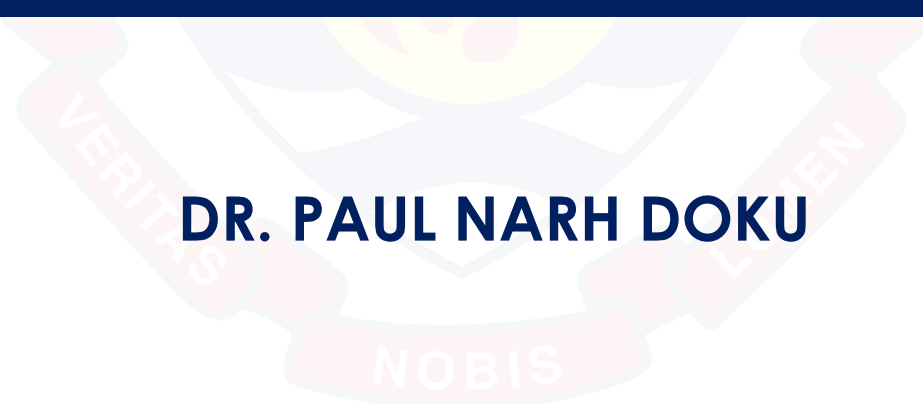# CONTEMPORARY MENTAL HEALTH NURSE IN GLOBAL NURSING

DR. PAUL NARH DOKU

OUTLINE

I. Global Mental Health: The Challenges

II. The Role of Contemporary Mental Health Nurses in Global Nursing

III. Key Competencies and Skills for Contemporary Mental Health Nurses

IV. Promoting Global Mental Health: Strategies and Best Practices

I) Global Mental Health: The Challenges

A. *Prevalence and Burden of Mental Illness (MI)*

B. *Mental Health Disparities Across Regions*

C. *Emerging Trends – Changing Faces of MI*

A) Prevalence and Burden of Mental Illness

Prevalence of Mental Illness

Legend:
- Depressive disorders
- Anxiety disorders
- Schizophrenia
- Other mental disorders
- Autism spectrum disorders
- Bipolar disorder
- Conduct disorder
- Idiopathic developmental intellectual disability
- Eating disorders
- Attention-deficit/hyperactivity disorder

Males — Females

Age groups: 95+ years, 90-94 years, 85-89 years, 80-84 years, 75-79 years, 70-74 years, 65-69 years, 60-64 years, 55-59 years, 50-54 years, 45-49 years, 40-44 years, 35-39 years, 30-34 years, 25-29 years, 20-24 years, 15-19 years, 10-14 years, 5-9 years, 0-4 years
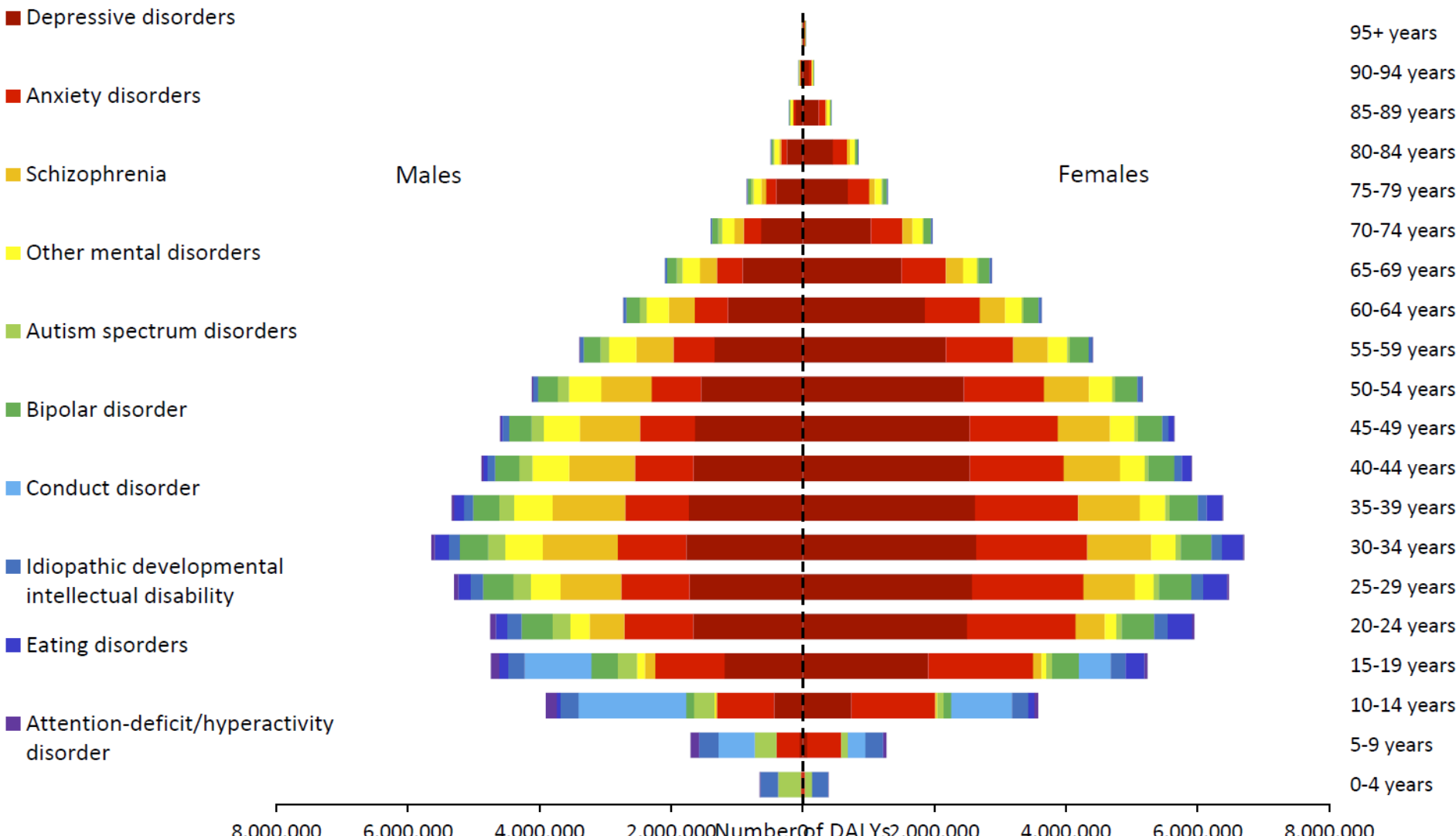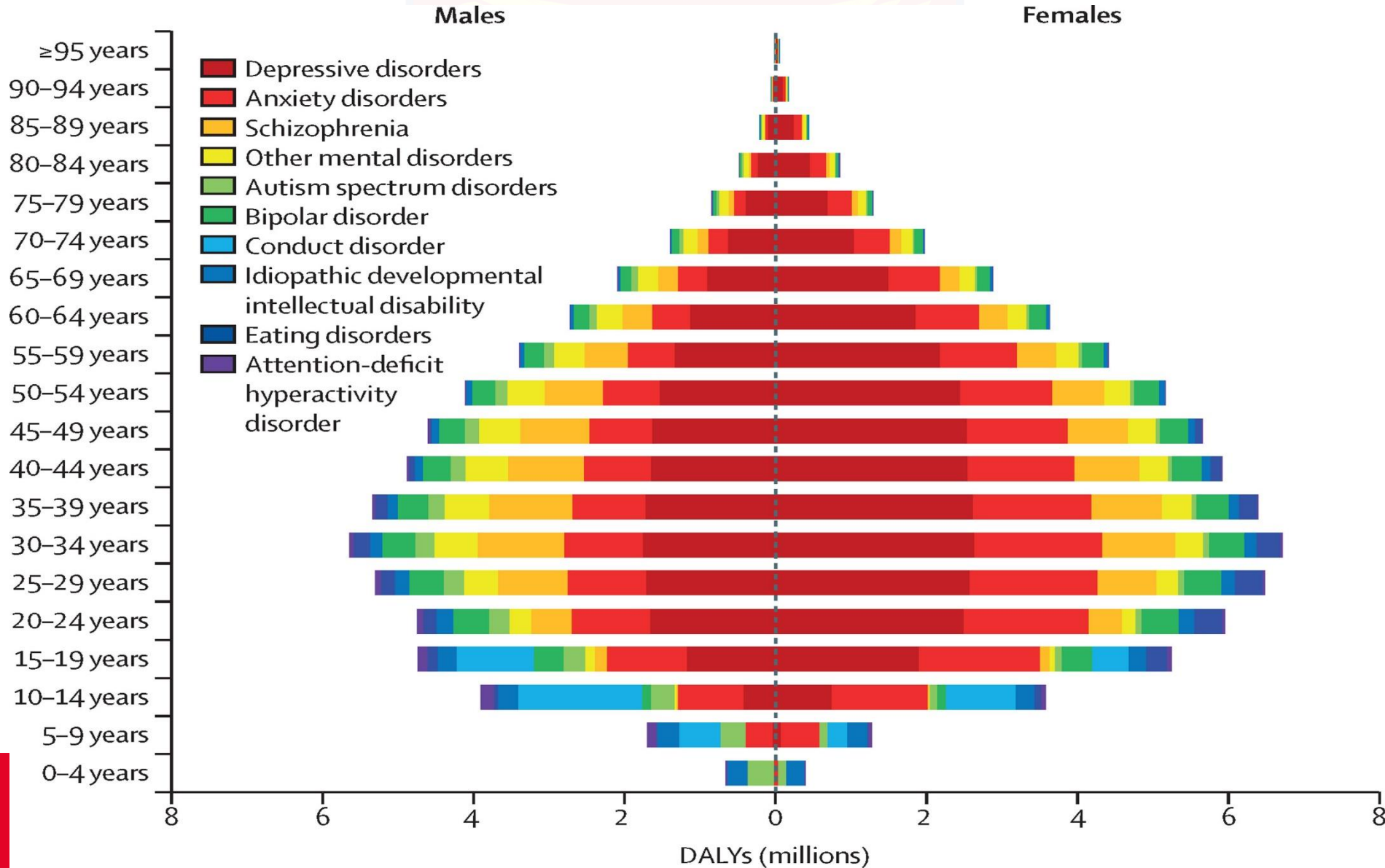
X-axis: 8,000,000 — 6,000,000 — 4,000,000 — 2,000,000 — Number of DALYs — 2,000,000 — 4,000,000 — 6,000,000 — 8,000,000

Burden of Mental Illness

Males | Females

Depressive disorders
Anxiety disorders
Schizophrenia
Other mental disorders
Autism spectrum disorders
Bipolar disorder
Conduct disorder
Idiopathic developmental intellectual disability
Eating disorders
Attention-deficit hyperactivity disorder

≥95 years
90–94 years
85–89 years
80–84 years
75–79 years
70–74 years
65–69 years
60–64 years
55–59 years
50–54 years
45–49 years
40–44 years
35–39 years
30–34 years
25–29 years
20–24 years
15–19 years
10–14 years
5–9 years
0–4 years

8   6   4   2   0   2   4   6   8

DALYs (millions)

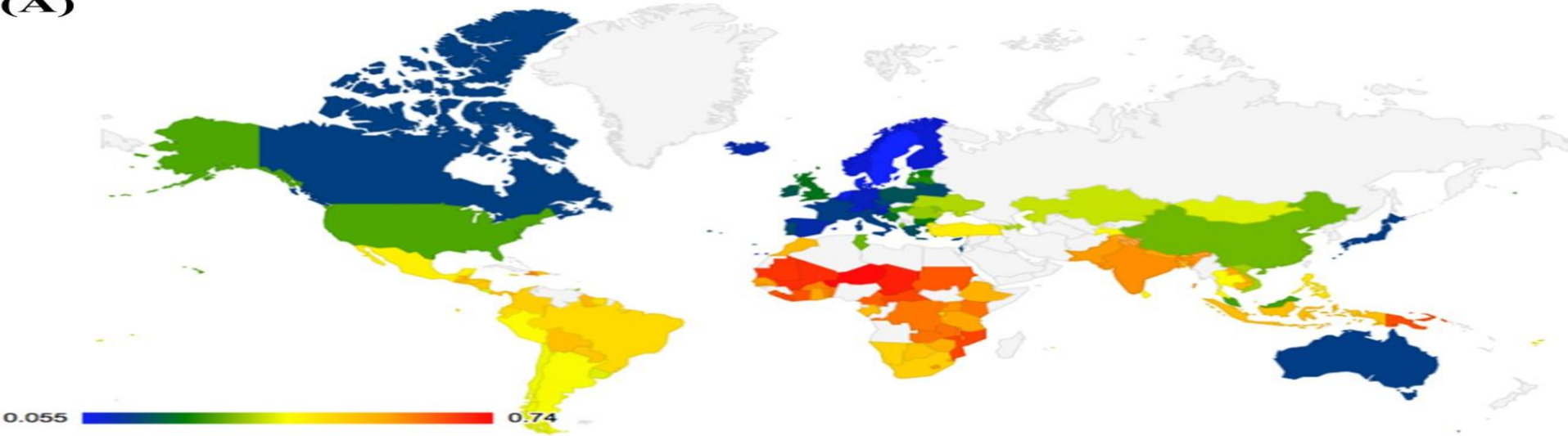# B) Mental Health Disparities Across Regions

- Marginalized populations (refugees, migrants, indigenous communities, etc) have higher rates of mental health issues
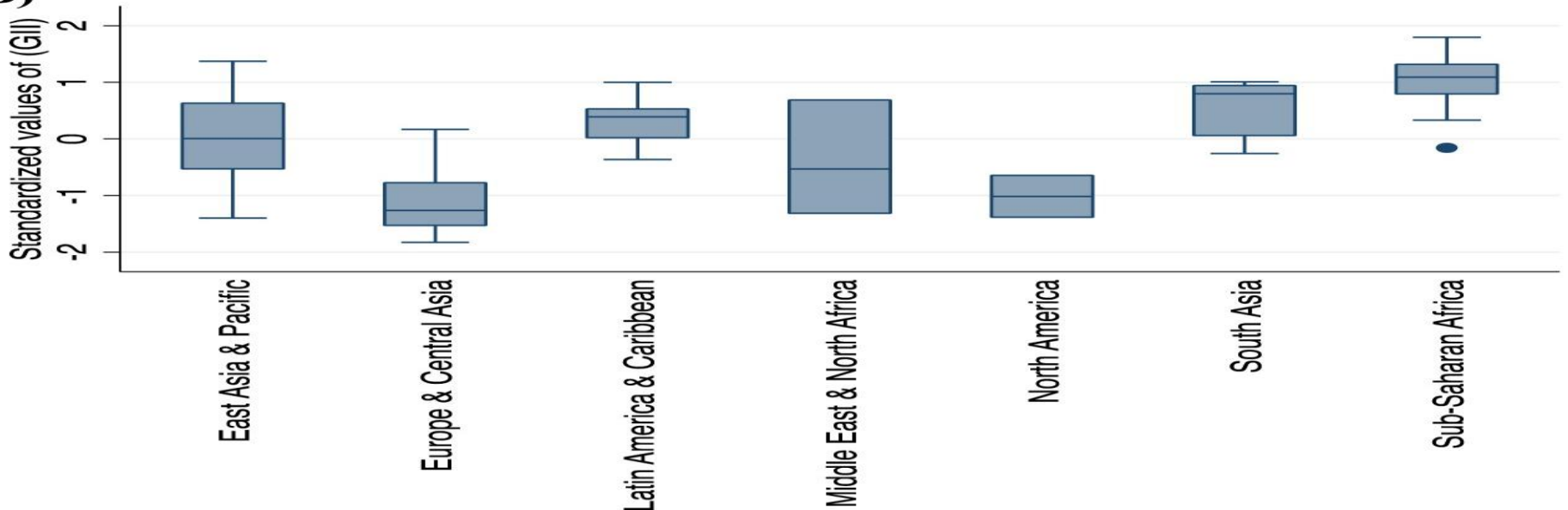
- L/MICs often bear the significant burden
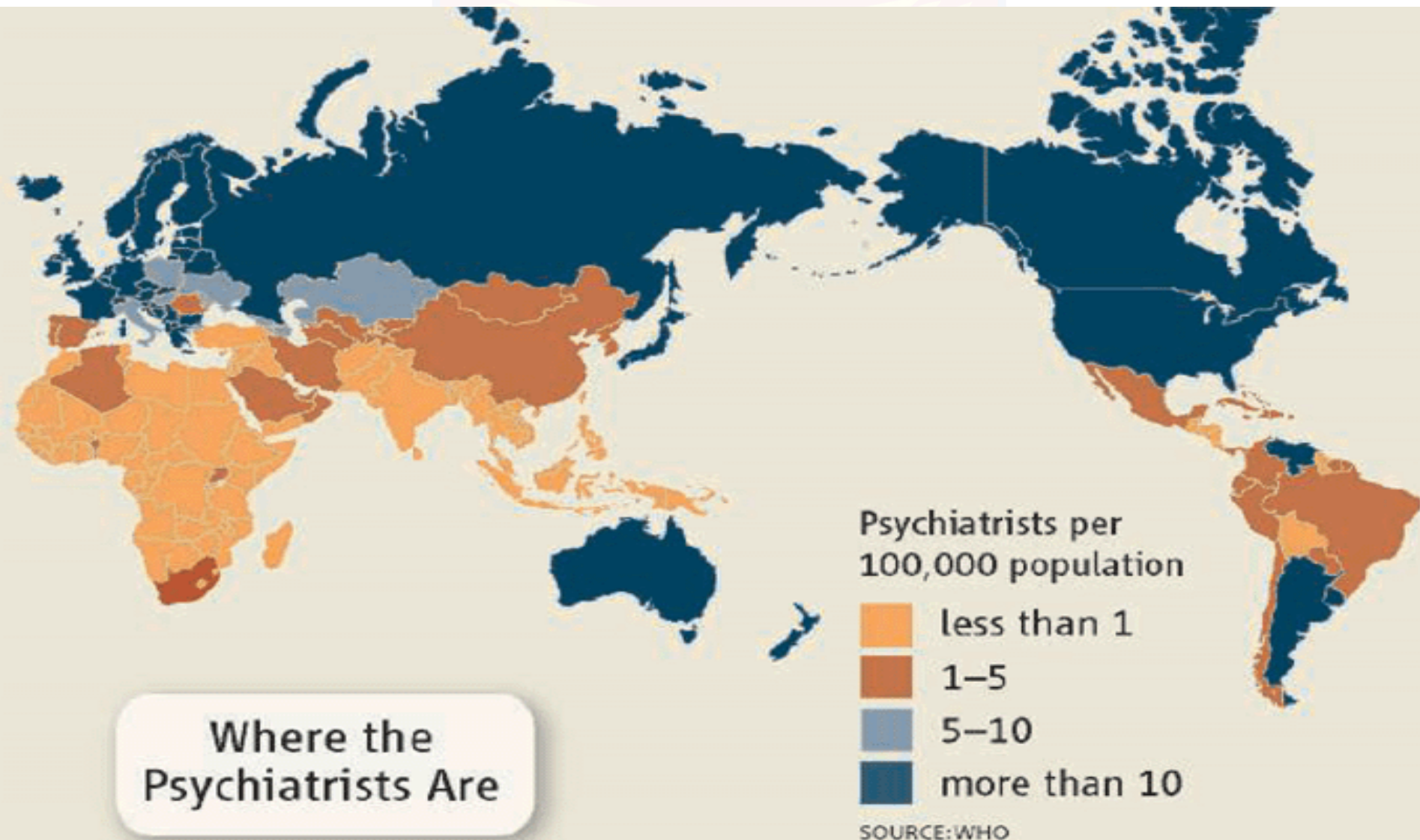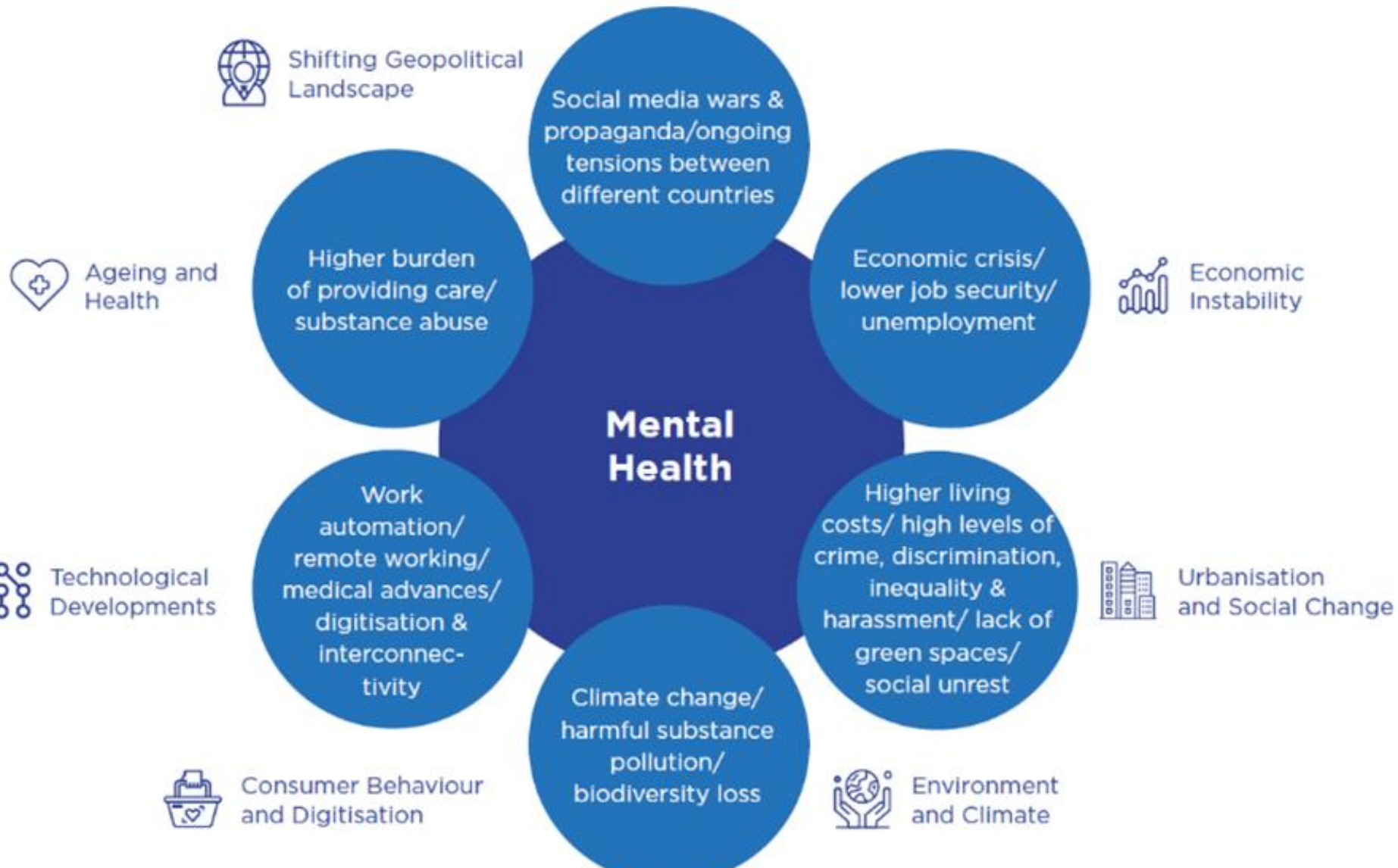
Regional Disparities

(A)

0.055 — 0.74

(B)

Access to Mental Health Services

Psychiatrists per 100,000 population

Where the Psychiatrists Are

- less than 1
- 1–5
- 5–10
- more than 10

SOURCE: WHO

C. Emerging Trends – Changing Faces of MI

THE ROLE OF CONTEMPORARY MENTAL HEALTH NURSES IN GLOBAL NURSING

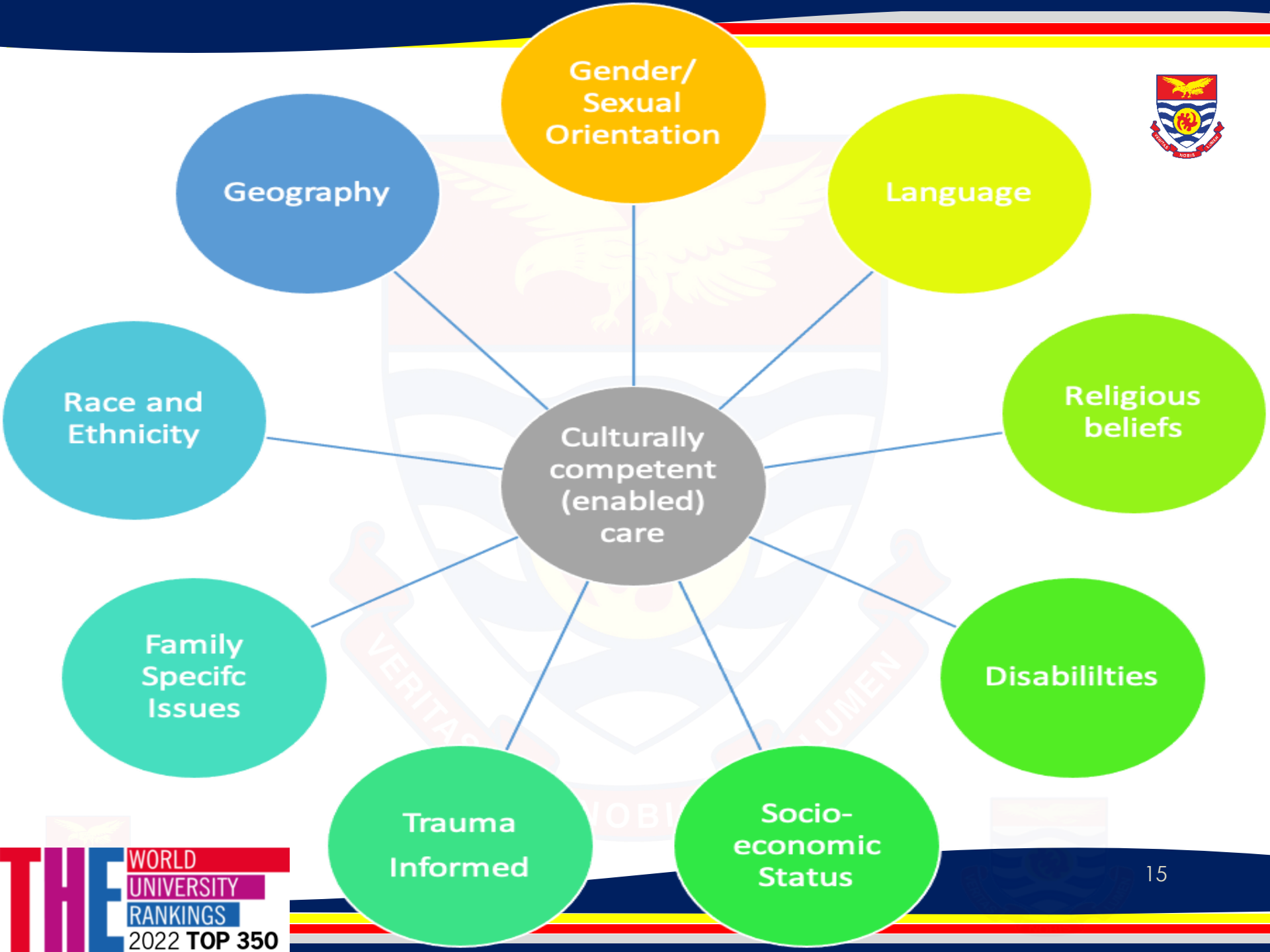# II). THE ROLE OF CONTEMPORARY MENTAL HEALTH NURSES IN GLOBAL NURSING

A. *Providing Culturally Competent Care*

B. *Collaboration and Multidisciplinary Approaches*

C. *Bridging the Mental Health Treatment Gap*

D. *Disaster Response and Trauma Care*

E. *Empowering Individuals and Communities*

F. *Advocacy and Policy Development*

A. Providing Culturally Competent Care

Culturally competent (enabled) care

- Gender/Sexual Orientation
- Language
- Religious beliefs
- Disabililties
- Socio-economic Status
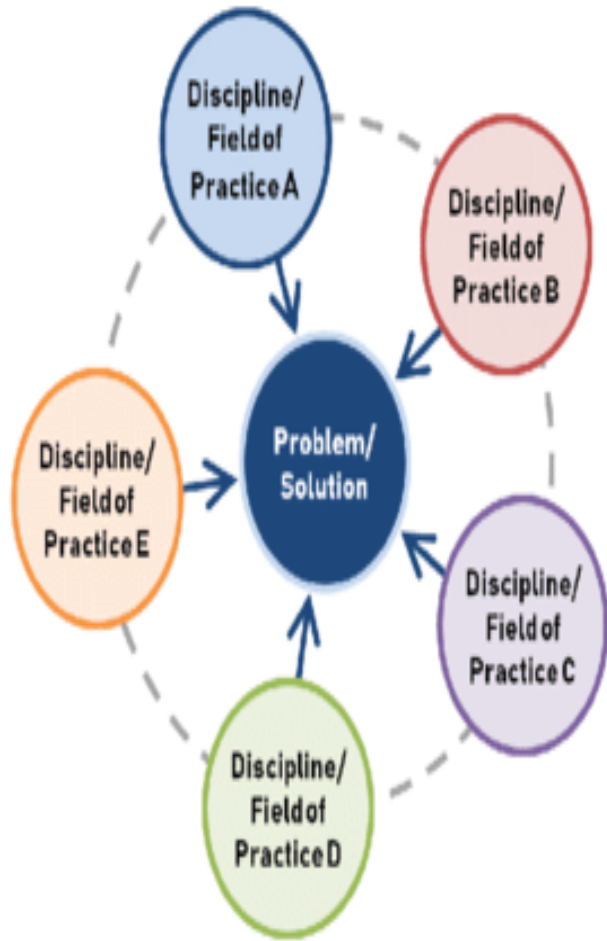- Trauma Informed
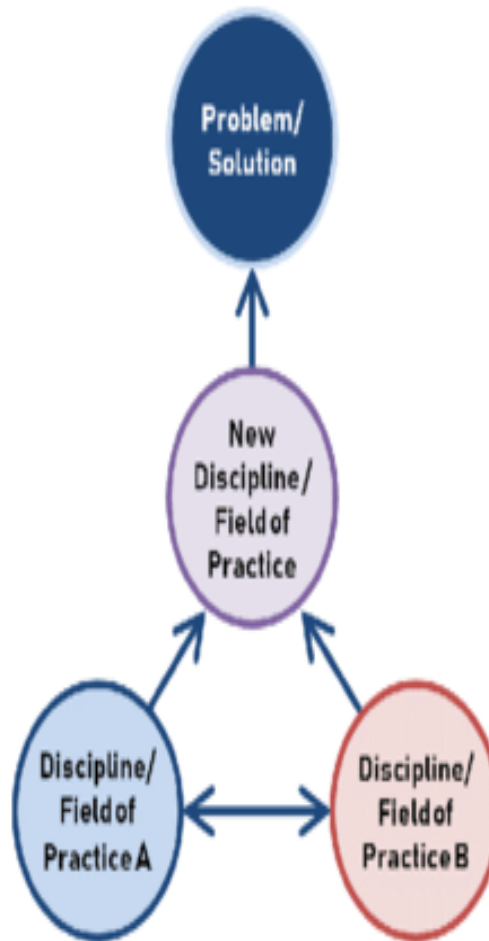- Family Specifc Issues
- Race and Ethnicity
- Geography

B. Collaboration and Multidisciplinary Approaches

Multidisciplinarity   **Inter**disciplinarity   **Trans**disciplinarity

MENTAL HEALTH CARE GAP

CARE PROVIDER SHORTFALL

AN OUTDATED APPROACH

INADEQUATE SERVICE DELIVERY

STIGMA & SILENCE

DISCRIMINATION & MARGINALIZATION

UNAFFORDABLE HEALTH CARE

Condition	Proportion of people untreated, %
Schizophrenia	32.2
Depression	56.3
Dysthymia	56.0
Bipolar disorder	50.2
Panic disorder	55.9
Generalised anxiety disorder	57.5
Obsessive–compulsive disorder	57.3
Alcohol misuse or dependence	78.1

LOOK AGAIN

MENTAL ILLNESS RE-EXAMINED

presented by
the BC Schizophrenia Society

Bridging Mental Illness &
Substance Use Services

D. Disaster Response and Trauma Care

Emergency Medicine

Emergency and Trauma Services
Level I Trauma Center
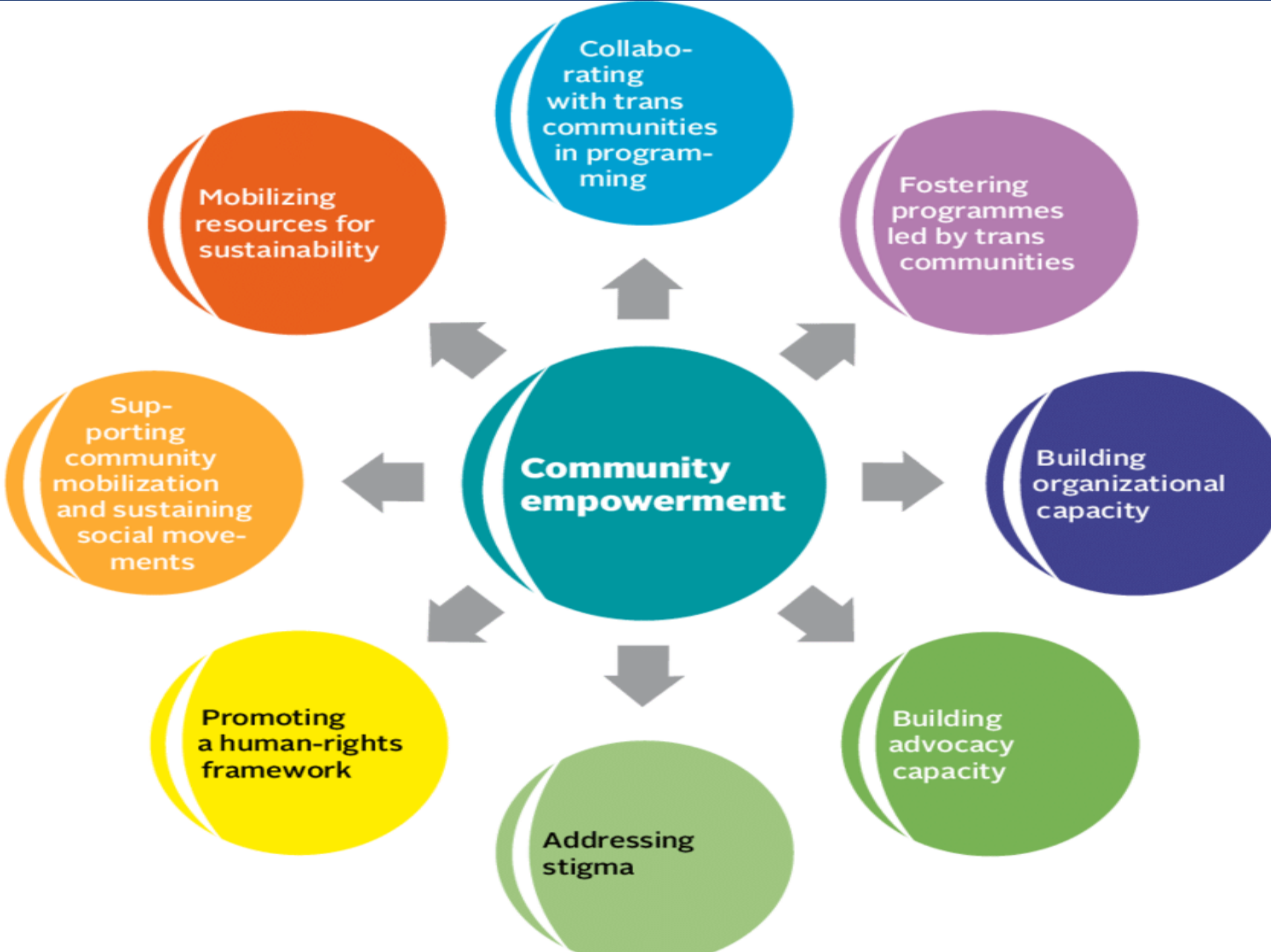
Disaster Preparedness and
Emergency Response

Mitigate
- Assess
- Prevent
- Reduce

Prepare
- Get supplies
- Make a plan
- Practice skills

Recover
- Remove debris
- Rebuild
- Learn

Respond
- Get alerted
- Stay safe
- Evacuate

Mitigation
Reducing or eliminating the impact from potential hazards.

Preparedness
Building the capacity and capability of the organization to manage the impacts.

VA

Recovery
Working to restore essential functions and returning the organization to a new normal.

Response
Acting to stop on-going negative effects.

E. Empowering Individuals and Communities

Level of analysis	Process ('empowering')	Outcome ('empowered')
Individual	Learning decision-making skills	Sense of control
	Managing resources	Critical awareness
	Working with others	Participatory behavior
Organizational	Opportunities to participate in decision-making	Effectively compete for resources
	Shared responsibilities	Networking with other organizations
	Shared leadership	Policy influence
Community	Access to resources	Organization coalitions
	Open government structure	Pluralistic leadership
	Tolerance for diversity	Residents' participatory skills

F. Advocacy and Policy Development

III. Key Competencies and Skills for Contemporary Mental Health Nurses

A. *Cultural Competence and Sensitivity*

B. *Collaborative Practice and Interprofessional Education*

C. *Evidence-Based Practice and Research*

D. *Leadership and Advocacy*

E. *Continuous Professional Development*

A. Cultural Competence and Sensitivity

CULTURAL COMPETENCE IMPORTANCE

Five Elements of Cultural Competence
INDIVIDUAL LEVEL

1 acknowledge cultural differences

2 understand your own culture

3 engage in self-assessment

4 acquire cultural knowledge & skills

5 view behavior within a cultural context

B. Collaborative Practice and Interprofessional Education

EMERGENCY PHYSICIAN

PARAMEDIC

HOSPITALIST

PHARMACIST

PATIENT

SOCIAL WORKER

MOBILE NURSE

COMMAND CENTER NURSE NAVIGATOR

NURSE PRACTITIONER

Collaborative Practice and Interprofessional Education

Interprofessional Collaboration

Cultural Engagement

Values and Ethics

Roles and Responsibilities

Interprofessional Communication

Teams and Teamwork

Benefits of Collaborative Practice and Interprofessional Education
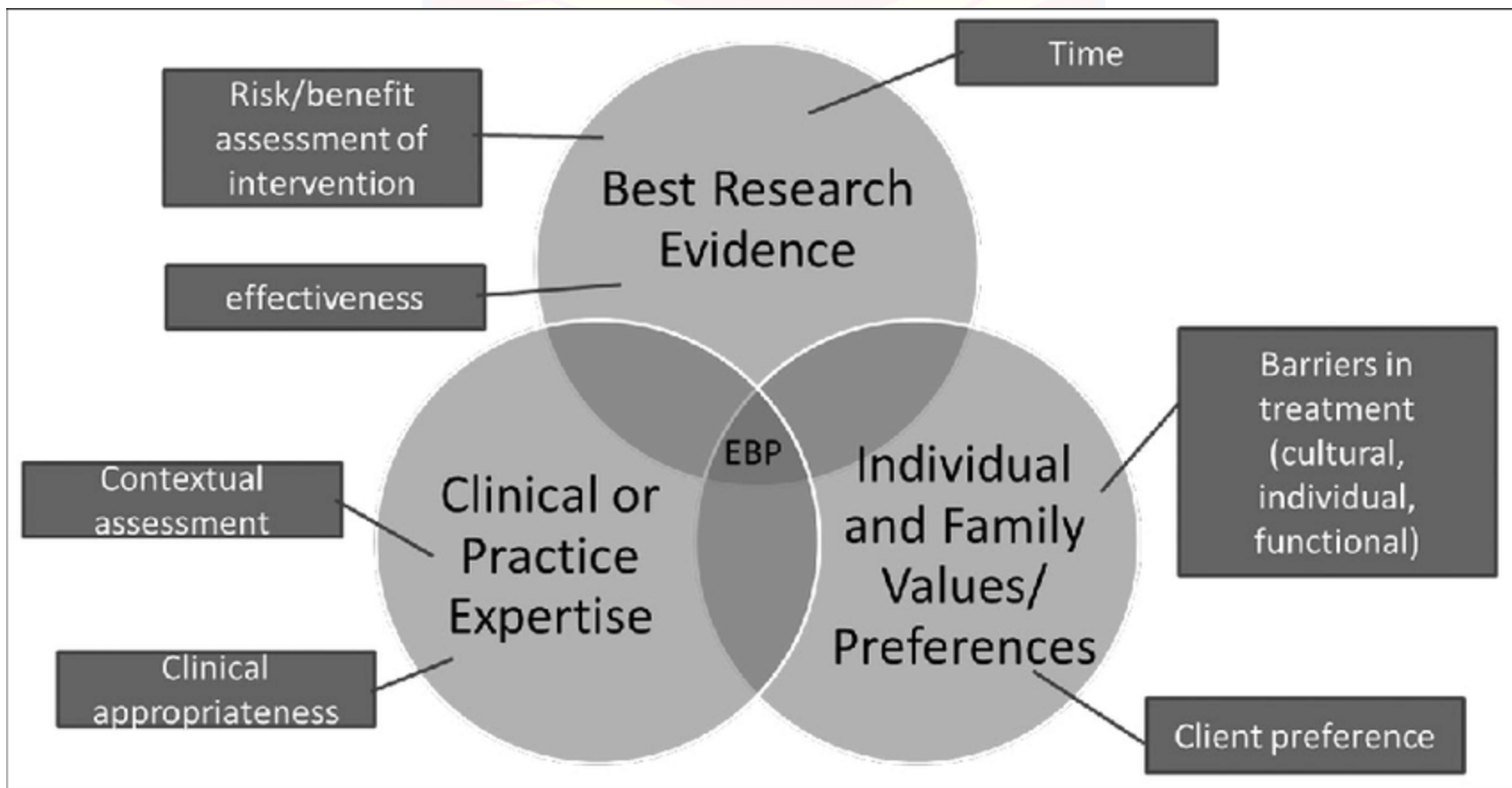
C. Evidence-Based Practice and Research

D. Leadership and Advocacy

D. Leadership and Advocacy
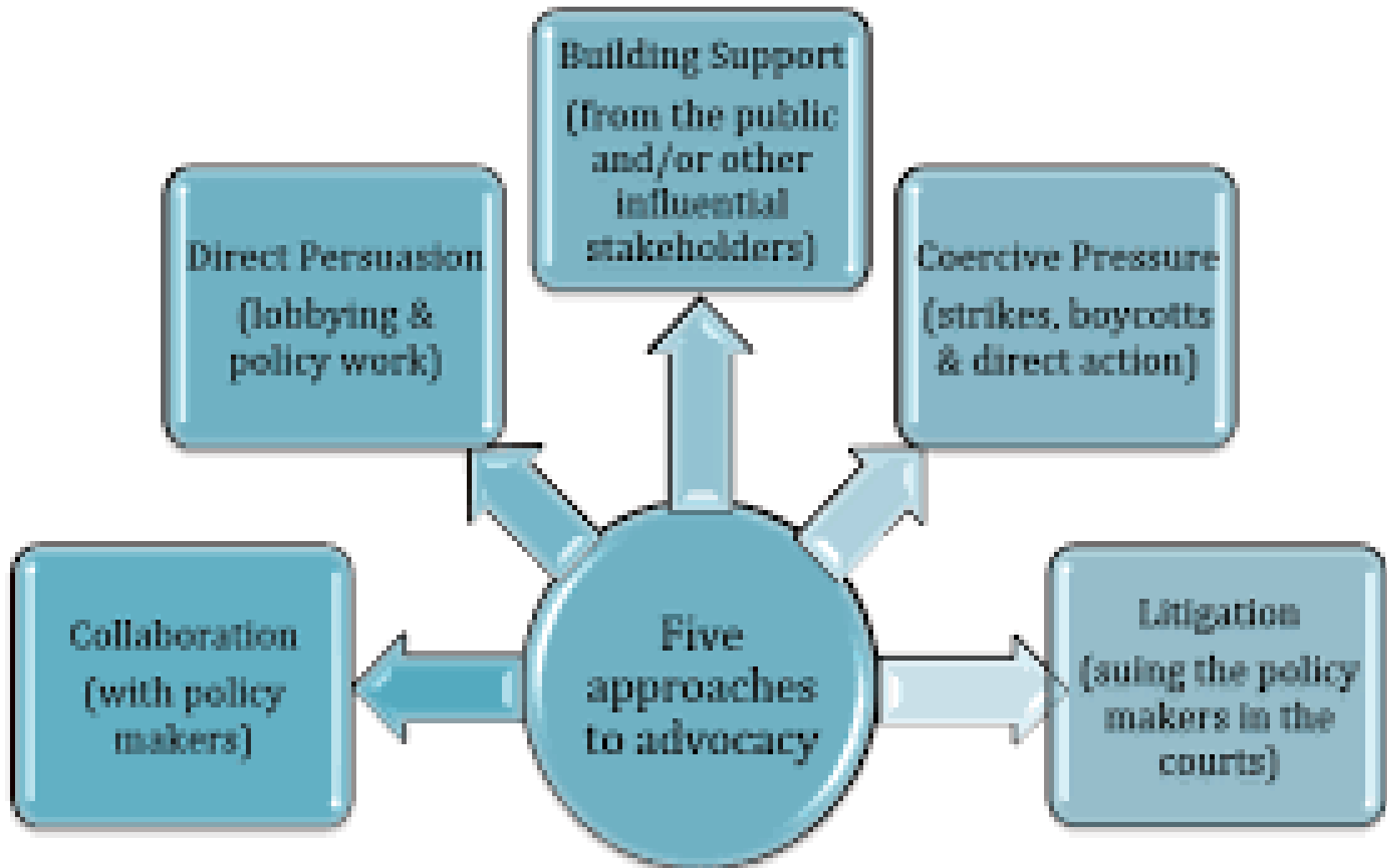
E. Continuous Professional Development

The tree of learning and personal development

- Learning topics
- Continuing professional and personal development
- Transition – learning and progress through preceptorship
- Becoming a registered nurse
- Pre-registration nursing learning and experiences
- Life experiences and learning

Formal Activities (more than 4 hours)	Informal Activities (less than 4 hours)	Peer and Professional Interaction	Contributions to the Profession
Structured courses	On-the-job training	Mentoring or being mentored	Presenting research
Seminars	Workshops	Demonstrating a technical application	Writing technical articles and papers
Technical training	Reading technical journals	Professional activities in the community	Volunteering

# IV. Promoting Global Mental Health: Strategies and Best Practices

A. *Strengthening Education and Training*

B. *Enhancing Interdisciplinary Collaboration*

C. *Integrating Mental Health into Primary Healthcare Systems*

D. *Addressing Stigma and Promoting Mental Health Literacy*

E. *Leveraging Technology and Innovation*

F. *Advocating for Policy Change*

A. Strengthening Education and Training

B. Enhancing Interdisciplinary Collaboration
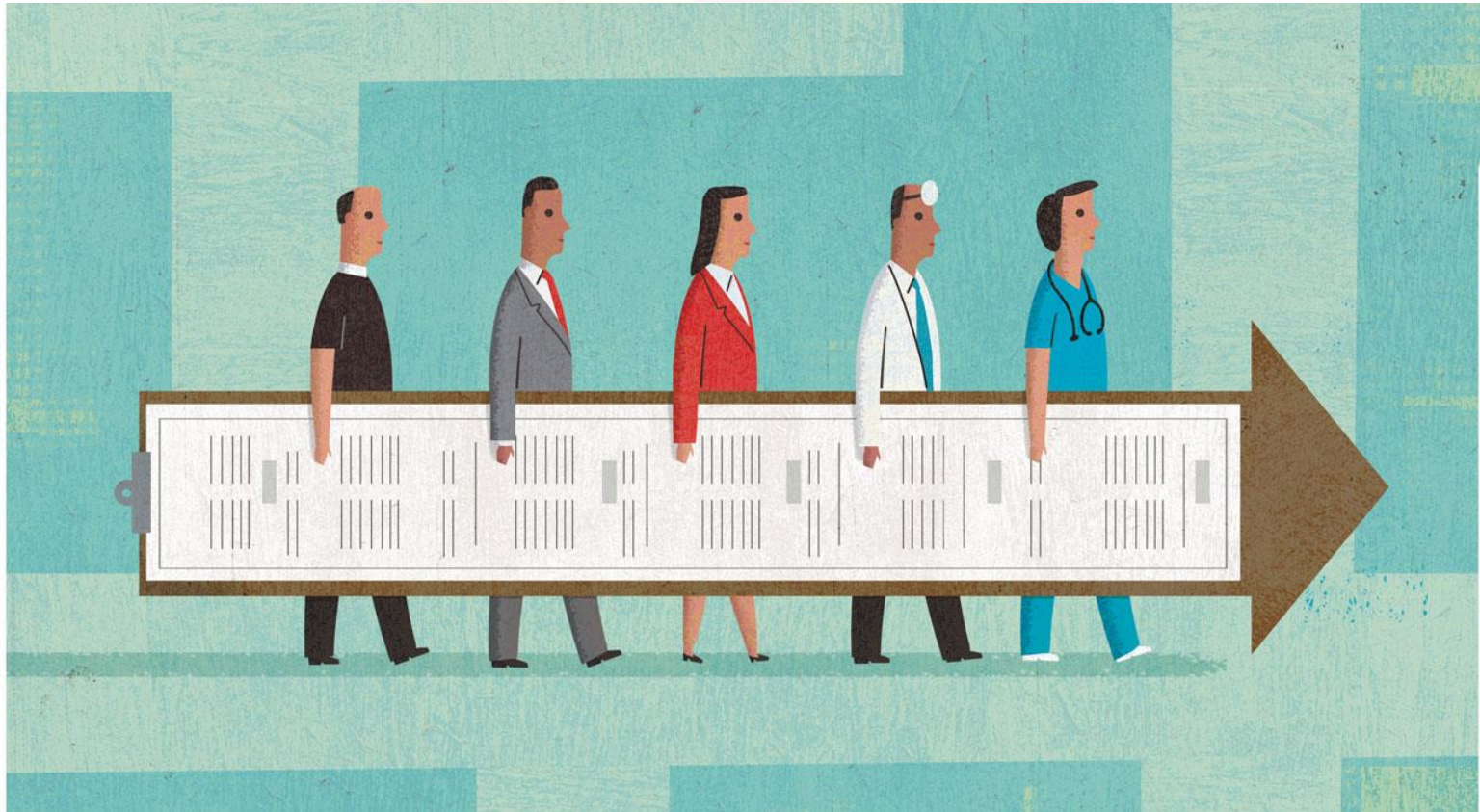
INTERDISCIPLINARY

❖ "Breakthrough innovation occurs when we bring down boundaries and encourage disciplines to learn from each other" *Gyan Nagpal*

❖ *Although each discipline contributes unique perspectives, together the team can provide optimal integrated services*
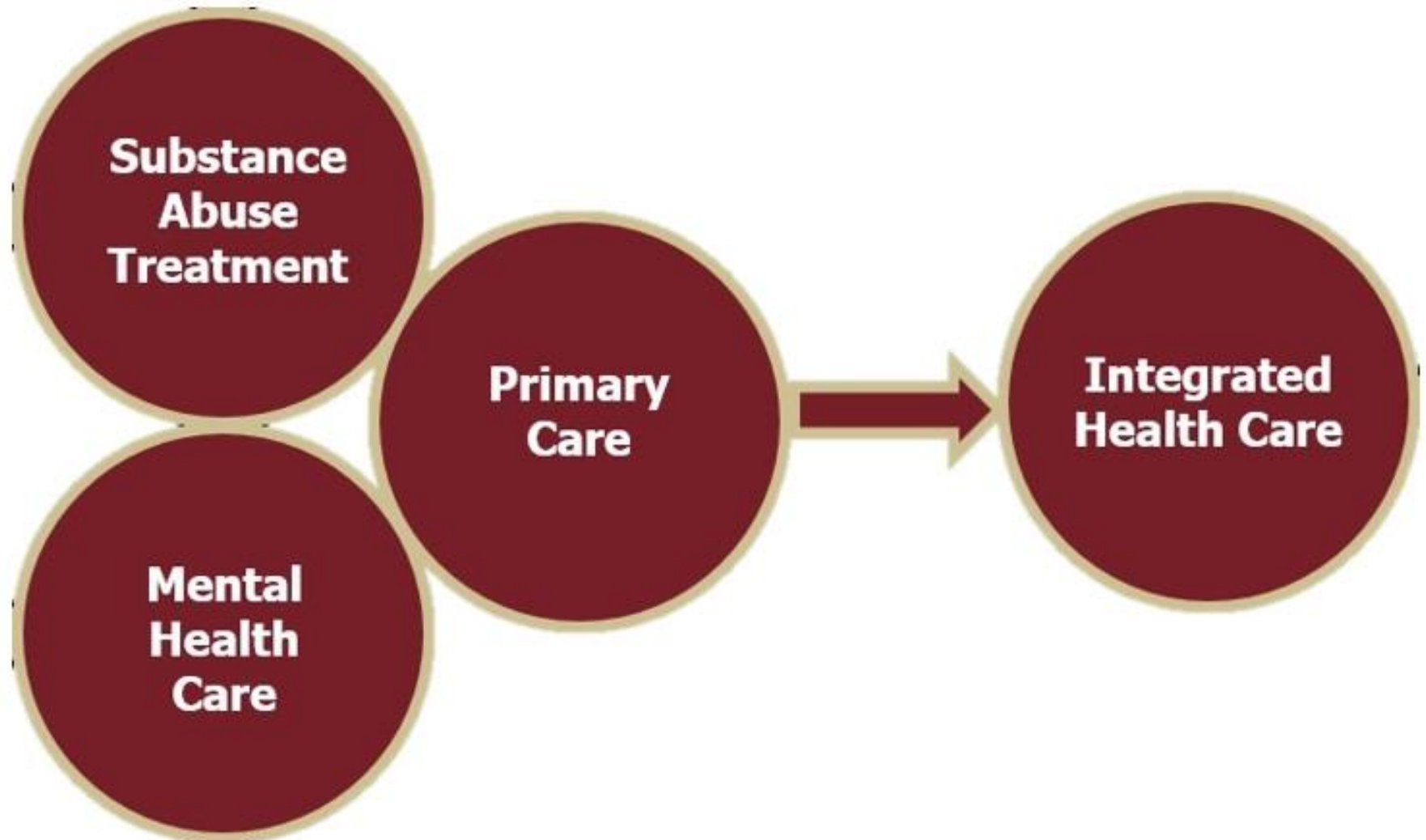
C. Integrating Mental Health into Primary Healthcare Systems

Why Primary and Behavioral Care Integration is Needed

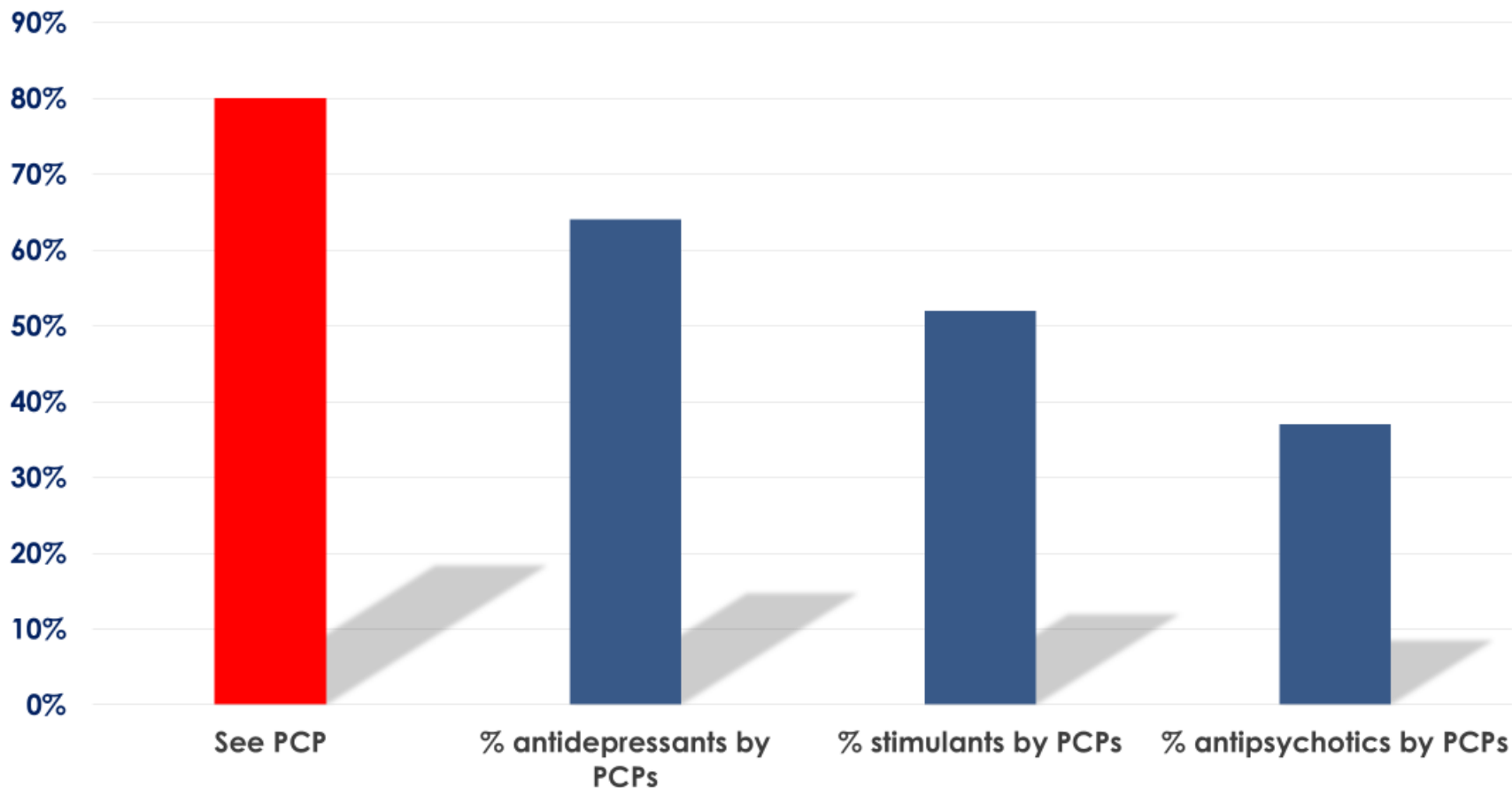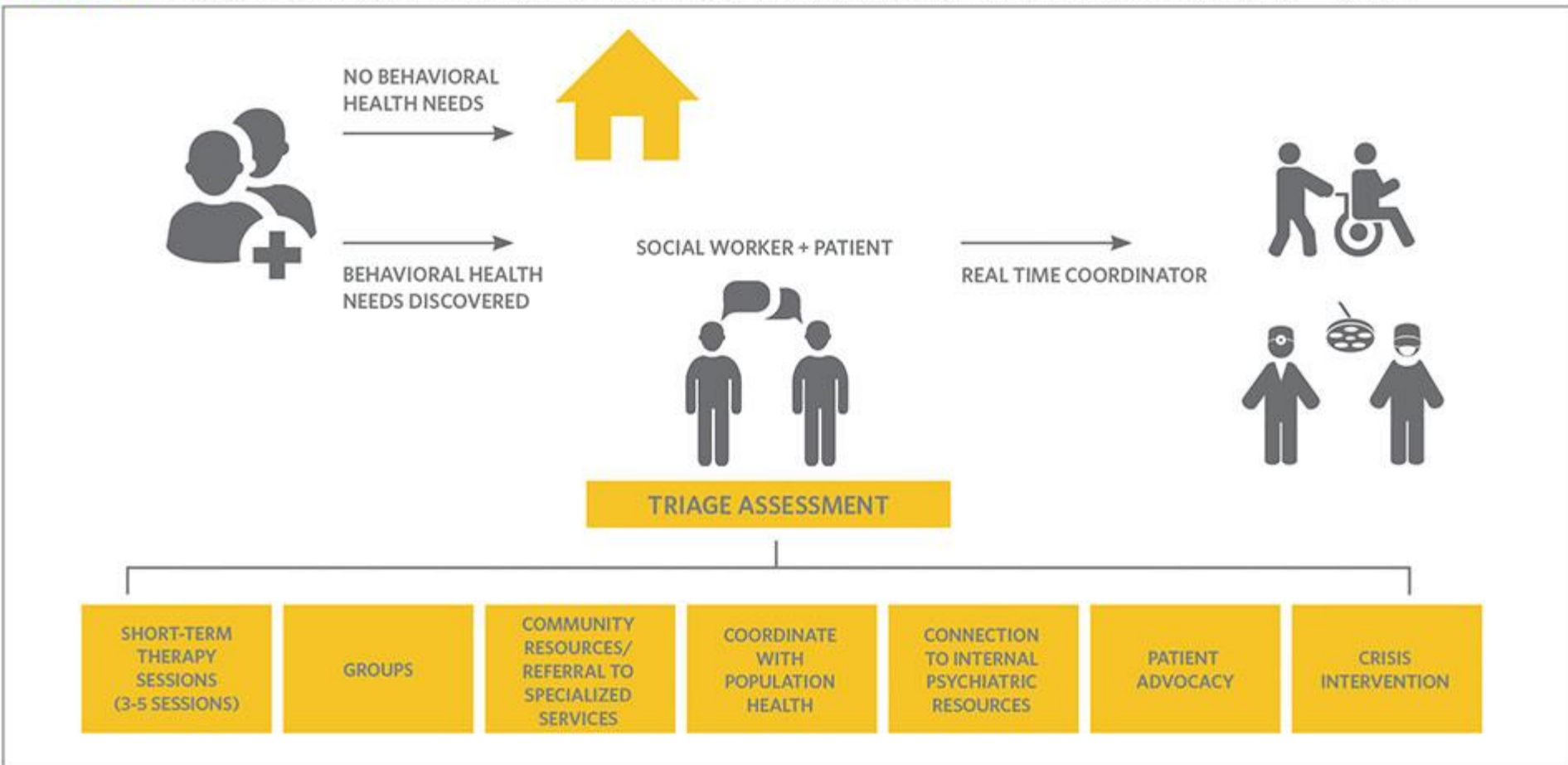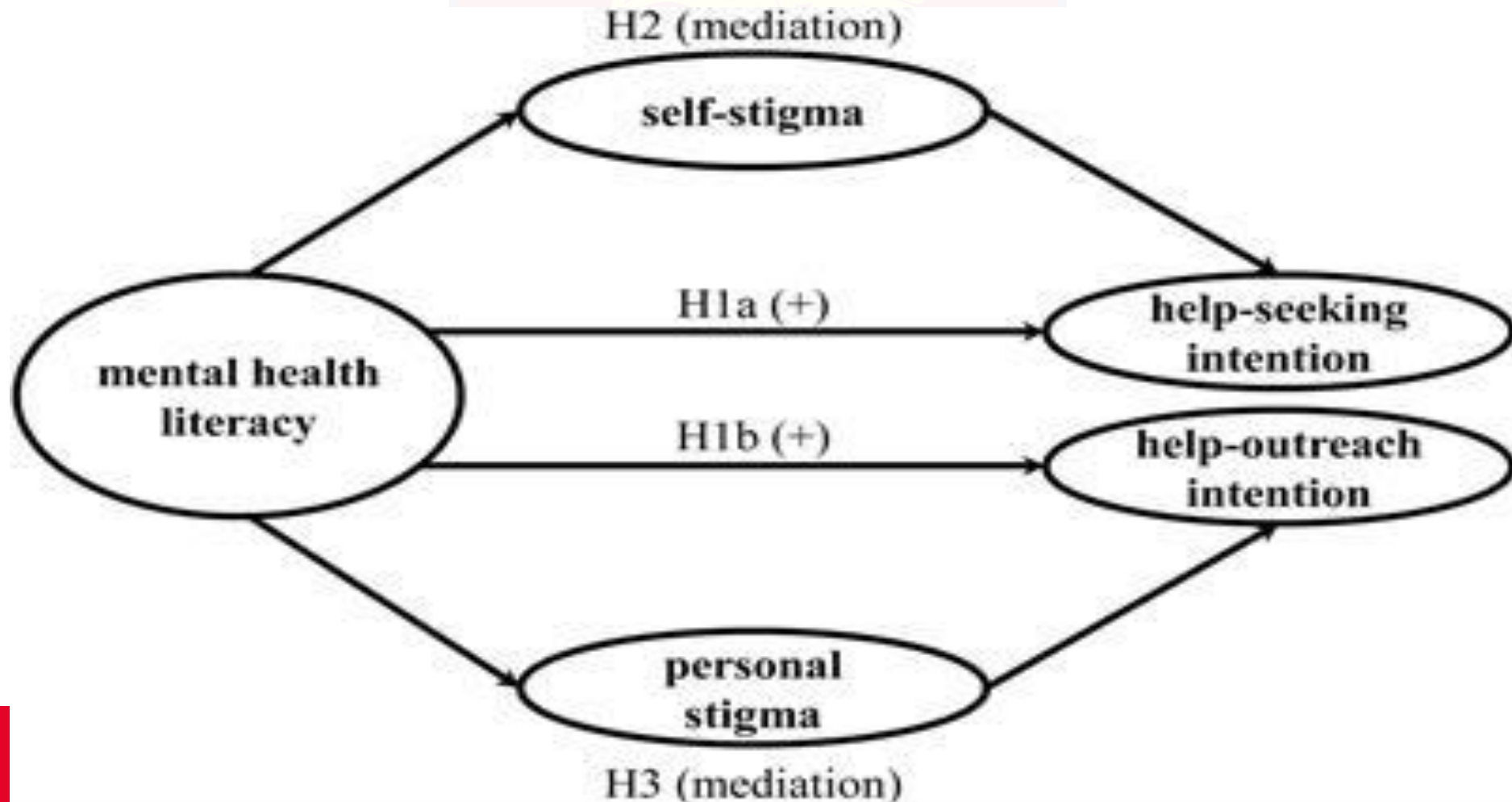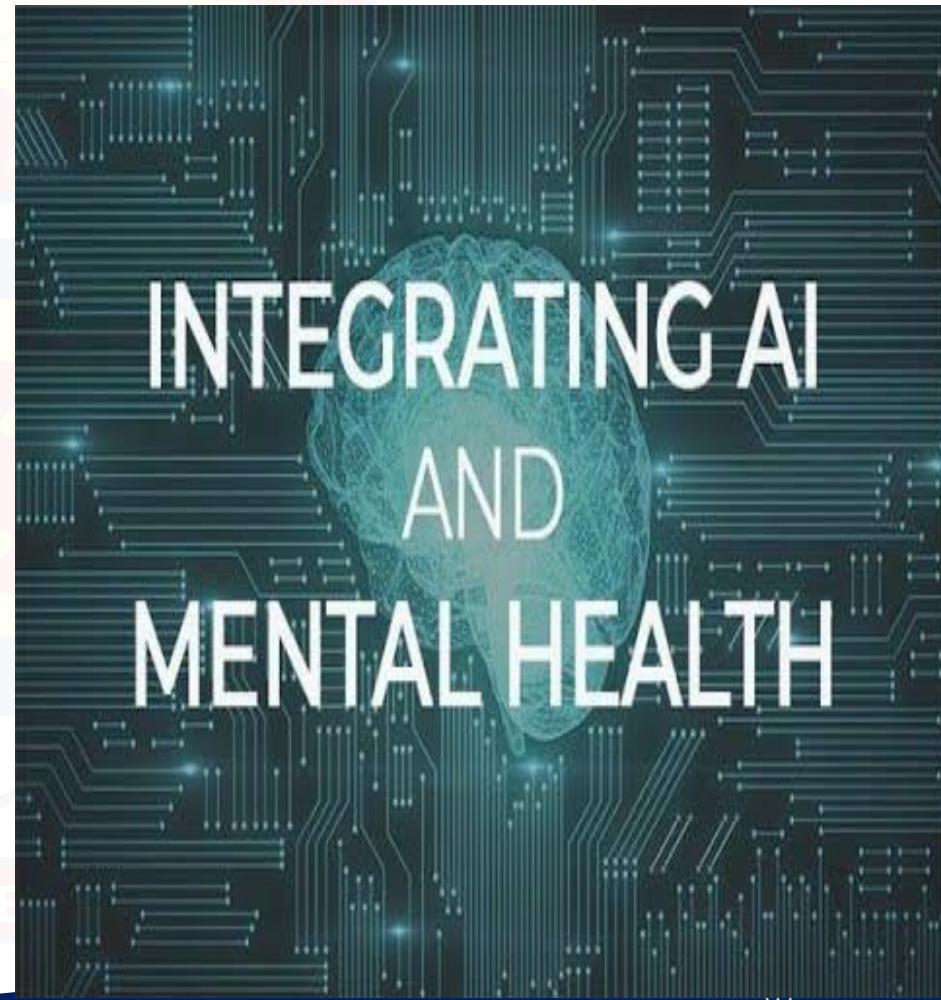# FIGURE 3. PROCESS FLOW FOR INTEGRATED BEHAVIORAL HEALTH AND PRIMARY CARE

Connection Between Mental Health Literacy, Stigma and Promoting Mental Health

E. Leveraging Technology and Innovation

INTEGRATING AI AND MENTAL HEALTH

THE FAITH ECOSYSTEM

GENERAL PRACTITIONER

NUTRITIONIST

REHABILITATIVE ROLE

NURSE

outlook

PATIENT

appetite

MENTAL HEALTH PROFESSIONAL

activity

sleep

ONCOLOGIST

FEDERATED LEARNING / ARTIFICIAL INTELLIGENCE

DATA SCIENTIST
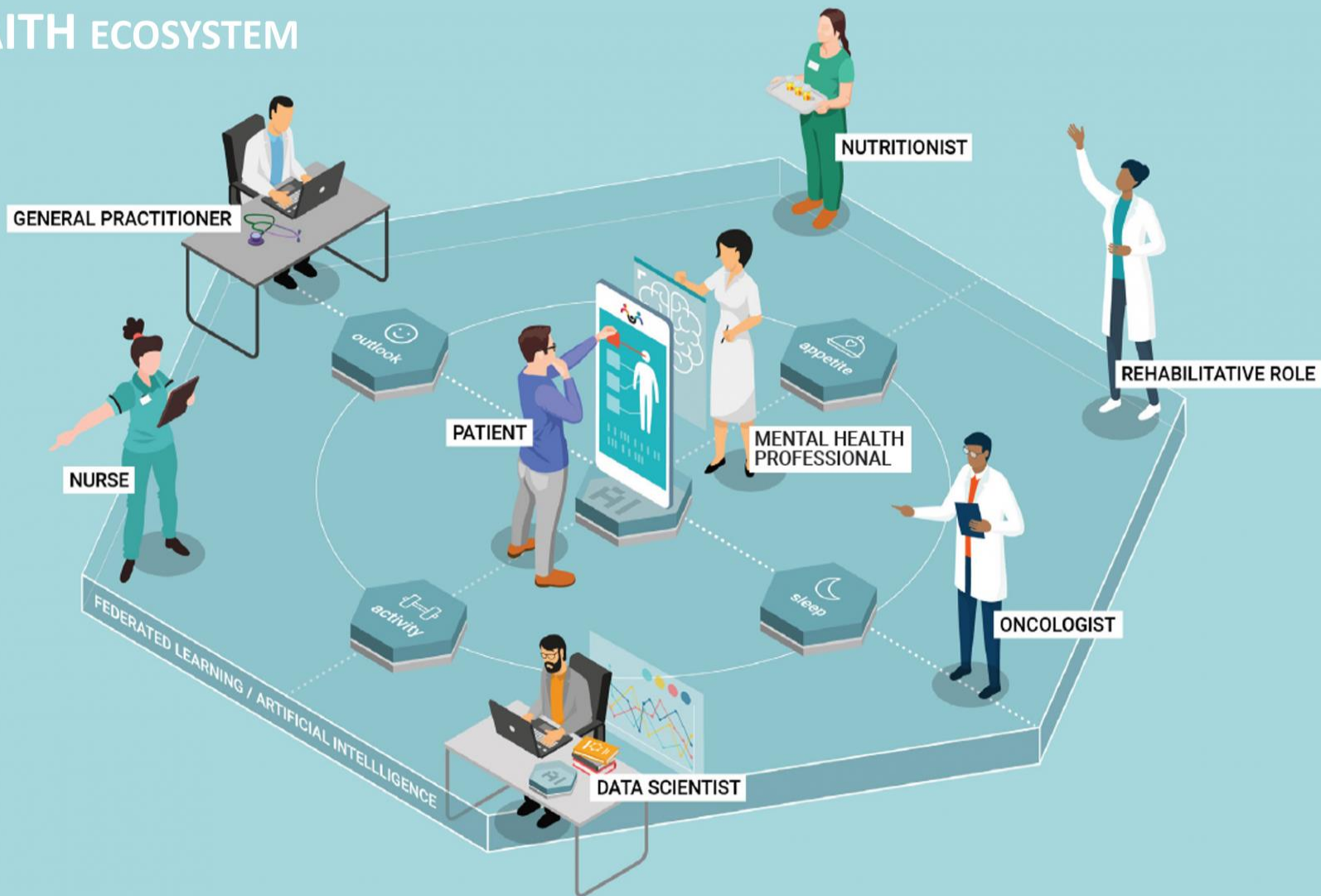
F. Advocating for Policy Change

Conclusion

Contemporary Mental Health practice

Therapeutic relationships
- Recording the clients story
- Developing meaning
- Developing understanding
- Shared construction of the clients life
- Re-authoring a new story

Developing a partnership
- Shared knowledge
  - Multiple realities
  - Clinician learns and develops
  - Client learns and develops
- Client seen as own expert
  - Current story
  - Authoring new story

Establishing professional boundaries

Maintaining boundaries

Establishing trust

THANK YOU
COMMENTS/QUESTIONS ?