

COMMUNITY MENTAL HEALTH NURSING

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DEFINITIONS

- ◉ Community mental health is the application of specialized knowledge to population and communities to promote and maintain mental health, and to rehabilitate population at risk that continue to have residual effects of mental illness.
- (Sreevani)
- ◉ Community Mental Health Nursing is the application of knowledge of psychiatric nursing in promoting and maintaining mental health of people, to help in early diagnosis and care and to rehabilitate the clients after mental illness.
- (Bimla Kapoor)

DEFINITIONS CONTD....

- ◉ The Community Mental Health Programme includes all community facilities pertinent in any way to prevention, treatment and rehabilitation. - K.Park

AIMS OF COMMUNITY MENTAL HEALTH PROGRAM

- ◉ To ensure treatment and prevention of mental and neurological disorder.
- ◉ Use of mental health technology
- ◉ Application of mental health principles in total national development to improve quality of life.

ELEMENTS OF COMMUNITY MENTAL HEALTH PROGRAM

- ◉ Inpatient services
- ◉ Outpatient services
- ◉ Partial hospitalization
- ◉ Emergency services
- ◉ Diagnostic services
- ◉ Pre-care and aftercare services including foster home placement and home visiting
- ◉ Education services
- ◉ Training
- ◉ Research and evaluation.

PREVENTIVE ASPECTS OF MENTAL HEALTH

- ◉ PRIMARY PREVENTION
- ◉ SECONDARY PREVENTION
- ◉ TERTIARY PREVENTION



SERVICES RENDERED UNDER COMMUNITY MENTAL HEALTH PROGRAMME

- ◉ Early diagnosis and treatment
- ◉ Rehabilitation
- ◉ Group and individual psychotherapy
- ◉ Mental health education
- ◉ Use of modern psychoactive drugs
- ◉ After-care services

STRATEGIES ADOPTED IN CMHP

- ◉ Integration of mental health with primary health care through the national mental health program.
- ◉ Provision of tertiary care institutions for treatment of mental disorders.
- ◉ Eradication stigmatization of mentally ill patients and protecting their rights through regulatory institutions like the central mental health authority, and state mental health.

NATIONAL MENTAL HEALTH PROGRAMME

Objectives

- ⦿ Basic mental health care to all the needy especially the poor from rural, rural,slim and tribal areas.
- ⦿ Application of mental health knowledge in general health care and in social development.
- ⦿ Promotion of community participation in mental health service development and increase of efforts towards self help in the community.
- ⦿ Prevention and treatment of mental health and neurological disorders and their associated dissibilities.
- ⦿ Use of mental health technology to improve general health services
- ⦿ Application of mental health principles in total national development to improve quality of life.

APPROACHES OF NMHP

- ◉ Integration of mental health care services with the existing general health services.
- ◉ Utilization of the existing infrastructure of health services and also deliver the minimum mental health care services.
- ◉ Provision of appropriate task oriented training to the existing health staff.
- ◉ Linkage of mental health services with the existing community development program.

REVISED NATIONAL MENTAL HEALTH PROGRAM

- ◉ Extension of DMHP to 100 districts
- ◉ Up gradation of Psychiatry wings of Government Medical Colleges/ General Hospitals
- ◉ Modernization of State Mental hospitals
- ◉ IEC
- ◉ Monitoring & Evaluation

In the XI Five Year Plan, the NMHP has the following components/schemes:

- ◉ District Mental Health Programme (DMHP)
- ◉ Manpower Development Schemes - Centers Of Excellence And Setting Up/ Strengthening PG Training Departments of Mental Health Specialities
- ◉ Modernization Of State Run Mental Hospitals
- ◉ Up gradation of Psychiatric Wings of Medical Colleges/General Hospitals
- ◉ IEC
- ◉ Training & Research
- ◉ Monitoring & Evaluation

DISTRICT MENTAL HEALTH PROGRAMME

- ◉ Was launched in 1996 in 4 districts under NMHP and was expanded to 27 districts of the country by the end of IXth Five year plan period
- ◉ THANAL(Geriatric Mental Health Programme), THALIRU(School Mental Health Programme), SANTHWANAM(Occupational Therapy Units), JEEVANRAKSHA(Suicide Prevention Programme), BODHANA (Stress Management Programme) and MUKTHI (Substance Abuse Prevention Programme)

COMPONENTS OF DMHP

- ◉ Early detection & treatment.
- ◉ Training
- ◉ IEC
- ◉ Monitoring

LIMITATIONS OF DMHP

- ⦿ Non-availability of psychiatrists and other mental health professionals like psychiatric social workers and clinical psychologists in many states for manning DMHPs.
- ⦿ Lack of delegation of power for procuring medicines and recruiting staff under the program at the district level.
- ⦿ The program was focused on catering mostly to severely mentally ill and many important issues like suicide prevention, workplace stress management, adolescent mental health and college counseling services which could benefit larger section of society and were not covered under DMHP thus making these important services inaccessible to the community.

- ⦿ Low level of community participation due to stigma attached to mental illness.
- ⦿ Lack of regular and dedicated monitoring and facilitating mechanism.
- ⦿ Lack of detailed operational guidelines for implementation of the schemes.
- ⦿ Lack of co-ordination between Department of Medical Education and Health Department at the State level lead to delays in implementation of DMHPs.
- ⦿ Some states were not able to take over the funding of DMHP activities after the completion of 5 years.

WELFARE AGENCIES IN COMMUNITY MENTAL HEALTH

- ◉ **Psychiatric Emergency Care**
- ◉ **Day-Treatment Programs**
- ◉ **Residential Treatment Programs**
- ◉ **Psychiatric Home Care**
- ◉ **Aftercare and rehabilitation**

THERAPEUTIC SERVICES PROVIDED BY CMHC (COMMUNITY MENTAL HEALTH CENTERS)

- ◉ *Medication*
- ◉ *Individual and family therapy*
- ◉ *Crisis intervention*
- ◉ *Social skills training*

ROLE OF COMMUNITY HEALTH NURSE IN MENTAL HEALTH

- ◉ Assessment of family
- ◉ Assessment of community
- ◉ Planning and implementation
- ◉ Family interventions
- ◉ Community interventions
- ◉ Evaluation

MAJOR FUNCTIONS OF COMMUNITY HEALTH NURSE IN CMHP

- ◉ Assisting in the immediate diagnosis and treatment of mental illnesses.
- ◉ Making special arrangements to protect and take care of patients to prevent them, from physical injuries and attempted suicides.
- ◉ Establishing the importance of mental health in general patients and telling them the methods of attaining good mental health
- ◉ Follow up of mental patients
- ◉ Conducting guidance clinics
- ◉ Assisting the patients in social rehabilitation after their treatment
- ◉ Providing mental health education during home visits, hospital nursing and community care

THANK YOU

