

# Mental Health Nursing Forum

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Wednesday 15 May 2013  
Melbourne

# OVERVIEW OF THE PRESENTATION

- Where do nurses obtain their knowledge of mental health care?
- Any specialist mental health nursing course at present; if not, whether there are any plans to introduce one in the future.
- What recommendations would you make to improve mental health care in the Solomon Islands.
- Then for discussion [How does mental health care in the Solomon Islands measure up to what is recommended by the World Health organisation?]

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# MAP OF SOLOMON ISLANDS



# AS WITNESSED IN THE SOLOMON ISLANDS MAP

- There are only two gazetted mental health institutions [marked in red in the map] in the Solomon Islands. The one in Honiara is an acute care ward that has four bed unit capacity attached to the National Referral Hospital. The other one is the only National Psychiatric Unit with the capacity of 20 beds is located at Auki, Malaita Province. The only Psychiatrist consultant is stationed at the Acute care ward at the National Referral hospital.
- Accessibility to these two facilities are a very big problem. The only means of transport is by boats and the longest time to reach to the National Psychiatric Unit from Temotu Province for example is roughly more than a week. This unit is run by the trained nurses and no doctors. They do everything.

# AS WITNESSED IN THE SOLOMON ISLANDS MAP [continue]

- Almost 85 % of the population lives in the rural areas in the provinces. You have witnessed that there are only 3 trained psychiatric nurses coordinators [marked green in the map] posted to Western Province, Choiseul Province and one in the Central Islands Provinces.
- The rest of the provinces, there are one each registered nurses posted [marked yellow in the map] but are not trained. Therefore, this signifies that there are some form of mental health nursing services out there but not quality mental health nursing cares in the entire provinces in Solomon Islands.

# Where we obtain Mental Health knowledge [General Nurses]

- For the older or long time nurse do not have any form of mental health nursing knowledge i.e. 1985 back
- The newer current registered nurses are receiving mental health knowledge from the Solomon islands National University [Former College of Higher Education]. it is taught at the school, however, it is not a major subject and only taught when students do their third year of nursing. There are not very deep topics that has been taken from other regional universities. Just 20 hours and that was all.
- Only those who are interested in mental health go for their clinical experiences in the two institutions. They are not formally assessed and their practical experiences record do not contribute to their academic achievements.

# Institutions Mental Health Nurses obtain their Mental Health Care Knowledge and Awards?

- Two mental health nurses got their certificate in psychiatric nursing at Laloki [PNG] [from 1963 to 1985]
- Six from the College of Allied Health Science [PNG]
- Twelve from University of Papua New Guinea
- Fiji National University{recently [4]
- Queensland University of Technology [1]
- Total of 18 nurses where trained in mental health since 1963. two have died, one retired, two have joined the school of nursing 3 have left the service
- Currently left 10 [7/3]. Seven is centralized at the National Psychiatric Unit and Acute Care Ward/NRH

# Institutions Mental Health Nurses obtain their Mental Health Care Knowledge and Awards?

NO	INSTITUTIONS	Number of nurses	Qualifications
1	Laloki Psychiatric School/PNG	2	Certificate in Psychiatric Nursing
2	College of Allied Health Sciences/PNG	2	Certificate in Psychiatric Nursing
3	College of Allied Health Sciences/PNG	4	Diploma in Psychiatric Nursing
4	Queensland University of Technology/Australia	1	Post Graduate Diploma in Mental Health Masters Degree in Mental Health
5	University of Papua New Guinea/PNG	10	Bachelor Degree in Mental Health Nursing
6	Fiji National University	4	Certificate in Community Mental Health and Psychosocial Rehabilitation



# History of the Mental Health Nursing Education and the Institutions. From 1963 to 2012

## HISTORY OF HUMAN RESOURCES DEVELOPMENT

No	Years	Names	Institutions	Awards	Remarks
1	1963	Gabriel Kaula	Laloki Mental health School	Psychiatric Nursing Certificate	Deceased
2	1978	Ben Farobo	Laloki Mental health School	Psychiatric Nursing Certificate	Retired already
3	1985	Dick Boara	College of Allied Health Science	Post Basic Psychiatric Nursing Certificate	Deceased
4	1991	William Same	College of Allied Health Science	Post Basic Psychiatric Nursing Certificate	Still working
5	1999	Stephen Araitewa	College of Allied Health Science	Diploma in Psychiatric Nursing	Still working
6	1999	Daniel Gaiofa	College of Allied Health Science	Diploma in Psychiatric Nursing	Still working
7	2000	Luke Ihodi	College of Allied Health Science	Diploma in Psychiatric Nursing	SINU
8	2000	Rosemary Maealatha	College of Allied Health Science	Diploma in Psychiatric Nursing	Still working
9	2001	William Same	Queensland University Of technology	Post Graduate Diploma in Mental Health	Still working
10	2002	William Same	Queensland University Of technology	Masters Degree in Mental Health	Still working
11	2003	John Moreen Dusaru	University og Papua New Guinea	Bachelor Degree in Clinical Nursing Major in Mental Health	Still working
12	2003	Aldun Nilu	University og Papua New Guinea	Bachelor Degree in Clinical Nursing Major in Mental Health	Moved to general
13	2003	Jack Kaota	University og Papua New Guinea	Bachelor Degree in Clinical Nursing Major in Mental Health	Still working
14	2004	Philip Neisa	University og Papua New Guinea	Bachelor Degree in Clinical Nursing Major in Mental Health	Resigned
15	2005	Jack Lamani	University og Papua New Guinea	Bachelor Degree in Clinical Nursing Major in Mental Health	SINU
16	2005	Aloysius Waieta	University og Papua New Guinea	Bachelor Degree in Clinical Nursing Major in Mental Health	Resigned
17	2005	James Usigeni	University og Papua New Guinea	Bachelor Degree in Clinical Nursing Major in Mental Health	Still working
18	2006	Dr. Paul Orotalao	University og Papua New Guinea	Masters Degree in Psychiatry	Still working
19	2010	Dr Rex Maukera	University og Papua New Guinea	Masters Degree in Psychiatry	Training
20	2010	Edwin Kiloe	University of Papua New Guinea	Bachelor Degree in Clinical Nursing Major in Mental Health	Still working
21	2011	Edwin Kiloe	National University of Fiji	Certificate in Community Mental Health and Psychosocial Rehabilitation	Still working
22	2011	Daniel Gaiofa	National University of Fiji	Certificate in Community Mental Health and Psychosocial Rehabilitation	Still working
23	2011	John Moreen Dusaru	National University of Fiji	Certificate in Community Mental Health and Psychosocial Rehabilitation	Still working
24	2011	Jeffrey Otoara'a	National University of Fiji	Certificate in Community Mental Health and Psychosocial Rehabilitation	Still working
26	2012	Howard Sego	University of Papua New Guinea	Bachelor Degree in Clinical Nursing Major in Mental Health	Still working
27	2012	Stanley Kioniau	University of Papua New Guinea	Bachelor Degree in Clinical Nursing Major in Mental Health	Still working

# Any specialist mental health nursing course at present [SI]

- We do not have any mental health specialist course in SI
- However, we have plan to introduce one specialist school in Solomon Islands.
- It is called COMMUNITY MENTAL HEALTH AND PSYCHOSOCIAL REHABILITATION.

# COMMUNITY MENTAL HEALTH AND PSYCHOSOCIAL REHABILITATION

DIRECT CONTACT – 80hrs

TOTAL LEARNING HOURS – 120hrs

SELF DIRECTED LEARNING – 40hrs

To provide the foundation knowledge of community mental health practice; mental health awareness and promotion and primary and preventative mental health care, as well the basic principles of psychosocial rehabilitation.

## **OUTCOMES** *On completing this unit the students will be able to:*

- Utilise understanding of the basic principles underlying mental health promotion and awareness; primary and preventative mental health care and mental health practice in communities with limited resources.
- Apply understanding of the basic principles of psychosocial rehabilitation, its importance, its practical application in the recovery process of those with mental disorders.
- Provide appropriate and realistic avenues to engage communities in supporting those living with mental illness.
- Acquire great knowledge of the importance of families as partners in the provision of mental health care.
- Demonstrate understanding of how to address the issue of stigma and other relevant issues associated with mental illness to improve mental health outcomes

## PERFORMANCE CRITERIA

- Apply basic principles in mental health promotion, awareness and prevention in mental health care and practice in communities.
- Demonstrate ability to provide leadership in communities to support persons and families living with mental illness.
- Provide leadership in designing programs to engage communities in mental health care.

## COURSE CONTENT

**Goals:** - learn/understand/develop

Unit 1: Primary and Clinical Mental Health Care in the Community

Unit 2: Family, Peer and Community Support systems: the Pacific Way

Unit 3: Addressing the Stigma associated with Mental Ill Health

Unit 4.1: Socio-cultural and other Determinants of Mental Health

Unit 4.2 Community Mental Health Awareness through Health Promotion and Education

Unit 4.3 Psycho-education and Behavioural Change

Unit 5: Empowering the Community in Mental Health

Unit 6: Health Services for Recovering Patients

Unit 7: Psychosocial Rehabilitation

# Course Schedule


Implementation of this course is in the form of short lectures/small group discussions/tutorials. Cases and topics of interest are presented for discussion or given as assignments.

## SCHEDULE

Day	TOPIC/ACTIVITY	ASSESSMENT
1	Orientation and Introduction to the Course. Best practice Principles for Mental Health Care in the Community Sociocultural determinants and other determinants of mental health. Rehabilitation and Recovery in primary and clinical care. Working collaboratively with persons and families : how to engage and support	Assignment given and group division
2	Holistic and coordinated care. Health services for recovering patients. Primary and Clinical Mental Health Care in the Community. Assessing and meeting needs	
3	Psychosocial Rehabilitation. Family, Peer and Community Support systems: the Pacific Way. Goal setting with persons and their families. Accessing community resources	
4	Rehabilitation and recovery. Rehabilitation and Recovery: Occupational Therapy Approach. Community living skills and the Life Skills Profile	
5	Psych education and Behavioural change. Promoting motivation , Support, Psych education and partnership and Working in partnership with other sectors and agencies	

6	<p>Week 2: Summarise previous week, check expectations, introduce next training</p> <p>Primary mental health care, Integrating mental health into primary care</p> <p>Social inclusion and Challenging stigma</p>	
7	<p>Peer support workers, Psycho-education and behavioural change: working collaboratively to find solutions:,</p> <p>Solution-focused therapy and Finding solutions: Practical application</p>	
8	<p>Mental Health promotion and prevention, Mental Health promotion and prevention: social marketing,</p> <p>Health services for recovering patients: providing leadership</p>	
9	<p>Oral Presentations, Early Psychosis Intervention, Early Warning Signs and Recovery and Case-studies and review</p>	
10	<p>Exam</p> <p>Concluding session and course evaluation</p>	
<p><b>Oral Presentations (20%) and Submission of Written Reports (20%)</b></p> <p><b>FINAL EXAMINATION (60%)</b></p>		





# What recommendations would you make to improve mental health care in the Solomon Islands.

- Mental Health is everybody's business.
- Create partnership for more collaborative work.



Thank you