

mhclna

Showing leadership in mental health nursing



Issue 4
May / June 2010

Special Features include:
2009 9th Annual Conference Pics
News and Conferences
Scholarship Competition
Members Profile starring Alan

Compiled by the MHCLNA NSW & ACT Executive Committee

www.mhclna.org.au

Newsletter Winter 10

[Happy Easter to all valued members](#)

Dear Valued Members and Guests,

Welcome to our first newsletter of 2010. What a great day it was at our 9th Annual Conference

"Transforming Stones to Gems" last November. As usual the day was interesting and informative and provided an opportunity for members and guests to share knowledge and experiences. Many thanks to all who presented on the day and to our invited guest speakers.

A lot of hard work was put into creating this successful conference by the Executive. Kerrie Cooper, who in addition to her role as secretary, somehow manages to combine full time CL, a Masters degree and a multitude of behind-the-scenes activity to ensure the Conference is a success deserves a special mention.

Planning is now under way for our 10th Annual Conference "Deeper Foundations, New Horizons: The Evolution of Mental Health Consultation Liaison Nursing". I wonder if those pioneering individuals who formed the first conference group had any inkling that out of their efforts and commitment that this association would develop and that mental health consultation liaison nursing would continue to develop into the diverse advanced practice specialty that it has become.

Obviously much has happened over the last 10 years. There have been major and dare I say continuing reorganisations of the health system and in particular in the manner in which services are delivered to mental health consumers. The future is just as likely to continue to present major challenges with significant changes to how health services are managed, funded and delivered. As always the devil is in the detail and exactly how things will develop remains to be seen.

What is certain is that mental health consultation liaison nurses are going to continue to have pivotal roles in service delivery, education, policy direction and the development and maintenance of clinical practice standards.

With all this in mind the theme of this years conference hopes to encourage some reflection on the past and also to look to the future of Mental Health Consultation Liaison Nursing.

Please see the enclosed call for abstracts and also put this years conference date, 12th November 2010 into your diary.

With Warm Regards

Wayne Keevers
President

MHCLNA NSW & ACT

Our Philosophy

NSW and ACT 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 as well as wards and clinics in the general hospital and medical settings.

Mental Health Consultation Liaison Nurses 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.

We help facilitate patients' abilities to participate in their own care, by providing assessment, recommendations on treatment and investigations, and appropriate psychological interventions and advocacy.

This aims to enhance the confidence and skills to all health providers and the active participation of patients, so that high quality effective patient care is maintained.

On the Web

If any of you folks have any interesting websites to tell us about then 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.)



Conferences/Forums/Education

Mental Health Consultation Liaison Nurses'
Association of NSW & ACT 10th Annual Conference

Deeper Foundations, New Horizons: The Evolution of Mental Health Consultation Liaison Nursing

The Mental Health Consultation Liaison Nurses' Association of NSW and ACT is holding their 10th Annual Conference on

Friday 12th November 2010 at the North Sydney Harbourview Hotel.

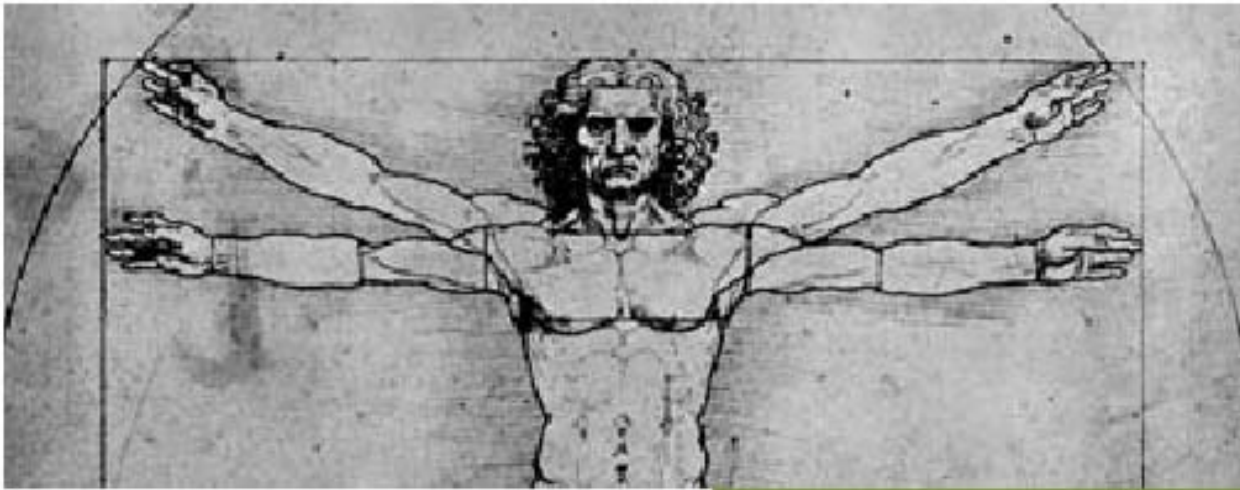
Over the past ten years, Mental Health Consultation Liaison Nursing has played a pioneering role in the provision and promotion of integrated care, and in maintaining the balance between the mind and body continuum in countless general hospital, medical and community settings.

In response to the ever-changing face of mental health care delivery, Mental Health Consultation Nurses have evolved to suit their clinical environments. Their clinical focus has expanded into a variety of areas such as mental health emergency settings and primary health care, providing the platform to launch further career evolution and progression into increasingly diverse roles as educators, therapists, legal advisors, advocates, and nurse practitioners.

Abstracts are invited for papers which illustrate the past, present and future for Mental Health Consultation Liaison Nurses. With a focus on the here and now and what it is to come, presenters are encouraged to speak to innovative and current practices about how they have evolved in their clinical settings.

Abstracts close on August 1st 2010.

Further information is available on the association webpage www.mhclna.org.au or contact the President Wayne Keevers keeverw@wahs.nsw.gov.au or Secretary Kerrie Cooper kcooper@stvincents.com.au



Body in Mind 2010

Advance Notice

Consultation-Liaison Psychiatry Conference

The Body in Mind Conference is a one day conference being held at Alfred Health in 2010. The conference will be aimed at all clinicians in the C-L arena, with sessions including the latest clinical updates, new models of care, and current controversies. There will be a special emphasis on including all disciplines within the field, with an additional focus on advanced trainees. The atmosphere will be collegiate with ample opportunity for debate and discussion, capped off with a conference dinner in the evening. All are welcome to attend

Attendance will earn CPD points as an Accredited Learning Activity for the RANZCP



ALFRED PSYCHIATRY CONFERENCE SERIES:

Saturday October 9th, 2010, Melbourne, Australia,
AMREP Centre, Alfred Hospital

Registration: 8:15AM Commences: 09:00AM

For more information contact: A/Prof. Steve Ellen (s.ellen@alfred.org.au) or Dr Jack Kirszenblat (kirsz@optusnet.com.au)

Letters to the Editor

Hey Folks!

We are commencing a letters to the Editor section in the newsletter. We encourage robust debate but any POSTS that contain discriminatory or abusive language will not be printed (as if!). In the interests of time, all POSTS should be a maximum 250 words. Spelling and grammar will be the responsibility of the submitter.

So get it off your chest or ask the questions you were too afraid to ask..... We're all friends here. Email your letters to:

pconway@nscchahs.health.nsw.gov.au

Letters to the Editor

I recently completed a survey about accredited persons and one of the questions asked what further training might MHDAO offer.

I would like to see training offered in and accreditation given to the other areas of the Act in respect to overturning or upholding schedules and sections. In other words the ability to complete a form 1 and take responsibility under the MHA for that which we already participate in, namely admitting people for mental health care to an inpatient unit or discharging them from a schedule or section. Further to that those of us who would be trained, qualified and accredited be participatory in the ordering, prescribing and evaluation of medication as part of emergency and consultation liaison mental health care.

Denis Casey
CNC MH CL Lismore
Cheers Denis

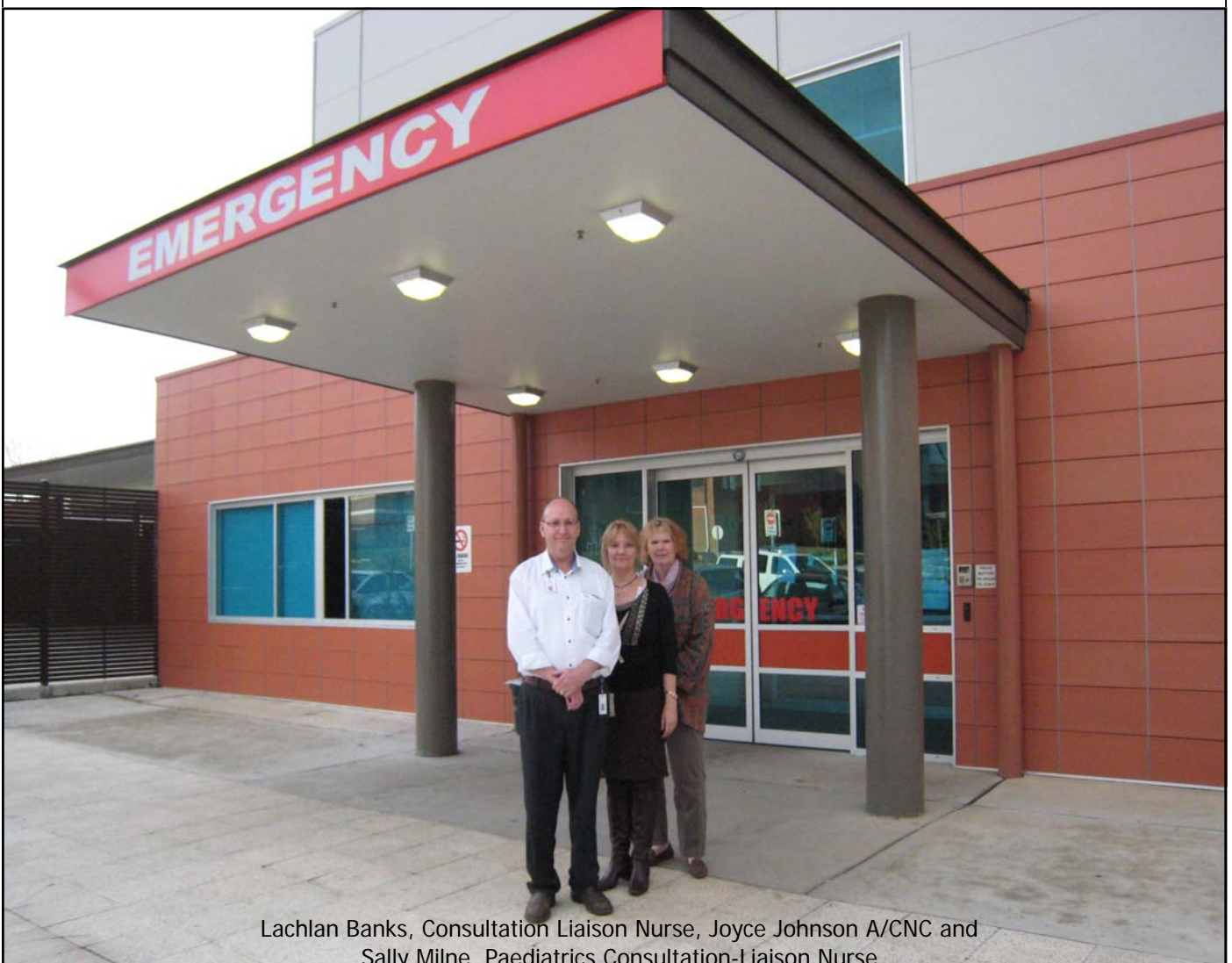
Any thoughts people? Please send them to:
pconway@nscchahs.health.nsw.gov.au

Consultation-Liaison Mental Health Bathurst

Mental health consultation-liaison services in Bathurst continue to expand in the region, since commencing in early 2008. Now with three fulltime positions, including the Clinical Nurse Consultant position, and one part time consultation-liaison nursing position providing mental health assessment and follow up care to those who present to the emergency department and also those who are admitted to the wards. Additionally, the service provides support to the general nursing staff and ongoing education throughout the hospital. The service is available after hours until 9pm weekdays and 8.30am until 5pm each weekend. Outside of these hours the Mental Health Emergency Care Rural.

As well as this, a child and adolescent paediatric consultation-liaison mental health nurse has been employed for sometime to assist the paediatrics ward during office hours on weekdays. This service provides transitional care from the ward and referrals to the community team and other services.

These positions are attached to the community mental health team in Bathurst, and work closely with the mental health Clinical Nurse Consultant and Panorama Clinic, a low acuity mental health ward of Bloomfield hospital, although located within Bathurst Base Hospital. Consultation Liaison staff meet weekly to review clients and their care, to discuss care options, and meet monthly to provide peer support and exchange information. Floyd Kenny, Clinical Nurse Consultant, of the Community Mental Team stated that the C-L service has changed the way that the mental health service does business in Bathurst. He continued saying that the out of hours care provided is invaluable, enhancing existing mental health care provision and improving access to care. Others within the health service agree with Dr Geoff Marshall, Director of the Emergency Department, Bathurst Base Hospital, declaring that he was delighted with the service provided by the Consultation-Liaison staff.



Lachlan Banks, Consultation Liaison Nurse, Joyce Johnson A/CNC and Sally Milne, Paediatrics Consultation-Liaison Nurse

Member Profile: Alan Grochulski

Current Position: Clinical Nurse Consultant Mental Health at Royal North Shore Hospital Emergency Department which is the major trauma centre and level 6 ED for Northern Sydney Central Coast Health and covers a population of approx 1.2 million

CL Interests: Working with acute emergency psychiatry presentations in child and adolescent, adult, aged, dual diagnosis, drug and alcohol and developmental disability, aggression and anything else that staff aren't sure of what to do with their challenging and complex patients that CL nurses have the expertise and knowledge to address and resolve in most cases.

My personal interests have changed over the years in response to the changing systems, services and types of clinical presentations occurring. Current interests are Transcultural mental health, men's mental health and suicide assessment.

Education:

- Started as a general nurse in 1977, remember my PTS training with morning checks of our uniforms, clean finger nails, no untidy hair and the Sister's were still wearing veils.
- Psychiatric training in 1981. That was a big change and eye opener from general nursing for a quiet Catholic boy from Bankstown.
- Diploma Applied Science in 1988 then Bachelor Health Sciences in 1990.
- Psychiatry of Old Age in 1991.
- Rational Emotive Behavioural Therapy Certificate 1996 and Advanced Rational Emotive Behavioural Therapy Certificate 2006.
- 2002 Master of Nursing Nurse Practitioner.
- Currently completing 'Mental Health of Older Persons in Cross Cultural Context'.

Pros and Cons:

Pros: Great job, personally and professionally very satisfying in our clinical practice and ability to meet the diverse and unexpected in the ED while still providing the best possible care and treatment for our patients, their families/ carers and staff.

An excellent professional career path for our junior staff to aspire and fill in the future.

Cons: "Never enough time". Over the years the workloads have increased significantly with resources and infrastructure not keeping up to demands.

Other Interests: My family, good friends, cooking in my new kitchen, fishing and kayaking. When possible you will find me at the local river kayak fishing to relax and recharge the batteries from the busy CL work schedules.

Cheers Al

Always looking for another profile from you. Just email your blurb and a little piccie to:
pconway@nscchahs.health.nsw.gov.au



Mental Health Liaison eJournal

The official journal of the Mental Health Consultation Liaison Nurses Association of NSW and ACT will be publishing its first issue at the end of 2010. We plan to launch the issue at the annual conference in November. A selection of interesting articles will feature in the first issue, of what is the first nursing journal worldwide which represents our mental health liaison nursing speciality. We hope that this will inspire many more submissions from colleagues working within mental health liaison nursing and we urge readers to have a look at the author guidelines via the following link:

<http://www.mhclna.org.au/media/eJournal/Author-Guidelines-eJournal.pdf>

We hope that you will enjoy the papers and welcome any informal enquiries regarding submission of articles or colleagues interested in reviewing papers.

Cheers

Scott Lamont

Sub editor

Mental Health Liaison eJournal

Calling all Mental Health Liaison nurses

The Mental Health consultation liaison nurses forum is in the process of developing 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

Editorial Board & Review Panel

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
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 <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.

http://www.health.nsw.gov.au/policies/gl/2009/pdf/GL2009_007.pdf

The Physical Health Care of Mental Health Consumers – Guidelines presented by Greg Clark at last years mhclna conference, were developed to help mental health services play a role in “improving the overall health and wellbeing of consumers with mental illness.” The following websites are resources that may be useful to use when encouraging your clients to choose healthier lifestyles:

www.measureup.gov.au

The Measure Up campaign is part of the Australian Better Health Initiative (ABHI), a national program, supported by the Australian and state and territory governments, which aims to reduce the risk factors for [chronic disease](#) such as some cancers, heart disease, and type 2 diabetes, such as unhealthy eating and not enough physical activity.

This website provides information on:

- Waistline measurements indicating increased risk
- Tips for getting active
- Dietary guidelines and Helpful tips for improving dietary intake
- And has Downloadable Resources including :
- Facts sheets
- A 12-week planner to kick start healthy habits
- Non-English Speaking background - print and radio advertisements and fact sheets.
- Resources for Aboriginal & Torres Strait Islanders via Link to Tomorrow People including booklet posters and radio
- Links to further resources are provided:
- Healthy eating
- Physical activity
- Chronic disease
- Australian Government & State and Territory Governments Website links

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

The Heart Foundation website provides information on how the heart works, how to lead a healthy lifestyle, heart and blood vessel conditions, and diagnosis and treatment of heart problems.

Heartmoves is a low-to-moderate intensity exercise program designed for people who are living with health conditions. Letting people know they don't have to exercise at a vigorous level to achieve health benefits. Local Heartmoves programs can be simply located via this website. Heart Foundation Walking, Australia's largest network of free community-based walking groups, led by volunteer Walk Organisers can also be located via this website. The Heart Foundation has a range of delicious and healthy recipes now available online. The Heart Foundation Tick has been introduced into everyday meals eaten out of the home. The website has information about choosing the healthier option whether you are shopping in a supermarket, or buying a take-away meal.

MHCLNA Scholarships

The MHCLNA NSW & ACT is committed to supporting its members with their ongoing professional development and educational activities. This year the association is offering scholarships to two members presenting at the MHCLNA's 10th Annual Conference in November 2010.

A \$150 scholarship will be awarded to the Best Presentation, and a \$200 Scholarship will be awarded to the Best Rural Presentation*.

These scholarships are intended to support professional or educational activities and may be put towards travel, accommodation or registration at the conference or any training opportunity. All members presenting at the Conference will be eligible. The executive committee will judge the presentations on the day.

* For the purposes of this award the definition of Rural will be any member presenting from outside of the Sydney metropolitan area.

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2009 Conference Pics



*Outgoing President
Mellanie Rollins
avec Bill Koffman*



*Enthralled
throng*





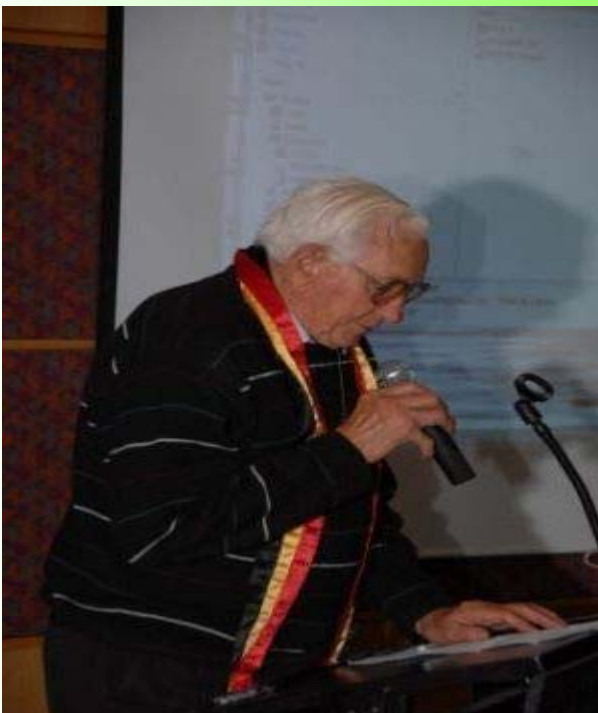
Melissa Coates



*Denis Casey
Keynote Speaker*



Mel



*Bob Waterer
Welcome to Country*

*Below
Elaine Ford & Jenni Bryant*



Jenni and fans



Jane Stein-Parbury



Kurt Anderson-Noorgard



Jenni relaxing



Neil Hepple and Paul Conway



Greg Clark



El Committee 2010

*Committee with newly elected
president-Wayne Keevers
(Front row 2nd left)*



*President Wayne Keevers (left)
only seconds after reading
detailed description of his
responsibilities including
picking up bar tab*



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: _____