

## Original Research

# Rural physical health care services for people with serious mental illness: A nursing perspective

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## Abstract

**Objective:** To understand nurse perspectives on the physical health needs of their mental health clients and how well rural services are meeting their overall care needs.

**Design:** Focus groups with semistructured format.

**Setting:** Community mental health care in a regional and rural district of Queensland.

**Participants:** Thirty-eight nurses in public mental health care.

**Results:** The major themes were (i) stigma of mental illness, (ii) barriers to accessing physical health care services, (iii) nurse adaptations under demands, and (iv) community and integration towards better overall health. Nurses integrate overall care and foster its continuity for people with physical and mental co-morbidity and can be supported much better in sustaining this.

**Conclusion:** Access and continuity of physical health care experienced by all Australians is exacerbated for people in rural areas. Physical health of people with serious mental illness residing in remote Australia needs to be a national health priority.

**KEY WORDS:** collaborative care, health services access, nursing, rural mental health, rural physical health.

## Introduction

People who have serious mental illness (SMI) have increased occurrence of physical illness.<sup>1–3</sup> People with schizophrenia live up to 25 less years<sup>4</sup> frequently

because of preventable risks that health care services are regularly found to not address adequately.<sup>5–7</sup> While people with SMI do not appear to be getting integrated physical and mental health services in general, there is little known whether the source of gaps in care identified in metropolitan and high-population regional areas such as clinical silos,<sup>8</sup> stigma of mental illness among physical health services<sup>9</sup> – generalise to rural and remote areas. Long-recognised challenges in rural health within Australia might exacerbate the problems just canvassed in relation to people with SMI accessing quality physical health care and maintenance of access to manage long-term health issues. These challenges include distance to services,<sup>10</sup> workforce shortages, such as in rural and remote nurses,<sup>11</sup> and funding shortages and fragmentation.<sup>12</sup> At the same time, strengths of rural health such as innovations in care and broad-based skills of individual staff might be important resources in ensuring overall care for people with multiple physical-mental health care needs, but there is little research to inform this.

Nurses employed in mental health care in rural and regional locations are generally the professionals with most contact with people for health service provision and overall care, and therefore might serve an integral role in providing physical and mental health care<sup>13,14</sup> and inform the wider health care community on what is taking place with respect to combined health care services for people with SMI. It is striking that there are, to our knowledge, no studies of nurse perceptions on the physical health needs of their clients in mental health care, the level of overall health care support of clients, and whether and how nurses deliver physical care. This paper reports findings of an exploratory qualitative study of nurse perspectives on the physical health of people with SMI in a large district of Queensland. In particular, the aim was to ascertain what nurses thought of the availability and appropriateness of physical health services for clients in regional, rural and remote areas, and their own health care provision in that context.

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# Nursing Perspective On Severe Mental Illness

**Kris Deering, Joanne Williams**



## **Nursing Perspective On Severe Mental Illness:**

*A Nursing Perspective on Severe Mental Illness* Linda Chafetz, 1993      *Mental Illness in the Family* Beverley Abosh, April Collins, 1996-01-01

*Mental Illness in the Family* traces the development of treatment approaches with families of the mentally ill over the past three decades. The essays in this book reflect the work of clinicians currently dealing with families in a variety of settings and from a number of perspectives. Topics covered include patients' views on programs for the mentally ill, the needs of families coming to terms with the mental illness of a family member, the forgotten sibling, the concept of grief, the confusion that a family member can experience when dealing simultaneously with the mental health and the criminal justice systems, and the effect of parental mental illness on young children. This volume will be of particular interest to social workers, clinical psychiatrists, psychologists, and other mental health professionals who work primarily with individuals and families who have been affected by major mental illness.

*Interprofessional Perspectives Of Mental Health Crisis: For Nurses, Health, and the Helping Professions* Kris Deering, Joanne Williams, 2022-03-04

There is plenty in this book to get your teeth into and help us think about how we work with people in mental health crises and how we might best make a difference. Alan Simpson, Professor of Mental Health Nursing, Health Service and Population Research, King's College London, UK. Any one of us could experience a mental health crisis. However, a high quality interdisciplinary response can be lifesaving and life-changing. This book is an important contribution to the literature as it has examples of good practice for all professionals, both on the frontline and in service development. Dr Adrian James, President, Royal College of Psychiatrists, UK. This publication is a valuable and timely resource given the increasing recognition of the impact of mental health needs in a range of different professional settings. Victoria Sweetmore, Acting Discipline Lead for Mental Health and Learning Disability Nursing, University of Derby, UK.

*Interprofessional Perspectives of Mental Health Crisis* improves the care of those experiencing a mental health related crisis by providing insight into the roles different UK statutory services have and the need for collaborative mental health care. For those studying and working in the field of mental health crisis, this vital work will bridge your understanding by offering a cross-discipline perspective of the different services, their role in aiding service users, and the ways we can work more collaboratively together to meet the mental health needs of those requiring care. Throughout the book, it promotes understanding of the various roles each of the key services play within the crucial first 24 hours of a mental health crisis and the challenges they face. It fosters interprofessional collaboration to create a whole system approach to crisis care. It helps professionals to understand good practice and the challenges of other services when aiding a person in crisis. It critically evaluates service provision and ways to improve crisis care. It explores recovery and collaboration with service users experiencing a crisis and their significant others. The book is timely and essential in its promotion of high quality interdisciplinary response and emphasis on integration and collaboration between service providers. Kris Deering is Senior Lecturer in Mental Health Nursing and the module lead of Working with a Person Experiencing a Mental Health Crisis at

UWE Bristol UK Including working as a senior practitioner for a mental health crisis team Kris has over 15 years of mental health nursing experience Jo Williams is Senior Lecturer in Mental Health Nursing at UWE Bristol UK Her clinical practice experience includes civilian and military nursing supporting people living with co existing mental health and substance misuse issues

**International Perspectives on Mental Health** Hamid Ghodse,2011-06 Is a unique collection of authoritative briefings from over 90 countries around the world Each chapter covers a particular country s demographics mental health resources undergraduate education postgraduate training in psychiatry research activities mental health legislation and policy and development strategies

*Responding in Mental Health-Substance Use* David B. Cooper,2020-09-23 Mental health substance use is a complex interrelation with equally complex implications for individuals and their families health professionals and society Although its international recognition as an issue of critical importance is growing clear guidance for professionals on mental health substance use and its treatment is hard to find The Mental Health Substance Use series addresses this need concentrating on concerns dilemmas and concepts that impact on the life and well being of affected individuals and those close to them and the future direction of practice education research services interventions and treatment Having outlined the field and service development in previous books the third book in the series explores how professionals can best respond to the particular concerns and dilemmas arising from and in mental health substance use for individuals and their families It aims to inform develop and educate these responses by sharing knowledge and enhancing expertise in this fast developing field by exploring the interrelated psychological physical social legal and spiritual experiences The volumes in this series are designed to challenge concepts and stimulate debate exploring all aspects of the development in treatment intervention and care responses and the adoption of research led best practice They are essential reading for mental health and substance use professionals students and educators

The Physical Care of People with Mental Health Problems Eve Collins,Mandy Drake,Maureen Deacon,2013-01-15 This accessible practical text provides mental health practitioners with the core knowledge and skills they need to be able to care effectively for the physical health of those who have been diagnosed with mental illness Linked closely to professional standards and with a clear values and evidence base the book aims to raise awareness of the physical health needs of individuals with mental health problems outline the physical health assessment process and suggest health enhancing interventions for use in clinical practice Consideration will be given to the following aspects of physical wellbeing cardiovascular health diabetes sexual health respiratory health cancer wound care substance misuse infection control medicine management Further chapters on legal and ethical issues explain the need to practise appropriately within the Mental Health Act and the Mental Capacity Act while a linking theme throughout the book stresses the importance of health promotion Backed up by case examples and with a range of reflective exercises throughout The Physical Care of People with Mental Health Problems is a key text for students and practitioners working in mental health services It will also be useful reading for practice nurses district nurses midwives

and all allied health practitioners      *Critical Perspectives on Mental Health* Vicki Coppock, John Hopton, 2000 Using the British mental health services as a case study this book critically reviews the various social political and intellectual developments which have shaped psychiatric practice and the delivery of mental health services      **Empowering People with Severe Mental Illness** Donald M. Linhorst, 2005-09-08 The concept of empowerment has become increasingly popular with mental health professionals But while it is a frequently cited goal in the helping professions empowerment is often nothing more than a buzzword that lacks specificity and grounding in real world applications Consequently little practical guidance exists demonstrating how to achieve it in specific instances with specific groups of people This book is the first professional guide that operationalizes the theory of empowerment outlines the conditions under which it is likely to occur and applies a practical model for working with people with severe mental illness In this unique and thoroughly researched volume Donald Linhorst analyzes the conditions that facilitate empowerment and provides the framework necessary to bolster this historically powerless population s access to the material and cultural resources they need to regain control of their lives Chapters illustrate how to foster empowerment in treatment planning housing selection organizational decision making mental health service planning and policy making employment participation in research and evaluation and consumer provision of mental health and support services Case studies from a public psychiatric hospital and a community mental health agency illustrate each of the seven areas and present evidence of the model s efficacy Finally the book maps out the roles that service providers administrators policy makers advocacy groups researchers and clients can play in the empowerment process Checklists step by step instructions historical overviews and vivid examples make this a valuable teaching tool planning guide and everyday reference for mental health professionals seeking an innovative and evidence based approach to working with their clients with severe mental illness      **Psychiatric and Mental Health Nursing in the UK** Katie Evans, Debra Nizette, Anthony O'Brien, Catherine Johnson, 2019-06-28 Psychiatric and Mental Health Nursing in the UK is an adaptation of Australia and New Zealand s foremost mental health nursing text and is an essential resource for both mental health nursing students and qualified nurses Thoroughly revised and updated to reflect current research and the UK guidelines as well as the changing attitudes about mental health mental health services and mental health nursing in UK Set within a recovery and patient framework this text provides vital information for approaching the most familiar disorders mental health nurses and students will see in clinical practice along with helpful suggestions about what the mental health nurse can say and do to interact effectively with patients and their families Gives readers a thorough grounding in the theory of mental health nursing Case studies throughout the text allow readers to understand the application of theory in every day practice Includes critical thinking challenges and ethical dilemmas to encourage the reader to think about and explore complex issues Exercises for class engagement complement learning and development in the classroom environment

**Improving the Quality of Long-Term Care** Institute of Medicine, Division of Health Care Services, Committee on

Improving Quality in Long-Term Care,2001-03-27 Among the issues confronting America is long term care for frail older persons and others with chronic conditions and functional limitations that limit their ability to care for themselves Improving the Quality of Long Term Care takes a comprehensive look at the quality of care and quality of life in long term care including nursing homes home health agencies residential care facilities family members and a variety of others This book describes the current state of long term care identifying problem areas and offering recommendations for federal and state policymakers Who uses long term care How have the characteristics of this population changed over time What paths do people follow in long term care The committee provides the latest information on these and other key questions This book explores strengths and limitations of available data and research literature especially for settings other than nursing homes on methods to measure oversee and improve the quality of long term care The committee makes recommendations on setting and enforcing standards of care strengthening the caregiving workforce reimbursement issues and expanding the knowledge base to guide organizational and individual caregivers in improving the quality of care *Working With Serious Mental Illness* Catherine Gamble,Geoff Brennan,2006-01-06 This title is directed primarily towards health care professionals outside of the United States In today s mental health services there is a pressing need for practitioners to place greater emphasis on working with users of services and to use skills that have a sound theoretical basis This book focuses on evidence based practice but reflects that in mental health the best evidence is the personal experience of the user Many publications explore theoretical aspects of service delivery or provide an in depth analysis of specific clinical interventions However how practitioners comprehensively amalgamate theory with their practice is often missing This book fills that gap and seeks to guide plan and suggest down to earth treatment ideas for individuals on a day to day basis Mental health practice focused Full of practical advice user friendly clearly accessible and well designed Reflects user input including a chapter written by a user of mental health services describing their experiences of mental illness Leading contributors from practice Early intervention Supervision Implementation and practice development issues Meaningful activity and recovery Engaging and working with carers Relapse prevention Care Planning in Mental Health Angela Hall,Mike Wren,Stephan Kirby,2013-08-05 Care planning and delivery are essential parts of everyday practice for all mental health practitioners This new edition of Care Planning in Mental Health Promoting Recovery moves away from a professionally oriented model of care planning towards the active promotion of the personal narrative as being central to planning effective mental health care It outlines essential concepts linked to the recovery process which is carried out in partnership with people with mental health problems and those closest to them New to this edition A stronger more explicit focus on recovery A unique interpretation and explication of the recovery process A greater promotion of the centrality of personhood Examples drawing on a range of international perspectives and experiences Enhanced user friendly pedagogy including practical case illustrations and first hand accounts throughout Care Planning in Mental Health Promoting Recovery is an ideal resource for anyone involved in

the field of mental health care It is also a valuable learning resource for students studying mental health care and the qualified and experienced practitioner wishing to gain a fresh approach to planning recovery focused care *Rethinking Rights-Based Mental Health Laws* Bernadette McSherry,Penny Weller,2010-08-16 Mental health laws exist in many countries to regulate the involuntary detention and treatment of individuals with serious mental illnesses Rights based legalism is a term used to describe mental health laws that refer to the rights of individuals with mental illnesses somewhere in their provisions The advent of the United Nations Convention on the Rights of Persons with Disabilities makes it timely to rethink the way in which the rights of individuals to autonomy and liberty are balanced against state interests in protecting individuals from harm to self or others This collection addresses some of the current issues and problems arising from rights based mental health laws The chapters have been grouped in five parts as follows Historical Foundations The International Human Rights Framework and the United Nations Convention on the Rights of Persons with Disabilities Gaps Between Law and Practice Review Processes and the Role of Tribunals Access to Mental Health Services Many of the chapters in this collection emphasise the importance of moving away from the limitations of a negative rights approach to mental health laws towards more positive rights of social participation While the law may not always be the best way through which to alleviate social and personal predicaments legislation is paramount for the functioning of the mental health system The aim of this collection is to encourage the enactment of legal provisions governing treatment detention and care that are workable and conform to international human rights documents *A Pragmatic Approach to Psychiatric Rehabilitation: Lessons from Chicago's Thresholds Program* Jerry Dincin,1995-12-27 There are three components in psychiatric rehabilitation medication the rehabilitation relationship and rehabilitation program efforts This volume deals with all three assessing their importance and explaining how they can be integrated in comprehensive psychiatric rehabilitation The example used throughout is the program approach at Thresholds a Chicago based agency for psychiatric rehabilitation all the contributors have held important staff roles at Thresholds This volume contains the contributors current thoughts on psychiatric rehabilitation illustrated by the story of how and why Thresholds operates as it does and how it arrived where it is today This is the 68th issue of the quarterly journal *New Directions for Mental Health Services* For more information on the series please see the Journals and Periodicals page [Perspectives on Palliative and End-of-Life Care](#) Rebecca S Allen,Brian D Carpenter,Morgan Eichorst,2018-06-13 Individuals and families face challenges at the end of life that can vary significantly depending on social and cultural contexts yet more than ever is now known about the needs that cut across the great diversity of experiences in the face of dying and death A number of behavioural interventions and clinical approaches to addressing these needs have been developed and are available to help providers care for clients and assist them in achieving their goals *Perspectives on Palliative and End of Life Care Disease Social and Cultural Contexts* explores how these interventions can be used to address a range of issues across social and cultural contexts for those in need of end of life care With perspectives from experienced

clinicians providers and caregivers from around the world the book offers a strong foundation in contemporary evidence based practice alongside seasoned practice insights from the field and explores interventions for people as diverse as HIV caregivers in Africa and individuals dying with dementia In addition readers will learn about the process of caring for individuals with chronic illnesses including severe mental illness weigh the impact of policy regulations on the availability of and access to palliative care and interventions and be able to compare the different issues experienced by family caregivers and formal caregivers As the companion volume to *Perspectives on Behavioural Interventions in Palliative and End of Life Care* this book will be of interest to a wide variety of individuals such as academics researchers and postgraduates in the fields of mental health medicine psychology and social work It will also be essential reading for healthcare providers and trainees from psychosocial and palliative medicine social work and nursing

***Mental Health*** Nicholas Procter, Rhonda L. Wilson, Helen P. Hamer, Denise McGarry, Mark Loughhead, 2022-04-07 *Mental Health A Person centred Approach* equips students with the tools they need to provide exceptional person focused care when supporting improved mental health of diverse communities The third edition has been updated and restructured to provide a more logical and comprehensive guide to mental health practice It includes new chapters on trauma informed care different mental health conditions and diagnoses suicide and self harm and the mental health of people with intellectual or developmental disabilities Significant updates have been made to the chapters on the social and emotional well being of First Nations Australians and mental health assessment Taking a narrative approach the text interweaves personal stories from consumers carers and workers with lived experience Each chapter contains Translation to Practice and Interprofessional Perspective boxes reflection questions and end of chapter questions and activities to test students understanding of key theories Written by experts in the field *Mental Health* remains an essential person centred resource for mental health students

***From Therapeutic Relationships to Transitional Care*** Cheryl Forchuk, 2021-03-21 This text provides a foundational understanding of therapeutic relationships and the transitional discharge model TDM a person centered evidence based model that supports a smooth transition from hospital to community for people with mental illness Starting with background into the ground breaking work of Dr Hildegard Peplau the mother of modern psychiatric nursing and moving towards a transdisciplinary transitional discharge perspective chapters introduce students and practitioners to theoretical historical and current perspectives on therapeutic relationships as they relate to transitional care These perspectives foreground empirical research and practical applications that can be implemented in hospital and community settings The Appendix features an essential TDM toolkit with forms learning topics and checklists developed by programs that implement TDM Essential reading for those studying psychiatric nursing this book combines theory research and best practices into a roadmap for students across nursing and psychiatric disciplines to coordinate these systems without having to implement radical changes to practice

***Parental Psychiatric Disorder*** Andrea Reupert, Darryl Maybery, Joanne Nicholson, Michael Göpfert, Mary V. Seeman, 2015-07-09 *International*



multidisciplinary expert team of authors present innovative research and practice guidelines to prevent the intergenerational transmission of mental illness

**The Interactive World of Severe Mental Illness** Diana J. Semmelhack, Larry Ende, Arthur Freeman, Clive Hazell, Colleen L. Barron, Garry L. Treft, 2015-07-03 In our society medication is often seen as the treatment for severe mental illness with psychotherapy a secondary treatment However quality social interaction may be as important for the recovery of those with severe mental illness as are treatments This volume makes this point while describing the emotionally moving lives of eight individuals with severe mental illness as they exist in the U S mental health system Offering social and psychological insight into their experiences these stories demonstrate how patients can create meaningful lives in the face of great difficulties Based on in depth interviews with clients with severe mental illness this volume explores which structures of interaction encourage growth for people with severe mental illness and which trigger psychological damage It considers the clients relationships with friends family peers spouses lovers co workers mental health professionals institutions the community and the society as a whole It focuses specifically on how structures of social interaction can promote or harm psychological growth and how interaction dynamics affect the psychological well being of individuals with severe mental illness

**Chronic Illness** Ilene Morof Lubkin, 2006 The best selling Chronic Illness Impact and Intervention continues to focus on the various aspects of chronic illness that influence both patients and their families Topics include the sociological psychological ethical organizational and financial factors as well as individual and system outcomes the revised Sixth Edition includes new chapters on palliative care complementary and alternative therapies and self efficacy as well as added material on culturally competent care Intended for nurses social workers and rehabilitation professionals Chronic Illness demonstrates how the h

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