

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.^{1–3} People with schizophrenia live up to 25 less years⁴ frequently

because of preventable risks that health care services are regularly found to not address adequately.^{5–7} 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,⁸ stigma of mental illness among physical health services⁹ – 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,¹⁰ workforce shortages, such as in rural and remote nurses,¹¹ and funding shortages and fragmentation.¹² 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^{13,14} 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



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