Foreword

The nursing workforce is fundamental to our ability to deliver healthcare services across Queensland. Nurses are the backbone of our healthcare system.

Each day Queenslanders present with a variety of health matters, including issues related to mental health and wellbeing.

In Australia, nearly half of the population will experience a mental disorder in their lifetime, and the prevalence of mental disorders is high among people who are accessing our general health and hospital services. Generalist nurses therefore need to have access to reliable and up to date information regarding mental disorders.

In recognition of this, the Queensland MIND (Mental Illness Nursing Documents) Essentials resource, as developed by the Hunter Institute of Mental Health, has been adapted for use in the Queensland context for all nursing staff in Queensland.

The Queensland MIND essentials resource provides Queensland nurses with relevant information on different mental disorders, on how they may present in a general nursing setting, practical strategies and guidelines for management, screening tools and links to further information.

The distribution of this resource plays an important role in our ability to deliver a responsive and integrated health service system for all Queenslanders, and represents our on-going commitment to supporting the Queensland nursing workforce.

Paul Lucas MP
Deputy Premier
Minister for Health

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Overview

Queensland
Mind essentials

*Mental illness nursing documents
for nurses and midwives*

Queensland MIND Essentials aims to support nurses and midwives working in general health care settings within Queensland Health (QH) hospitals and communities by providing information and strategies on a range of mental health issues.

This project has been adapted for Queensland Health from the MIND Essentials Resource, developed by the Hunter Institute of Mental Health (HIMH) in 2008. MIND Essentials was produced in consultation with nurses and midwives in general acute and community settings, with assistance from clinical experts in mental health and academic staff of the University of Newcastle.

The resource is available online at the Mental Health Directorate homepage by following the links to Queensland MIND Essentials (QHEPS and Internet sites). A printed copy is also available in your facility.

Information on caring for a person experiencing a mental illness

Information in this section and includes:

◆ A case study providing a real-life example of how a person may present to a hospital or community setting.

◆ An explanation of the illness including associated symptoms, behaviours, causes and onset.

◆ Common reactions to nursing a person experiencing the mental illness.

◆ Appropriate goals when nursing the person.

◆ Practical tips for responding to the person.

◆ Treatment options.

◆ Referral suggestions and contacts.

◆ Links to other sites for more information.

The following mental illnesses are discussed in this section:

◆ Anxiety

◆ Depression

◆ Eating disorders

◆ Personality disorders

◆ Dementia

◆ Mental illness within the perinatal period

◆ Schizophrenia.

Information on caring for a person presenting with behaviours, features or symptoms that may be associated with the presence of a mental illness

Information on specific issues includes:

◆ A case study providing a real-life example of how a person may present to a hospital or community setting.

◆ An explanation of the issue including associated symptoms, behaviours, causes and onset.

◆ Common reactions to nursing a person presenting with the issue.

◆ Appropriate goals when nursing the person.

◆ Practical tips for responding to the person.

◆ Treatment options.

◆ Referral suggestions and contacts.

◆ Links to other sites for more information.

The following issues are covered in this section:

◆ Suicidal thoughts or behaviour

◆ Aggressive or violent behaviour

◆ Intoxication

◆ Mania

◆ Hallucinations

◆ Delusions

Assessment tools

The following information to assist and inform a person's care and management plan:

◆ What is a mental health assessment?

◆ Drug and alcohol screening assessment.

Consumers stories

This resource includes a range of stories about general hospital experiences by people with a mental illness, who have attended the hospital for reasons other than their mental disorder.

> **We encourage you to use this resource to improve your own knowledge and the nursing care you provide to people who have a mental illness.**

This resource generally uses the term 'nurses' to refer to both nurses and midwives engaged in nursing care. All information in Queensland MIND Essentials is relevant to both nurses and midwives.

Additional resources

Australian Indigenous Health Infonet
www.healthinfonet.ecu.edu.au
Provides a range of Indigenous health information and contacts.

beyondblue
www.beyondblue.org.au or www.youthbeyondblue.com.au (youth website)
Provides information on depression, suicide, anxiety, bipolar disorder
and postnatal depression.

Black Dog Institute
www.blackdoginstitute.org.au
Provides information on depression (including the perinatal period)
and bipolar disorder.

Mental Health Council of Australia
www.mhca.org.au
Mental health related information and factsheets.

Multicultural Mental Health Australia
www.mmha.org.au
Mental health information and fact sheets in a range of languages.

National Drug and Alcohol Research Centre
http://ndarc.med.unsw.edu.au
Information about substance-use related disorders and their management.

Sane Australia
www.sane.org
Mental health related information, tips, links and online help.

Suicide Prevention Australia
www.suicidepreventionaust.org
Provides information on suicide and self-harm, suicide prevention and suicide postvention.

Please refer to the online version of Queensland MIND Essentials
www.health.qld.au/mentalhealth for the most up-to-date information on this resource.