



The Irish Institute of Mental Health Nursing

Presentation by
Ms Mary Farrelly
On the launch of the IIMHN on
17th June 2009

www.iimhn.org

Advancing Practice in Mental Health Nursing in Ireland

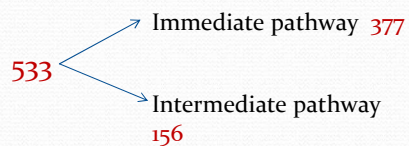
Mary Farrelly

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- Degree programme
- Developments in post-registration education
- Mental health nursing in the academy
- Clinical career pathway
- Nurse prescribing

Advanced level posts approved in mental health 2009

Clinical Nurse Specialists



Represents **26%** of all CNS/CMS posts

Advanced Nurse Practitioners

Approved **9** (posts)
4 (ANPS)

Represents **8%** of all ANP/AMP posts

Represents approximately **11%** of all mental health nurses working in MH services in Ireland

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Area of practice of CNS in mental health

• Community mental health	231	• Eating disorders	3
• Addiction	60	• Bereavement	3
• Child and adolescent	51	• Acute mental health care	3
• Behaviour/cognitive therapy	30	• Deliberate self harm	2
• Counselling/ psychotherapy	22	• Psycho-oncology	1
• Family therapy	20	• Acquired brain injury	1
• POA	18	• ID	1
• Home based care	13	• Stress management	1
• Liaison	13	• Psychosocial interventions	1
• Therapeutic programmes	10	• Continence management	1
• Rehabilitation	12	• Primary care	1
• Crises	9	• Art therapy	1
• Psychosis/enduring mental illness	7	• Assertive outreach	1
• Dementia	4	• Occupational health	1
• Affective disorders	5	• Drama therapy	1
• Health Promotion	4		

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Area of practice of ANPs in mental health

• Child and adolescent	1
• Cognitive behaviour therapy	4
• Addiction	1
• Liaison	1
• Eating disorders	2
• (psychotherapy, primary care, bereavement, dementia, camh, rehabilitation) in process	

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Mental health nurse prescribing

9 mental health sites have supported the introduction of nurse prescribing

5 Registered nurse prescribers

Candidates

- Mental health 22
- Addiction 3
- Home care 2
- Liaison (old age care) 1

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So what?

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- Information exists on type and numbers of posts
- There is now some uniformity in titles, remuneration, role definition and educational preparation
- A framework exists for role development that allows for all aspects of CNS & ANP core concepts to be included
- Need for regional dispersion
- Identification and articulation of psychiatric nursing interventions
- Development of specialisms has centred on non-psychotic disorders
- Need to address the mental health needs of the population
 - Enduring mental illness
 - Depression/Anxiety
 - Primary Care
- Need to develop expertise in interventions that have been shown to be helpful

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Needs

- We know that:
 - ✓ depression, bi-polar disorder and schizophrenia constitute 9.5% of the total burden of disease and disability in Europe
 - ✓ 1 in 4 people at some time in their lives will suffer from some form of mental illness
 - ✓ 10% of people will suffer from depression
 - ✓ 1% of people will suffer from schizophrenia
 - ✓ one third of those who suffer from schizophrenia will require continuing care
 - ✓ depression is the main reason for admission to in-patient services followed by schizophrenia and alcoholic disorders
 - ✓ schizophrenia is the main diagnosis of psychiatric hospital in-patients
 - ✓ 40% of consultations with GPs are in relation to mental health problems
 - ✓ 460 deaths from suicide in Ireland in 2007
 - ✓ 4 out of every 5 deaths from suicide are men

What do consumers of the service say they want?

Clients

- ✓ to be listened to
- ✓ easier access to and more psychotherapies
- ✓ to be treated with respect
- ✓ more information about their care
- ✓ more contact with care givers

General public

- ✓ easier access to mental health care and mental health promotion services
- ✓ relatives want quick response and respite facilities

Primary care

- ✓ easier access to specialist services

Interventions

What we know:

- ✓ Maslow's hierarchy of needs
- ✓ Focused therapeutic interactions get results
- ✓ Interpersonal skills and therapeutic relationship critical CBT for psychotic disorders
- ✓ Family centred and psychosocial interventions for psychosis demonstrates results
- ✓ Medication management important

Developing skills

What we know:

- ✓ *Practice skills are best learned in practice with theoretical underpinning*
- ✓ *Teaching nurses how to learn equips them with skills for life*
- ✓ *Mature learners require flexible educational frameworks that fit with other commitments*
- ✓ *Continuing professional development is a vital component of a professional effective service*
- ✓ *Continuing professional development should be based on assessment of need*
- ✓ *Planned incremental change is more permanent than short term measures*
- ✓ *Staff need to feel that their contribution is valuable*
- ✓ *Education frameworks and CPD currently do not support team development*

Natural selection is the process where heritable traits that make it more likely for an organism to survive and successfully reproduce become more common over successive generations of a population.

