

mhclna

Showing leadership in mental health nursing



Issue 3
August/September 2009

Special Features include:
Weblaunch
Scholarship Competition
Members Profile
Return of the red Book

Compiled by the MHCLNA NSW & ACT Executive Committee

www.mhclna.org.au

Newsletter Winter 09

Happy August to all valued members

Dear All Valued Members and Guests

With the winter passing us by and a new phase in the air. One last gust of energy is conjured up till winter leaves us again for one year. In this newsletter we celebrate the official launching of our website and would like to thank all of those who attended this exciting time. This launch was intended to honour the hard work of all the contributors of this project, to recognize the specialty consultation liaison mental health nursing and to show our appreciation of all the support our members and partners provide us.

A special mention to the NSW Nurses' Association Mr Brett Holmes and professional officer Kerry O'Neil for their ongoing support of the Association. To Euan Hails for his inspiring and optimistic view of mental health nurses' and their continued profession. The website was official launched by the Minister Advising the Minister for Mental health the Honourable Barbara Perry who described the contribution of mental health nurses' as being a highly valuable and viewed in high esteem for the care we provide others. Barbara described mental health nurses' work as 'putting people back together' and showed her recognition in wishing us the very best with our website project and its endeavours to bring people together to help us provide better care for our patients.

The event was beautifully attended to by a range of highly skilled and trained mental health nurses', representatives from academia and educational organizations, affiliated associations and colleges and valued guests. All of whom provide major contributions to the future development of mental health nursing. We thank you all whom attended for sharing this special occasion with us.

Some of you may have received promotional material for our upcoming conference. At which we plan to explore the many ways in which consultation liaison nurses' influence the systems they work within. We have confirmed in attendance Jane Stein-Parbury who will conduct a 2 hours workshop in the afternoon regarding this often challenging issue. We welcome your abstracts and registrations.

Please see enclosed flyer and registration form and enjoy perusing the colourful memories of our web launch event in May this year.

With Warm Regards

Mellanie Rollans

President—MHCLNA NSW & ACT

Our Philosophy

NSW Consultation Liaison Mental Health Nurses are a group of mental health nurses who share a common philosophy of providing the best possible care to people with mental health problems in the emergency department and wards in a general hospital setting.

We provide the link between mental health services and general medicine and surgical services, hospital and community settings, and between various community organisations that service people with mental health problems.

We help the treating nurses, doctors and allied health workers develop skills and confidence caring for people with mental health problems by providing support, education, mentoring and being a role model.

This aims to enhance the confidence and skills to all health providers so that high quality patient care is maintained.

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On the Web

If any of you folks have any interesting websites to tell us about that Drop us an email with the link and we'll spread the news in your newsletter.

It can be anything that is connected with CL/Mental Health nursing that will stimulate the mind or aid practice.

Get surfin.....There is more " On The Web"at the end of the newsletter. (Thanks to Kerrie Cooper)

It's here:
www.mhclna.org.au

Conferences/Forums/Education



CHARLES STURT
UNIVERSITY

School of Nursing & Midwifery Conference 2009: Priorities in Practice, Education & Research



The Charles Sturt University School of Nursing and Midwifery Conference 2009:

Priorities in Practice, Education and Research is being held at the Albury Entertainment Centre, New South Wales, on the 23rd and 24th October, 2009.

We have secured four high profile keynote speakers for the conference:



From right to left

- Professor Elaine Duffy, Head of School of Nursing and Midwifery at CSU,
- Professor Sue Frost, University of Huddersfield UK,
- Adjunct Professor Debra Thoms, Chief Nurse NSW,
- Professor Cynthia Stuhlmiller, University of Hawaii, USA.

The themes of the conference are: EDUCATION, focusing on knowledge translation; CLINICAL PRACTICE, especially rural perspectives in acute care; mental health, midwifery and RESEARCH, particularly knowledge translation.

This conference will be of great interest to all nurses and midwives both nationally and internationally, particularly those working in a non-metropolitan setting.

This exciting new conference will provide delegates, sponsors and exhibitors with extremely effective marketing and communication channels. There will be trade displays, sponsorship packages, plenty of media coverage of this event and lots of other marketing opportunities.

CALL FOR ABSTRACTS & POSTERS

Abstract & poster submissions are now being accepted for the Charles Sturt University School of Nursing & Midwifery Conference to be held in Albury on 23rd & 24th October 2009.

Authors are invited to submit abstracts based on the themes for this conference – "Priorities in Education, Practice and Research" for nurses and midwives. The full spectrum of nursing and midwifery will be considered. Of particular interest are papers that describe contemporary nursing and midwifery practice, innovation in education, and research.

Oral and poster presentations are welcome – from both first time and experienced presenters. The program will feature 20 minute oral presentations. Closing date: Monday 4th May 2009. For further details on presenter a paper or poster, or to obtain a submission form visit the website or contact the conference manager on the details below.

IMPORTANT DATES

Abstracts due: Monday 4th May, 2009

Acceptance notified by: Friday 19 June 2009

Presenter/Early Bird Registration by: Friday 18 September 2009

For more information about the conference, our keynote speakers, abstracts and the venue go to the web site below to register your interest or contact:

General inquiries or to register your interest in attending
Bradley Hayden

Conference Manager

P – 02 6023 6300

E – bradley@csem.com.au

For inquiries regarding abstract or poster presentations

Dr Ann Bonner

Chair Abstract Committee

P – 02 6933 2104

E – abonner@csu.edu.au

For inquiries regarding the programming or general conference content

Dr Andrew Crowther

Chair Organising Committee

P – 02 6365 7505

E – acrowther@csu.edu.au

<http://www.csu.edu.au/faculty/science/nurse/inaugural-conference/>

MENTAL HEALTH CONSULTATION LIAISON NURSES ASSOCIATION NSW AND ACT CONFERENCE 2009

Now confirmed: We are proud to present our 9th annual conference which will be at The Harbour View, North Sydney on 6th Nov 2009. It is a great social and professional event with an opportunity to meet your colleagues and see what is happening in Consultation Liaison up and down NSW and the ACT. Have a look at the call for abstracts on page 9. Love to see you there.

The Mental Health Consultation Liaison Nurses'
Association NSW & ACT 9th Annual Conference

“Stones to Gems”

'Transforming pathways to
better mental health care'



The Mental Health Consultation Liaison Nurses' (MHCLN) Association NSW & ACT are holding their 9th Annual Conference on Friday 6th November 2009 at the Harbourview Hotel North Sydney.

Presenters will showcase what they have achieved in navigating the many systems and subsystems we work within. The Patients system, Family systems, the Nurse, the Physician and Generalist Teams, Other Health Professionals, Executive and the Legislative system. This theme has been chosen to reflect on the innovative advanced practice of MHCLN's and how we have influenced mental health reform in our specialty roles within mental health.

The presentations will demonstrate innovations in health care have influenced change management systems within health care settings. What are the challenges of our daily practice in clinical leadership and what is the role of reflective practice within our working environments. MHCLN's respond attentively and sensitively at various levels within many systems to create optimal conditions for patients physical and emotional wellbeing. We will hear about how they have influenced the systems that they work within, and how have they have led the way to create better mental health care for all.

The papers will reveal how Mental Health Consultation Liaison Nurses' crystallize and transform pathways to better mental health practice. Further information is available on the webpage www.mhclna.org.au or email executive@mhclna.org.au or Secretary Kerrie Cooper.

Mental Health Consultation Liaison Nurses Association NSW and ACT
P.O. Box 8122
Blacktown
NSW 2148

Name:

Position:

Hospital/Service:

Mailing address:

Phone Number:

Fax Number:

Mobile Number:

Email Address:

Following the conference a dinner and presentation will be held from 1830hrs at the Harbourview Hotel, North Sydney, at a nominal cost of \$xx.

I will be attending the dinner Yes No

Payment details

| | |
|---------------------|-------|
| Conference only | \$70 |
| Conference & Dinner | \$100 |

I have enclosed a cheque/money order for the amount of \$
Please make Cheques/Money orders out to Mental Health
Consultation Liaison Nurses Association NSW and ACT
Mail to: MHCLNA

P.O. Box 8122
Blacktown
2148

Sponsored by:

Lilly

Answers That Matter.

For all enquiries about the conference please contact Kerrie Cooper
on (02) 8382 1111 page 6201, or email executive@mhclna.org.au

The Return of the Red Book

NSW Health published "*Mental Health for Emergency Departments - A Reference Guide*" in 2001. For the first time, Emergency clinicians in NSW had access to practical advice on the care and management of patients with mental health problems who were presenting to Emergency Departments in increasing numbers.

It was well received but, despite continual requests for copies, it had not been reprinted since 2002. In 2006, at a meeting of the Mental Health Emergency Care (MHEC) Program for mental health educators, questions were raised about having the book reprinted. NSW Health approved this project under the MHEC Program.

For the last 12 months I have been involved as the project worker to co-ordinate the update. Extensive consultation via a referent group occurred during 2007 to review and update the book. We had very good representation from both rural and metropolitan settings and from Mental Health and Emergency clinicians, nurses and doctors.

Two workshops were held, one for the Red Book and a separate one to update the content of the Green Book "*Management of Adults with Severe Behavioural Disturbance*".

So what has changed? We have retained the Common Symptoms and Presentations sections of the book, as the group believed this was the book's strong point.

We have rearranged the book to reflect the patient's journey through the ED.

There are new chapters on care and management of the patient while in the ED, the MOU and also one on the Mental Health Act (2007). Revised content from the Green Book is now a chapter in the Red Book, rather than a separate book or an appendix to the Red Book.

The assessment tools have been relocated to the appendix and we have only included validated tools with no copyright restrictions. There is also an appendix on the role of the staff member providing one-to-one care of the patient.

It will eventually be made available on NSW Health website as well as be printed in hard copies, but I do not have a timeframe for when either of these will occur. Thank you to everyone who participated in the update, by attending workshops, by making suggestions, by reviewing drafts or by writing content.

The book has been through various NSW Health committees for approval, the final one being the Mental Health Program Council earlier this year.

Jenni Bryant
CNC Psychiatry
Calvary Mater Newcastle

Innovation Scholarship

The NSW Nursing and Midwifery Scholarship Fund was established by the NSW Department of Health in May 1998. The Fund has grown significantly since its inception, currently offering eleven different streams of scholarships or grants. Applications are now open and the advice is on the web at

<http://www.health.nsw.gov.au/nursing/scholar.html>

Member Profile: Beaver Hudson

Current Position: CNC

Mental Health Service Bed Manager
Clinical Co-ordinator Emergency Psychiatry Service
Emergency Department
St Vincent's Hospital, Sydney

CL Interests: Though I'm not a traditional CL Nurse, but I still get worked up over delirium, call me old fashioned but there is nothing like unearthing a medical cause for a change in mental state! I like to work with patients who have an Axis II diagnosis or those with disturbed behaviour resulting from drug and alcohol use...they have been known to call me the 'Sandman' something to do with being softly spoken and soporific in my interventions...

Education: Hmm.. Trained as a mental health nurse and registered in the UK way back when Michael Jackson was still black. Went to Western Kentucky University who provided me with a certificate in mental health crisis management, a few other things along the way including Drug and Alcohol, Palliative care...and completed my Master of Nursing (MH Clin. Prac.) in 2004 Now looking down the barrel of a PhD... and asking why...why...why..



Pros and Cons : I guess Emergency Psychiatry is more like Emergency Consultation Liaison Nursing...? funnily enough its not that different from traditional CL, given the multiple specialties, multiple disciplines and multiple personalities...erm...anyway, I use many if not all the skills I used as a CL Nurse. I love the Emergency environment, I love the people I work with (both Psych and not psych) and the pace of work. I have a great team of Nurses who are always looking for a way to broaden their scope of practice and ensure that patient care is not compromised. The down side is the constant struggle to accommodate patients into beds that are barely cold from the previous occupant. Having to Listen to the seemingly ill-informed and bureaucratic BS that masquerades as caring from people who know nothing about being a clinician in the 21st century...

Other Interests: Outside of Psychiatry, I like contemporary Australian art...I like reading Cicero, there's a man who had a way with words. I'm a lazy reader so love to listen to a book or dramatised played on my ipod...because I'm sooo modern..and then again I love single Malts and good a Cognac (Remi Martin) comes to mind..I like to fly business class..everywhere! My Dog...He's a Weimaraner with a personality that defies coding in the DSM!

Your Voice

Gripes, points of view, interesting occurrences in CL, whatever grinds your gears or makes you happy. Any submissions?

Please send them to pconway@nscchahs.health.nsw.gov.au

Cheers Ed.

Mental Health Liaison eJournal Editorial Board & Review Panel

Calling all Mental Health Liaison nurses

The Mental Health consultation liaison nurses forum is in the development of an eJournal.

The eJournal will provide a forum for nurses to present their clinical practice work, research and commentary on mental health liaison practice.

All nurses are welcome to submit to the journal, you should consider writing clinical case studies, discussion papers, review papers and short commentaries on the role, work and innovations that mental health liaison nurses make to healthcare.

If anyone one would like to ask further questions or submit a draft for comment before full submission, please feel free to contact me at

scott.brunero@sesiahs.health.nsw.gov.au

Scott Brunero
Editor

The Mental Health Liaison eJournal review panel consists of expert clinicians within the specialty of Mental Health Liaison.

All papers are subjected to a process of blinded peer review with the final decision for publication being left with the Editor. Authors will receive confirmation of their submission upon receipt of their manuscript.

We aim to inform all authors within eight weeks with decisions on manuscripts. In some cases, in light of the reviewers' comments, revision of manuscripts may be required before acceptance for publication.

Copyright is retained by the publishing author, who retains the right to publish their paper elsewhere.

Editorial Board:

Editor: Scott Brunero

Sub Editors: Bill Koffman, Scott Lamont

Mellanie Rollans

Professor Jane Stein-Parbury

Submitting to the eJournal

An electronic copy of the manuscript with an abstract is to be forwarded to

scott.brunero@sesiahs.health.nsw.gov.au

Please see author guidelines available at <http://www.mhclna.org.au/e-journals.php>

On the Web

Some useful links! available on available on <http://www.mhclna.org.au/resources.php>
What they have to say about themselves and what they offer!

These resources may be particularly useful to those of you in isolated country areas.

CRUFAD (Clinical Research Unit for Anxiety and Depression)

This website, backed by the University of New South Wales, St Vincent's Hospital, Sydney and the World Health Organization Collaborating Center at the hospital, attempts to address the fact that two thirds of people with anxiety and depression go without proper treatment. It offers information so that some people can help themselves, it offers comprehensive information so that doctors can know the right treatment, and it offers information on the latest in their research. This site can be reached by five URLs:

www.crufad.org

www.crufad.com

www.AforAnxiety.com

www.DforDepression.com

www.gpcare.org

A related website www.climate.tv offers education about the management of anxiety and depression and other disorders. Access to those programs can be prescribed by your doctor.

BLACK DOG INSTITUTE



The Black Dog Institute <http://www.blackdoginstitute.org.au> is an educational, research, clinical and community-oriented facility offering specialist expertise in mood disorders - a range of disorders that include depression and bipolar disorder (formerly called 'manic depression'). The Institute is attached to the Prince of Wales Hospital and affiliated with the University of New South Wales. The Institute's mission is to advance the understanding, diagnosis and management of the mood disorders by continuously raising clinical, research, education and training standards. In so doing, the Institute aims to improve the lives of those affected - and in turn - the lives of their families and friends. The Institute's activities include:

- [Depression Clinic, Bipolar Disorders Clinic](#) and [Perinatal Mental Health Clinic](#)
- [Consumer & Community Resource Centre](#)
- [Community education & awareness](#)
- [Professional education and training](#)
- [Research into mood disorders](#)



beyondblue is a national, independent not-for-profit organisation working to increase awareness and understanding of depression, anxiety and related drug and alcohol problems in Australia and reduce associated stigma. *beyondblue* works to reduce and prevent depression through their programs and research activities. They also provide information about effective treatments for depression, anxiety and related disorders. Through the home page you can also access *beyondblue's* website for young people, *Youthbeyondblue*, the 'Find a Doctor or other Mental Health Practitioner List' and the *beyondblue Rural Assistance Information Network (RAIN) Map*.

<http://www.beyondblue.org.au>

MHCLNA Scholarship 2009

The MHCLNA NSW &ACT is committed to supporting its members with their ongoing professional development and educational activities. The association would like to offer a member \$100 towards their profession or educational activity. This scholarship may be used to support travel, accommodation or registration at conference or training opportunity. All members are eligible to apply and can forward to the executive committee a 250 word description outlining the reasons for your application along with the additional details relevant to your application.

Closing date 28th August 2009

CONTACTS

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6938 6303

Web Launch Pictures







Mental Health Consultation Liaison Nurses Association NSW and ACT

www.mhclna.org.au

Application for Membership

FULL NAME: _____

HOME ADDRESS: _____

OCCUPATION: _____

EMPLOYER: _____

CONTACT NUMBER: HOME: _____ MOBILE: _____

EMAIL ADDRESS: _____

I hereby apply to become a member of the Mental Health Consultation Liaison Nurses Association of NSW and ACT.

As a member I agree to be bound by the rules of the association for the time being in force.

Signature of Applicant: _____

Date: _____

Please make cheques or money orders for \$30 out to:

Mental Health Consultation Liaison Nurses Association of NSW and ACT
At this stage we are unable to accept cash, credit cards or direct deposits.

Post this form to:

MHCLNA
P.O. Box 8122
Blacktown
NSW 2148

Office use only:

Membership paid/ approved: Date _____

Committee member: _____