



COMMONWEALTH NURSES FEDERATION

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WISHING YOU A SAFE AND HAPPY HOLIDAY SEASON

The CNF President and Board extend their best wishes for a happy Christmas to those CNF members and friends who celebrate Christmas and to all CNF members and friends best wishes for a safe holiday season and a productive and peaceful 2012.



CONGRATULATIONS



The CNF would like to extend its sincere congratulations to Mrs Rosemarie Josey, immediate past President of the Nurses Association of the Commonwealth of the Bahamas, who was one of the world speakers at the recent national health research conference at the Department of Nursing Quality at King Faisal Specialist Hospital and Research Centre, Riyadh, Saudi Arabia.

The theme of the conference was: *Partnerships for world leading nursing care: innovation, creativity and patient centred care*. Mrs Josey's paper was titled: *The art of nursing leadership: an innovative "NNA" tool of engagement*. Mrs Josey is a 2010 graduate of the ICN Global Nursing Leadership Institute in Geneva, Switzerland and is acknowledged as an inspiring nurse leader in the Caribbean region.

REGISTRATION NOW OPEN

Conference 2012
COMMONWEALTH NURSES FEDERATION

Inaugural
Commonwealth Nurses Conference

Our health: our common wealth

Saturday 10 and Sunday 11 March 2012
The Commonwealth Club, 25 Northumberland Avenue, London EC2N 5AP England

Commonwealth Nurses Federation
in collaboration with the 9th CNF European Region Conference

supported by
Royal College of Nursing

Registrations now open

The Inaugural Commonwealth Nurses Conference is being held 10-11 March 2012 in London UK on the eve of Commonwealth week. Commonwealth Day is celebrated on Monday 12 March 2012. The conference is being hosted by the Commonwealth Nurses Federation (CNF) and the CNF Europe Region and supported by the Royal College of Nursing UK. Registrations for the conference are now open. Places at the conference are limited and will be accepted as they are received. The conference will address a number of themes:

- Meeting the health MDGs
- The regulation of nursing and midwifery
- Using information technology to improve care
- Developing a healthy workforce and healthy systems of work
- Innovation and excellence in clinical practice.

For more information and for the registration form and draft program go to:

<http://www.commonwealthnurses.org>.



FOCUS ON MENTAL HEALTH

World Mental Health Day was celebrated on 10 October 2011. The WHO defines mental health as a state of wellbeing in which every individual realizes his or her own potential; can cope with the normal stresses of life; can work productively and fruitfully; and is able to make a contribution to her or his community. The WHO has released a publication titled: *10 facts on mental health*. The facts are very disturbing and you have to ask yourself why mental health is such a neglected area of care. The CNF urges members to be active in raising mental health issues in their respective countries.

http://www.who.int/features/factfiles/mental_health/mental_health_facts/en/index.html (©World Health Organisation).



FACT 1: About half of mental disorders begin before the age of 14. Around 20% of the world's children and adolescents are estimated to have mental disorders or problems, with similar types of disorders being reported across cultures. Yet, regions of the world with the highest percentage of population under the age of 19 have the poorest level of mental health resources. Most low and middle income countries have only one child psychiatrist for every 1 to 4 million people.

FACT 2: Depression is characterised by sustained sadness and loss of interest along with psychological, behavioural and physical symptoms. It is ranked as the leading cause of disability worldwide.

FACT 3: On average about 800,000 people commit suicide every year, 86% of them in low and middle income countries. More than half of the people who kill themselves are aged between 15 and 44. The highest suicide rates are found among men in eastern European countries. Mental disorders are one of the most prominent and treatable causes of suicide.

FACT 4: War and other major disasters have a large impact on mental health and psychosocial wellbeing. Rates of mental disorder tend to double after emergencies.

FACT 5: Mental disorders are among the risk factors for communicable and non-communicable diseases. They can also contribute to unintentional and intentional injury.

FACT 6: Stigma about mental disorders and discrimination against patients and families prevent people from seeking mental health care. In South Africa, a public survey showed that most people thought mental illnesses were related to either stress or a lack of willpower rather than to medical disorders. Contrary to expectations, levels of stigma were higher in urban areas and among people with higher levels of education.

FACT 7: Human rights violations of psychiatric patients are routinely reported in most countries. These include: physical restraint, seclusion and denial of basic needs and privacy. Few countries have a legal framework that adequately protects the rights of people with mental disorders.

FACT 8: There is huge inequity in the distribution of skilled human resources for mental health across the world. Shortages of psychiatrists, psychiatric nurses, psychologists and social workers are among the main barriers to providing treatment and care in low and middle income countries. Low income countries have 0.05 psychiatrists and 0.42 nurses per 100,000 people. The rate of psychiatrists in high income countries is 170 times great and for nurses is 70 times greater.

FACT 9: In order to increase the availability of mental health services there are five key barriers that need to be overcome: the absence of mental health from the public health agenda and the implications for funding; the current organisation of mental health services; lack of integration with primary care; inadequate human resources for mental health; and lack of public mental health leadership.

FACT 10: Governments, donors and groups representing mental health workers, patients and their families need to work together to increase mental health services, especially in low and middle income countries. The financial resources needed are relatively modest: US\$ 2 per person per year in low income countries and US\$ 3-4 in lower middle income countries.

On 10 December 1948, the UN General Assembly adopted the Universal Declaration of Human Rights, which has become a universal standard for the promotion and protection of human rights worldwide. This year on 10 December, the international community celebrates Human Rights Day to mark the 62nd anniversary of the adoption of the Universal Declaration. The WHO has identified key areas for the protection of the human rights of people with mental disorders:

- * Change attitudes and raise awareness,
- * Improve human rights in mental health facilities,
- * Empower mental health services users and families,
- * Replace psychiatric institutions with community care,
- * Increase investment in mental health,
- * Adopt policies, laws and services that promote human rights.

For more information go to:

<http://www.who.int/features/qa/43/en/index.html>.

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