### Summary

**Social Emotional Wellbeing Care for Adults**

#### Questions and Responses

<table>
<thead>
<tr>
<th></th>
<th>All the time</th>
<th>Most of the time</th>
<th>Some of the time</th>
<th>Little of the time</th>
<th>Not at all</th>
<th>Don’t know</th>
<th>Didn’t respond</th>
</tr>
</thead>
<tbody>
<tr>
<td>Happy in yourself</td>
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<tr>
<td>1. So sad that nothing could cheer you up?</td>
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<td>2. Nervous?</td>
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<td>3. Restless and jumpy?</td>
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<td>4. That everything was an effort?</td>
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<td>5. Angry at yourself and others?</td>
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<td>6. Like you might hurt yourself?</td>
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</table>

7. **Local person known to client:**

Do you think that the person has changed his/her behaviour or is there anything about him/her that makes you concerned about their mental health?

#### Legend for responses

- Yes   Refer urgently
- Yes   Refer but not urgently
- No
- Don’t know

#### Responses

**Yes   Refer urgently**

Refer the person to the designated Mental Health Worker, Mental Health Nurse, Senior Health Worker, MO or Director of Nursing if:

- they answer ‘Most of the time’ or ‘All of the time’ to one or more of the items (not including the happy question) OR
- they say that they think about harming themselves at any time (‘A little of the time’, ‘Some of the time’, ‘Most of the time’ or ‘All of the time’) OR
- you have urgent concerns for them

The following procedure is advised:

- ask if the person is talking to anyone about the feelings they are having
- let them know that having these feelings can harm their health and wellbeing and that there may be ways the Health team can assist the client with their feelings
- ask if they would be willing to meet with the designated Mental Health Worker to talk more about how they are feeling
- arrange for the client to see someone from the health team immediately or as soon as possible and document your action in the medical record

**Yes   Refer but not urgently**

Depending on results from screen:

- Urgent referral to designated Mental Health Worker, Mental Health Nurse, Senior Health Worker, MO or Director of Nursing
- Offer brief intervention (see below) if answers mostly little of the time or some of the time
- Offer information (see below) if answers not at all, or do not know

Offer a brief intervention if:

- the person answers ‘A little of the time’ or ‘Some of the time’ to one or more of the 5 items or
- you have some concerns (but not urgent concerns) about them.

The following procedure is advised:

- tell the person that these feelings are part of everyone’s life, but shouldn’t be ignored because they may cause problems if they get worse.
- encourage the person to talk to other people, e.g. family, friends, health worker, or paster when they are feeling this way
- suggest the person seeks help if the feelings come more often or become stronger
- document your action in the person’s chart

**No / Don’t know**

No specific action is required if:

- their response to all of the items (except ‘happy in yourself’) is ‘not at all’ and
- you have no concerns
Summary
Social Emotional Wellbeing Care for Adults

Clients living with chronic illness are often physically and emotionally stressed. The social emotional care item on the chronic disease care plans, are the same as the screening questions, and are used to assist the clinician in identifying whether the client is socially-emotionally well and coping in their current situation.

<table>
<thead>
<tr>
<th>Questions Explained</th>
<th>Suggestions</th>
</tr>
</thead>
<tbody>
<tr>
<td>Happy in yourself?</td>
<td>Like your life is going well and you are happy being the person that you are</td>
</tr>
<tr>
<td>So sad that nothing could cheer you up?</td>
<td>Down and depressed and nothing makes you feel better</td>
</tr>
<tr>
<td>Nervous?</td>
<td>Anxious, worried, like something bad is going to happen</td>
</tr>
<tr>
<td>Restless and jumpy?</td>
<td>Like you can’t relax your body or calm down</td>
</tr>
<tr>
<td>That everything was an effort?</td>
<td>Like you can’t be bothered to do even easy everyday things</td>
</tr>
<tr>
<td>Angry at yourself or others?</td>
<td>That ‘hot feeling’ of anger like you might not be able to control yourself</td>
</tr>
<tr>
<td>Like you might hurt yourself?</td>
<td>Do you ever like cutting, burning or causing pain to yourself or taking your own life</td>
</tr>
</tbody>
</table>

Steps
1. Explain questions and ranges of answers to the client
2. After you have briefly explained the possible range of answers to the person, you can ask the question for each item. If the person has trouble understanding those words, you may use words that you know will make them feel more comfortable. The above table suggests some words to use for each item.
3. The client may respond using a range of options, as follows:
   - not at all
   - a little of the time (less than one week of the month),
   - some of the time (one but less than two weeks),
   - most of the time (more than two weeks of the month but not all the time)
   - all the time.
4. The answer options are listed across the top of the following table. For each questions, record the response in the appropriate box.
   - If the person is not able to answer the question, tick the box for ‘Don’t know’.
   - If they refuse to answer the question, tick the ‘Refused’ box.
   - There are no response guidelines for the ‘Happy in yourself’ question yet because it is being tested for the first time to see if it is useful.
5. Sometimes you or another member of staff might have heard from a clients friends or family, or you may have noticed something that makes you feel concerned about this person, even if they don’t tell it in their answers. The last question gives you an opportunity to record your concern by ticking the appropriate box. You may have an urgent concern (tick ‘Yes, Urgent’), some concern but not urgent (tick ‘Yes, Not Urgent’), no concern (tick ‘No’) or you may feel you don’t know the person well enough to say (tick ‘Don’t Know’).