



## **Irish Institute of Mental Health Nursing AGM**

### **Report from the Chairperson**

This year was a relatively busy year with submissions, publications and events.

#### **Submissions**

A detail submission was made on A Vision for Mental Health Nursing in response to a call from the research group set up Office of Nursing and Midwifery service Director and Corporate Mental Health at the HSE to identify nursing skills and competencies which may require development in order for nurses to continue to provide accessible, community-based specialist services for people with mental illness The study is co-funded by the National Council and the NMPDUs.

A submission on recovery was also made to the Vision for Change National Recovery Group, which was set up to develop a guidance document on recovery for the Irish Mental Health service.

#### **Meeting with Sheila O'Malley**

During the year members of the Institute met with Sheila O'Malley, Chief Nurse and Pat Clifford, Assistant Principal Officer to discuss the executives concerns regarding the changes in payment to the Psychiatric Nursing Intern Students on their rostered clinical placement.

#### **Publication of Guidelines for Practice**

This year the Institute published a position paper "Advance Directives and the Role of Mental Health Nurses –" which was launched by Liam McGabhann, at the annual symposium

#### **Newsletter**

This year the IIMHN launched its first newsletter both in hardcopy and online. The newsletter was skilfully designed by Mark Monaghan and Siobhain Smyth and edited by both Mark and Harry Gijbels. Following production of the hard copy it was distributed through the country via Nursing Practice development Co-ordinators and other key personnel within the services.

#### **Co-sponsoring of events: Robert Whitaker lecture**

In association with the Critical Voices Network the institute co-sponsored a series of public lecture by Robert Whitaker. The lectures took place in UCC, TCD and Athlone and were attended by very large audiences with up to 400 attending some venues. Feedback from attendees was overwhelmingly positive.

## **Representation of the Institute on other committees**

The chairperson of the Institute continues to represent the organisation on the national steering group that is conducting research on Mental Health Nursing in Ireland. Eamon Moynihan is a member of the Vision for Change National Recovery Group. The vice Chairman Mr Denis Ryan continues to sit on the Expert Panel of Horatio, the European Psychiatric Nurses Organisation.

## **Online survey of Institute Members on Mental Health Nursing**

During the year an online survey of institute members was carried out to get their views on 'good mental health nursing'. In total thirty members of the Irish Institute of Mental Health Nursing completed an on-line survey and their responses were subject to a content analysis by Richard Lakeman whereby all content was captured in the following broad definition. Mental health nursing was described as a professional, client centred, goal directed, evidenced based activity focused on the growth, development and recovery of people with complex mental health needs. It involves caring, empathic, insightful and respectful nurses using interpersonal skills to draw upon and develop the personal resources of individuals and to facilitate change in partnership with the individual and in collaboration with friends, family and the health care team. Findings from the survey were also captured in poster format and displayed at the IIMHN symposium.

The current online survey 'Professional Organisations (such as the IIMHN) should not accept sponsorship or donations from the pharmaceutical industry' is still ongoing.

## **Website**

Dr Richard Lakeman continued to modify and add to the website, which has been a central medium for communication with mental health nurses and links with other professional organisations within and outside of the country. On behalf of the membership and executive and the wider Institute membership, I would like to acknowledge all Richard's work and say a sincere thank you for his amazing contribution to the Institute. I would also like to wish him the very best for the future in his new post as senior lecturer at Southern Cross University NSW Australia.

## **Annual symposium**

The second Annual Symposium was held at the School of Nursing, UCD on 2<sup>nd</sup> June 2011. The theme of this Symposium was Reconciling Roles in Psychiatric/Mental Health Nursing.

The morning session was chaired by Dr. Liam MacGabhann and included an opening address from Mr John McCarthy, social entrepreneur, mental health campaigner, poet, playwright, delegate to the UN, and founder of Mad Pride Ireland entitled "*Is mental illness a disease or an imagined disability?*" This was followed by a debate on the statement "Psychiatric Nurses ought to embrace their role as agents of social control" "Speaking for the motion were Richard Lakeman DCU; Ann Sheridan UCD and Mike Watts GROW, whilst Denis Ryan, Michael Bambrick Cork Mental Health Services and Orla O'Donovan lecturer in the School of Applied Social Studies in University UCC spoke against the motion.

The afternoon session, chaired by Teresa Tuohy had three papers. It commenced with Len Bowers, Professor of Nursing, Institute of Psychiatry, King's College London paper on "Do we need a seclusion reduction or eradication initiative? The challenge of international efforts and the latest research findings". This was followed by a presentation by Heikki Ellilä, Principal Lecturer Turku University of Applied Sciences, Turku, Finland title "From Special to Promotion - Transferring Mental Health Services to Primary care. Experiences from Finland". The third paper presentation consisted of the launch of IIMHN position paper on "Advance Directives and the Role of Mental Health Nurses" which was delivered by Liam McGabhann. Closing remarks were made by Colum Bracken.

One of the highlights of the day was the Art exhibition on the theme: 'Visualising Care in Mental Health'. Over fifty entries were received and displayed, with many of the artists in attendance. The art competition had previously been judged by a panel consisting of two service users, a carer, a mental health nurse (all with interest in art) and well known professional artist Thelma Mansfield. Prizes were presented on the day by Charles Harper (artist) and Briege Casey (organiser of the competition) and were awarded to

1st prize €500 - Caherina Art Group; 2nd prize €100 Miriam Gogg; 3rd Prize €75 Catherine Terrett; 4th prize/Highly commended €50 -Olivia O Leary. In addition each of these people were commended and received a one4all gift voucher for €25: Sinead Blake-Flynn, Jerome Cunneen, Mary Myers, Pascal Ryan, Armelio Alano, Nora Kililea, Eddie Grimes and Angela Delaney.

Throughout the day there was an opportunity to view some excellent posters presentations. In total 15 posters were presented at the conference on a range of research topics in the area of mental health nursing- an increase from the previous year.

The poster prizes, which were kindly sponsored by the PNA, went to:

L Renwick and team for poster on Quality of Life in First Episode Psychosis

E McCann for his poster on Expressing sexuality: Mental health service users views

F Boyd and team for poster on Developing a collaborative peer and clinician led education intervention for service users with experience of psychosis and their families: Challenges & opportunities

I would like to say a sincere thanks to Philip James, Elaine Collins, Teresa Tuohy Ashling Cullhane and Siobhain Smyth for the work they put in to make the day a success, Richard Lakeman making the proceedings including the art and posters available on the website and Mark Monaghan for his work with the camera. I would like to extend a special thanks to Briege Casey for all her insightful and excellent work in organising the art competition and making the day such a success.

## Membership

Membership now stands at 217, and increase of 24 members, since 2010. However paid up membership is only 39, a decrease from last year's 55. The following is a breakdown of membership.

<b>Membership IIMHN August 2011</b>	
Lecturer/Tutor/Professor	35
Clinical Nurse Manager	30

31<sup>st</sup> August 2011

Staff Nurse/Senior Staff Nurse	28
CPN	19
Student Nurses	17
Clinical Practice Co-ordinator	15
Director/Assistant Director	13
CNS/ANP	11
Other	49
<b>Total</b>	<b>217</b>

### **Acknowledgements**

Over the year we have received support from many organisations and people. On behalf of the Executive I would like to say a sincere thanks to all of them. Firstly the Nursing Practice Development Units. The PNA who willingly sponsored the prizes for the poster competition at the annual symposium. Briege Casey and her team for all their work on the art competition. Likewise thanks is due to Trinity College, Dublin DCU and UCD for their generosity in offering venues for our meetings and events since our inception.

I would personally like to extend my thanks to the members of the executive who assisted me throughout the year. Finally I would like to pay tribute to the contributions of Richard Lakeman who has resigned from the committee as he has returned to Australia. Richard has made an extraordinary contribution to the organisation and to the development and maintenance of the website.

Thank you

Prof. Agnes Higgins  
Chairperson Irish Institute of Mental Health Nursing