



THE MENTAL HEALTH DRUG AND ALCOHOL NURSE PRACTITIONER COLLABORATIVE



Wolf Scheuermann

The Mental Health Drug and Alcohol Nurse Practitioner Collaborative commenced in mid 2008 as an initiative principally between NE Health Wangaratta and Austin Health. Other key parties included Eastern Health and Forensicare. Initially a small group of interested nurses met to provide mutual support for Nurse

Practitioner candidates, to discuss and collaborate on potential Nurse Practitioner models and to present clinical cases. Meetings rotated between rural and metropolitan venues and continue to do so.

A nurse practitioner is a registered nurse authorised to function in an extended clinical role, including referring patients to other health care professionals, prescribing medications and ordering diagnostic investigations. Whilst nurse practitioners are fairly new in Australia they number a few thousand throughout the USA and UK.

Two members, Nick Gaynor and Neville Baker from Austin Health, previously featured in Carillon, successfully achieved endorsement in July 2009. Both Nick and Neville have spent more than 20 years each working as psychiatric nurses. Nick works out of the Emergency Department at Austin Health, whilst Neville will be taking up a new role in Austin Health's primary mental health team with a focus on youth outreach. A third founding member Wolf Scheuermann, from North East Health Wangaratta, was also endorsed in February 2010. Wolf works out of the Emergency Department of Wangaratta Hospital and manages people with high prevalence disorders. He is also looking at providing a similar service to other health services throughout the

North East of Victoria. Several existing members of the Collaborative are in the process of preparing for endorsement over the coming year.

During this past year the Collaborative has provided advice to the Department of Health and the Nurses Board of Victoria, including advice regarding the development of the Prescribing Categories for Mental Health Nurse Practitioners. The Minister for Health, Daniel Andrews endorsed the amendments in April 2010 in accordance with section 14A(1) of the Drugs, Poisons and Controlled Substances Act 1981. This means that Nurse Practitioners endorsed in the category of Mental Health are now able to prescribe the agents in the class of drug or the individual medications list on the formulary that are within the individual nurse practitioner's scope of practice. The approved formulary and guidelines are now available on the NBV website: http://www.nbv.org.au/c/document_library/get_file?p_1_id=10327&folderId=12979&name=DLFE-1931.pdf

The Collaborative is now, in what could be called, its second phase of development with an additional focus via the current funding round to support the development of a further ten mental health and alcohol and drug Nurse Practitioner candidate roles for Victoria.

The Collaborative is undertaking a more diversified approach and reviewing its structure to accommodate these changes, which now includes as its membership recently funded project officers, Nurse Practitioner candidates, Nurse Practitioners, Senior Nurses and other interested parties. The Collaborative is also embarking on the development of a website and is working in partnership with the Centre for Psychiatric Nursing to establish this by mid 2010.

The overall aim of the MHDANPC is to assist with the development, support and mentorship of mental health and drug and alcohol nurse practitioners in Victoria.

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COERCION IN PSYCHIATRY – HUMAN RIGHTS AND CLINICAL IMPERATIVES

On Monday 3rd May 2010, the Centre for Psychiatric Nursing (CPN) hosted a one day symposium titled "Coercion in Psychiatry – Human Rights and Clinical Imperatives".

With the review of the Mental Health Act in Victoria being currently undertaken, the CPN believed it was timely that the issues related to coercion in psychiatry be raised and debated by the broader Victorian mental health community.

About 100 participants including clinicians, consumers, allied health staff and Department of Health staff attended the day to hear differing views and to discuss the issue of coercion in psychiatry.

The symposium, moderated by Associate Professor Stephen Elsom from the CPN, consisted of 5 presentations from a wide range of disciplines discussing: Do we need a Mental Health Act? – What would it be

like to abolish coercion in psychiatry? Results of research into Community Treatment Orders, A clinical perspective of Community Treatment Orders in Victoria, Liberal Practice in Nursing and Advanced Directives.

Each of the presentations was followed by audience interaction and questions and the day ended with a presenter panel discussion where the symposium audience had the opportunity to have their questions directed to the panel.

International Human Rights Activist, Ms Tina Minkowitz from New York along with Mr Bill Moon Consumer Consultant, NorthWest Mental Health presented their perspective on what it would be like not to have coercion in psychiatry.

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THE VICTORIAN WOMEN AND MENTAL HEALTH NETWORK (VWMHN) AND OUTCOMES OF GENDER SENSITIVE TRAINING IN MENTAL HEALTH ADULT ACUTE INPATIENT UNITS

Over the past eighteen months the VWMHN have conducted thirty seven Gender Sensitive training sessions across the state of Victoria. These sessions have primarily been offered to staff working in the acute adult mental health units.

This article provides you with an overview of the VWMHN and highlights the most striking feature rising from the evaluations, that is that having the opportunity of listening to a woman consumer tell of her experience as a patient as the single most important component of the training sessions identified by staff.

The VWMHN was established in 1988 and has brought together women consumers, clinical and community based service providers, educators and other interested women who work together to promote a greater awareness and understanding of the issues impacting on women's mental health. The VWMHN vision is to promote awareness of the issues that impact on women when they access mental health services and to support the development of women-sensitive services. The VWMHN recognise women consumers' lived experience and the potential for them to be partners in their recovery and their role in advocating for services that a responsive to their needs.

Over the past five years, following hearing numerous concerns raised by women, the VWMHN has focused on the need for Gender Sensitive care of women when they are patients within the adult acute inpatient units. A survey conducted in 2006 indicated that 61% of women (n75) had experienced harassment or abuse in hospital and 70% of mental health staff (n42)

indicated that harassment and abuse occurred frequently. Following this survey the VWMHN undertook two additional studies (the *Nowhere to be Safe* report and the *Gathering Information about clinical mental health services initiatives* report). These reports relay the experience of women from both a woman consumer and senior mental health staff perspective.

The *Nowhere to be Safe* report draws together the experiences shared by women at a series of listening events held at psychiatric disability rehabilitation services around the state of Victoria during 2007. Sixty five women consumers took part and clearly articulated their distress relating to: lack of privacy and safety, harassment and violence by male patients, distressing experiences when placed in a High Dependency Units, not feeling heard by staff and the highlighting the needs of women who have experienced previous abuse and being re-traumatised by their hospital admission. The women's responses were brought together in the *Nowhere to be Safe* report.

The *Gathering Information Report* was published in 2009 following interviews conducted with 43 senior mental health staff from 26 adult acute inpatient units throughout the state of Victoria. This report identified significant safety concerns for women consumers when they received treatment in mixed sex inpatient units and the action priorities suggested by mental health staff closely collated with those suggested by women consumers.

The VWMHN were successful in attracting funding through both the Mental Health Council of Australia and the then Department of Human Services to offer Gender Sensitive Training to staff, with a focus on staff working in the adult acute mental health units. The two publications previously mentioned formed the basis of the

training sessions and two presenters, one woman consumer and the VWMHN project officer have conducted the training from late 2008 to mid 2010. Over 450 staff have participated in the training sessions.

What has been the most outstanding response from staff? Listening to the story as told by the woman consumer. Without fail, hearing the consumer's story is the single most commented on aspect from every training session. So often the only exposure staff have to the individual is when they are acutely unwell, they do not have the opportunity of seeing that person participating as an active member of their community. The exception raised to this was for staff working in rural areas. So, hearing of a consumer relay her experience had a significant and positive impact on staff.

In each of the sessions staff acknowledged that the issues raised by women are indeed commonly experienced in the ward situation. What prevents staff from addressing these issues? The most frequent verbal responses were; lack of time, too much paper work, and inappropriate ward design. Certainly staff are committed to changing the system and recognised that some of the issues could be addressed through more of a cultural rather than a structural change to the system; listening, the provision of more group activities, the provision of hygiene articles on admission.

The training sessions offered are seen as a first step in the implementation and move to wards a more Gender Sensitive service system for all consumers of our mental health services. The issues for women have been clearly identified and the VWMHN hope to develop and implement a more comprehensive training program, utilising the skills of women consumers as they continue to focus on the system required to meet the needs of women when they access both the acute adult mental health services and other community mental health services.

If you would like further information about the VWMHN please contact Cheryl Sullivan, Project Officer at: vicwmhn@vicserv.org.au or 0417396706.

COERCION IN PSYCHIATRY SYMPOSIUM

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They were followed Dr Lisa Brophy, Senior Social Worker at NorthWest Mental Health who presented the results of her recent PhD research into Community Treatment Orders in Victoria, and Dr Angela Livingstone, a Psychiatrist at Victorian Dual Diagnosis Service who presented on the clinical perspectives of community treatment orders.

Following lunch, Dr Bridget Hamilton, a lecturer in the School of Health Sciences at the University of Melbourne presented on liberal practice in nursing and then Ms Catherine Leslie, Lawyer and Policy Officer from the Mental Health Legal Centre presented on Advance Directives.

The day concluded with the panel discussion titled "Where to from here" in which audience members were invited to present questions via the symposium moderator to the panel for further discussion.

This session raised controversial and sensitive issues for clinicians, consumers and the presenters and highlighted the need for further discussion and

increased knowledge and awareness of the effects of coercion in psychiatry for the mental health community.

The symposium provided a space that encouraged airing of differing views and opinions. Feedback from participants indicated that this topic needs to be at the forefront of awareness within the mental health community and that there need to be further discussion on this important topic.

When controversial topics are discussed, it is not the intention of the CPN to cause any distress to presenters or participants. It is the CPN's role to promote necessary healthy discussion and to provide leadership and a space to raise these controversial issues that are timely. These discussions are intended to raise awareness and contribute to change in mental health nursing practice.

The Centre for Psychiatric Nursing intends to continue to provide an environment in which these issues and other similar issues can be debated and discussed in a respectful and positive way. The Staff at the CPN would like to thank all the symposium presenters and participants who contributed to a lively and thought provoking day.

HIGHER DEGREE STUDY OPPORTUNITIES AVAILABLE

Are you interested in pursuing a Masters or PhD?

Exciting research opportunities exist for people interested in pursuing research higher degrees in mental health nursing practice.

Our research program includes Medication Safety, Physical Health, Therapeutic Optimism, Mental Health Triage and other areas of mental health nursing practice. Scholarship opportunities may be available for the appropriately qualified candidate

For further information contact:

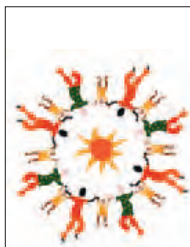
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'INSTILLING HOPE'

A FIVE YEAR PLAN FOR THE CONSUMER AND CARER RELATIONS DIRECTORATE OF SOUTHERN HEALTH'S MENTAL HEALTH, ALCOHOL AND OTHER DRUGS PROGRAM

In 2005 Southern Health Mental health program implemented the role of Director of Consumer and Carer relations. Under this new role, the consumer and carer workers with in the program came together as a team and began to develop a cohesive approach to the work being undertaken. During this time, a number of important documents have been produced in regard to Consumer and Family/Carer Participation in the Mental Health, Alcohol and other Drugs sector.

Sarah Gordon's 2005 article on Consumer leadership offers a concise and comprehensive argument for an increased involvement of consumers in the leadership and management of mental health services



Through lived experience and as an integral part of the Southern Health Mental Health, Alcohol and other Drugs Program, the Consumer & Carer Relations Directorate enhances the Program's capacity to instill hope and provide an effective consumer and family/carer focused service.

in Australia and New Zealand. Gordon concludes her article with "It is contended that the paradigm shift from consumer 'participation' to consumer 'leadership' may be more fruitful in realising the considerable benefits that result from effective consumer involvement in mental health services."

A second key document is the research report 'Real Lives, Real Jobs' (Bennetts 2009) This research project was extensive and made a total of 30 recommendations across areas such as *The essence of consumer work, The dollars, Pathways, The Workplace and Leadership*. Despite this being a government funded research project, there is no evidence that any of these recommendations have been implemented.

A final article to raise here is the Stewart et al (2008) article 'Set Up to Fail? Consumer participation in the mental health service system'. This article is an exploration of issues identified by consumer workers in NSW via a survey distributed to workers and via the NSW Consumer Advisory Group newsletter. Stewart et al (2008)

come to the conclusion that 'the rhetoric of consumer participation is not matched by effective and timely strategies that ensure that consumer involvement is underpinned by relevant training and supportive infrastructure. The goal of meaningful consumer participation in mental health services, as outlined in policy, is yet to be achieved'.

- Currently advertising a project position in the newly forming 'Early in Life, 0 – 25 years' directorate to develop a model of consumer participation
- Project to develop a model of Family/Carer support in bed based Rehabilitation services, principally the CCU's and SECU.
- Development of a Consumer/Carer Education and training role
- Development of a project to develop a model of participation for the Alcohol and other drugs sector.
- The continued development of a career structure and a remuneration and classification system that accounts for experience and education.

This is an exciting time for the directorate with much enthusiasm about the potential for development and the types of involvement we will be able to achieve with the consumers, their families and carers and the staff of the mental health program at Southern Health.

For a copy of the complete document 'Instilling Hope' please contact Vrinda Edan at Southern Health: vrinda.edan@southernhealth.org.au

A MAJOR BUILDING REDEVELOPMENT FOR THE NORTHERN PSYCHIATRIC UNIT

Based at the Northern Hospital in Epping, the Northern Psychiatric Unit, is part of North West Mental Health and is currently undergoing a major building redevelopment. The initial planning for the redevelopment commenced 3 years ago. Throughout the process we have engaged with key stakeholders and reflected, where possible, their requests in the design of the building. Construction commenced late in 2008. The first phase reached completion in March of this year with opening of a new 25 bed wing. Overall the redevelopment involves 4 main phases.

Phase 1 Opening of 25 new inpatient beds.

This stage involved decommissioning the existing 25 inpatient unit beds and moving to the new facility, which was officially opened by Mental Health Minister Lisa Neville on the 13th of March. The new beds feature a number of design features that we hope will make it a much improved experience for patients admitted to hospital. These features include:

- all single rooms with ensuites,
- several small private lounges with dedicated external space,

- a large landscaped external courtyard,
- an abundance of natural light,
- telephone system in bedrooms,
- Flexibility to build gender sensitive practices into our day to day routine.

Phase 2

Commissioning of a purpose built ECT Suite

The new ECT suite is due to be completed in late May this year. The new suite has been purpose built and designed with a number of key improvements. These include:

- Dedicated waiting area,
- Breakfast bay for a light meal following treatment,
- Fully equipped and spacious recovery area

Phase 3

Redesign and renovation of the existing High Dependency Unit (HDU) area.

The existing HDU area under goes a complete face lift. All of the HDU bedrooms are redesigned with ensuites and the shared lounge area is extended. The staff base that adjoins the area is also increased in size to improve the working environment for NPU staff and visiting clinicians.

Phase 4

Refurbishment of the existing 25 inpatient ward

Funding for a refurbishment for the existing 25 bed ward was announced by the Minister for mental Health on the 13th of March this year. The \$1.4 million allocated will allow us to ensure that



Building redevelopment for the Northern Psychiatric Unit, based at the Northern Hospital in Epping.

individual rooms and shared spaces have a similar feel to the new wing. The funding also allows us to build some flexibility into the environment in terms of gender sensitive practices.

At the completion of the redevelopment there will be 50 inpatient beds at the Northern Psychiatric Unit. This increase in bed numbers has also triggered a review of our model of care. Although this review is still ongoing what is clear even at this early stage is that, among other things, we will be more focused on our therapeutic activity and group programs.

If you would like a closer look at the first phase of the redevelopment then check out the following link: http://www.youtube.com/watch?v=bCIU-z_O3Wc

For more information on the redevelopment, including employment opportunities, please contact Gary Ennis on 84052574 or gary.ennis@mh.org.au

11th

VICTORIAN COLLABORATIVE PSYCHIATRIC NURSING CONFERENCE

12 & 13 August 2010

As joint hosts the **Centre for Psychiatric Nursing, The Australian College of Mental Health Nurses (Vic Branch), The Health and Community Services Union** and the **Australian Nursing Federation** invite you to attend this exciting conference.

The aim of this conference is to focus on the practice of psychiatric nursing and how this practice contributes to better health outcomes for the consumers of services.

Registrations are now open

The registration form is available on the CPN website: www.cpn.unimelb.edu.au

If you require further information please contact **Greg Mutter** at the CPN:

T: (03) 8344 9626

E: cpn@nursing.unimelb.edu.au

F: (03) 9347 4375

Early Bird registrations have now closed but places are still available if you book soon

All registrations must close:
Friday 16 July 2010

Themes

- Innovation in practice
- Sustainability of psychiatric nursing
- Consumer perspectives
- Carer perspectives
- Clinically-based research and evaluation
- Psychiatric nursing across the life-span
- Rural issues
- Cultural and indigenous issues
- Dual diagnosis
- Dual disability
- Recovery



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