.

Cont...

- Published evidences shows that nurse can be as effective as doctors within her expanded role.
- Health as a fundamental right of individual.
- Emerging trend of health oriented model from a disease oriented model .
- Expansion of scientific knowledge.

Cont...

To meet changing health care needs:

1. Medical Duties
2. Nursing Care Plan
3. Patient Educator
4. Patient Advocate
5. Care Manager
6. Assessment, Evaluation, Triage and Referral Nurse
7. Utilization Review Nurse
8. Risk Manager
9. Chief Quality Officer
10. Corporate Managers and Executives

NET REFERENCES

- <http://www.rcpsych.ac.uk>
- [https://www.telethonkids.org.au/globalassets/media/documents/aboriginal-health.](https://www.telethonkids.org.au/globalassets/media/documents/aboriginal-health)

THANK YOU