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Conference Abstract

By nurses, for nurses: An alliance of nursing organisations building the capacity of nurses to integrate mental health and chronic disease care

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Abstract

The Australian College of Mental Health Nurses, in collaboration with a number of specialist nursing organisations, has developed an eLearning program targeted towards nurses working with people who have chronic disease, around mental health issues.

The aim of the project was to improve the integration of nursing care around the management of people who have mental health problems and chronic disease. This two year project, funded through the Australian Department of Health & Ageing, has provided targeted nursing content to over 10,000 nurses over a range of nursing specialties and has provided interactive eLearning modules, online webinars, and a tutorial guide for undergraduate nursing providers.

This innovative project provides 4 hours of free eLearning, through structured modules focused on integrating mental health care into chronic disease management, identifying mental health issues in people who have chronic disease, developing communication skills and addressing issues of grief and loss.

To date, over 8000 nurses have interacted with the eLearning resources, with over 2200 having completed one or more modules. While the numbers of nurses providing evaluation of the online learning resources has been limited to date (n=111) preliminary feedback has been overwhelmingly positive, with over 98% of participants stating that they would recommend the program to others, 98% of respondents indicating that their knowledge about mental health and chronic disease has increased as a result of the program and 97% indicating that they would feel more confident approaching someone to discuss issues around anxiety and depression as a result of their involvement with the program. Importantly, participants identified that they have a deeper understanding of the patient's experience as a result of the program.

This presentation will provide information around the co-occurrence of chronic disease and mental health, including cancer, diabetes, respiratory illness and cardiovascular disease. It will overview this innovative program and impact of the program on practice change, provide data from evaluations of the elearning resource and the webinars, and discuss improving the patient journey through the provision of integrated holistic nursing care. The success of this program could be

easily translated to other specialty areas and as a result of the project, a consortium of nursing organisations focused on chronic disease and mental health has formed an ongoing alliance.

Keywords

mental health; chronic disease; integrated care; eLearning; webinars

PowerPoint presentation

https://www.conftool.net/integratedcare2014/index.php?page=downloadPaper&form_id=140
