

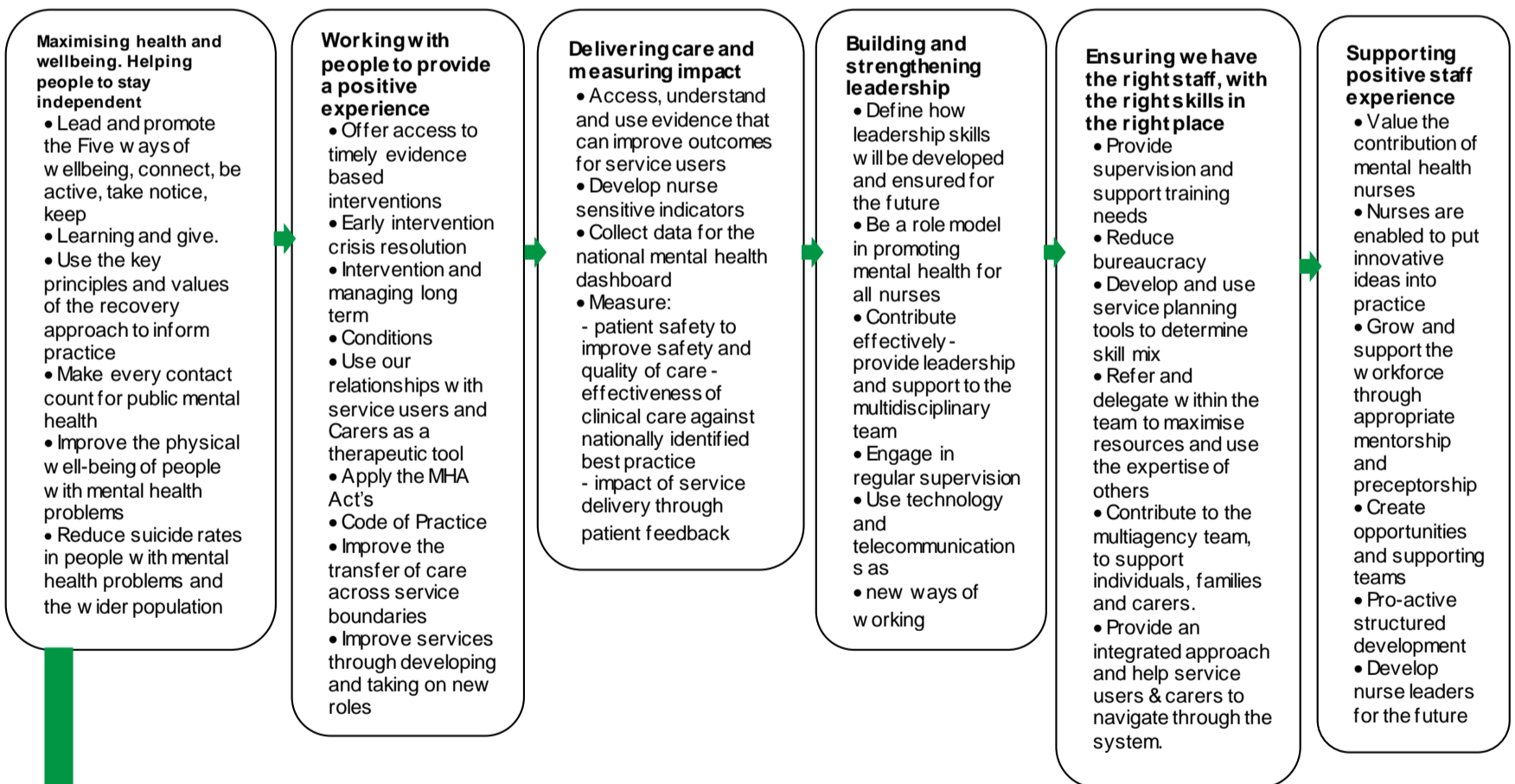
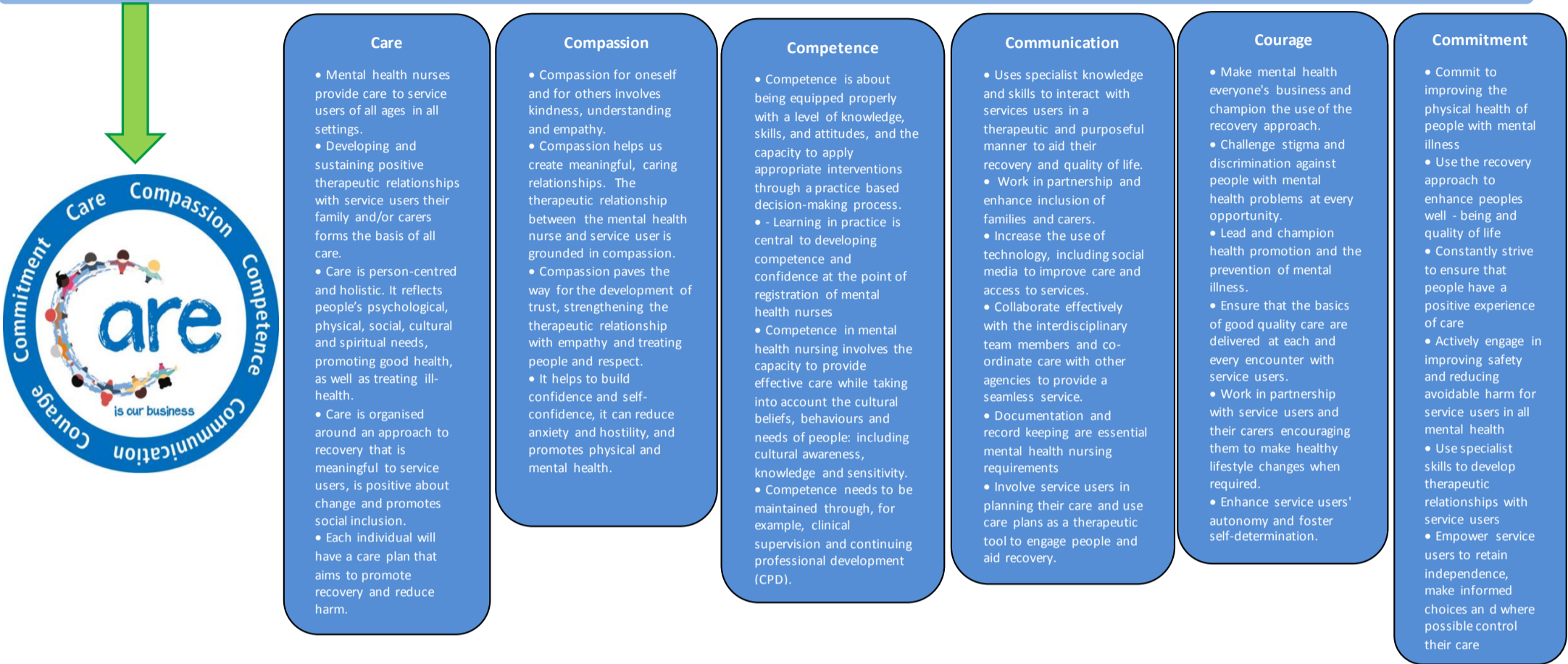
Overview and rationale

Mental health nurses are the largest profession working in mental health. They are at the forefront of improving the quality of mental health services, including early intervention in psychosis and improved access to psychological therapies. The CNO Review of mental health nursing (2006) identified the importance of improving the outcomes and experiences of service users. In order to do so it is essential to strengthen and develop mental health nursing and its contribution to public mental health.

The mental health strategy *No health without mental health*, identifies public mental health as a national priority along with the intention to improve the mental health and wellbeing of the population.

Enhanced partnership working will support the delivery of the strategy. A partnership approach across the lifespan, involving primary care, child health, maternity services, school nursing, secondary care and specialist mental health nursing is essential. The model builds on established joint working to enhance and extend partnership working amongst nurses to improve mental health outcomes. It includes the 6Cs and the six action areas that mental health nurses need to address to deliver high quality, compassionate care and improve health and care outcomes.

Making this happen for all mental health care nurses need to take the lead in the developing the culture of compassionate care 6 Action areas:



Six Shared Objectives: No health without mental health (DH, 2011)

- More people will have good mental health (CNO recommendations 4 & 11)
- More people with mental health will recover (CNO recommendation 8)
- More people with mental health problems will have good physical health (CNO Recommendation 7)
- More people will have a positive experience of care and support (CNO recommendations 5 & 10)
- Fewer people will suffer avoidable harm (CNO recommendations 6, 11 & 12)

Levels of public mental health nursing

Level 1 All mental health nurses maximise their role in health and well-being. Promote equitable care for all groups and individuals. Help reduce stigma and discrimination.

Level 2 Mental health nurses with specific primary and secondary prevention roles such as early intervention, working with families with multiple problems and people with long term illness and comorbidity e.g. diabetes and depression.

Level 3 Mental health nurses advising, supporting and working in partnership with public health practitioners such as health visitors, school nurses and occupational health nurses, e.g. anti-bullying

The role of the mental health nurse in health promotion to improve mental health and emotional wellbeing:

- Increasing resilience, promoting self-esteem, life and coping skills
- Assess, refer and delegate to maximise resources and use expertise of others
- Ensure preventative action and early intervention is a core component of assessment and care planning
- Target particular public health needs (e.g. school-aged children, vulnerable children such as those in care)
- Leading on people with complex and/or additional needs including support, education and training for families, carers and school/ care staff
- Provide proactive early intervention and leadership as part of a multi-agency team, for people with multiple problems e.g. young offenders/military veterans
- Use evidence based approaches to deliver cost effective programmes and interventions.
- Promote access and reduce barriers to mental health, reduce stigma and discrimination, inequalities & promote social inclusion

MENTAL HEALTH NURSING OUTCOMES: leading & contributing to 'improved mental health & emotional wellbeing'

- Demonstrate improved therapeutic engagement with service users in the health and care system
- Yearly reduction in the numbers of people who self harm and commit suicide within psychiatric inpatients
- Reduce the number of violent and aggressive incidents within psychiatric inpatient wards
- Demonstrate a year on year reduction in the number of falls sustained by older people
- Improved use of observation and engagement in psychiatric inpatient wards.
- Improved nutrition awareness & physical activity
- Demonstrate a reduction in medication errors and Improve medication adherence