

HOW DO I INCORPORATE GOOD MENTAL HEALTH CARE INTO MY PRACTICE?

Holistic assessment - appropriate enquiry about mental health issues may be required alongside physical health issues.

Empathetic approach - consider how the patient's mental state is affecting their ability to cope with being in hospital and receiving care.

Maintain confidentiality - if the patient does not wish to discuss their mental health and there are no risk concerns to override this.

Risk assessment - ask questions about the immediate risk of the patient harming themselves or others to inform the safety management plan.

Ensure that mental health medications are kept under review alongside physical health treatment.

Safeguarding issues - consider the impact of the patient's mental health issues on children/vulnerable family members and whether the patient is vulnerable to abuse/neglect.

Refer to/liase with the Psychiatric Liaison Service (PLS) where there are concerns about a patient's mental health.

HOW DO I ACCESS SUPPORT FOR PATIENTS WITH MENTAL HEALTH ISSUES?

The PLS provides support and assessment for BHRUT patients with mental health issues. They can be contacted on Ext 8078 (KGH) and Ext 2135 (QH).

Patients may be signposted to approach their GP with requests for support, which may include monitoring, counselling or referral to secondary mental health services.

HOW DO I ACCESS MENTAL HEALTH SUPPORT FOR MYSELF?

Health care staff carry high levels of responsibility and stress alongside the challenges and rewards of caring for patients. Additionally, the COVID 19 pandemic had a huge emotional impact on many staff members.

Full details of support services available are on the BHRUT intranet and include:

Listen Hear - trained psychologists to support you if you are having difficulty with your mental health.

Chaplains - Ext 8213 KGH, Ext 6255 Queen's.

Health Assured - our Employee Assistance programme. Visit the Health Assured website or call 0800 030 5182. To login to the website, use 'BHRUT' with the password 'Employee'.



MENTAL HEALTH AWARENESS

Overview for BHRUT staff

www.bhrhospitals.nhs.uk



@BHR_hospitals
Barking, Havering and Redbridge
University Hospitals NHS Trust



HOW COMMON ARE MENTAL HEALTH ISSUES?

One in four adults and one in 10 children experience mental illness (NHS.UK May 2021)

40% of older people who are living in care homes have depression; 30% of older carers experience depression at some point (Age UK 2019)

The most prevalent mental health conditions are depression, generalised anxiety disorder, panic disorder, obsessive-compulsive disorder (OCD) and post-traumatic stress disorder (PTSD).

HOW DO WE KNOW IF A PATIENT HAS MENTAL HEALTH ISSUES?

The patient may have a **recorded diagnosis** of mental illness or **they may tell you** that they have mental health issues. You may assess that **the way they present** suggests they are currently experiencing mental health issues - for example by their emotional state, the thoughts they are describing or the way they are behaving.

Mental health issues are experienced by everyone in a personal and individual way. However we can get an overview of issues by medical diagnostic terms.

General anxiety disorder - excessive worry about everyday events that are difficult to control.

Depression- feeling 'low' most of the time, changes in appetite, sleep, concentration and memory, negative thoughts, feelings of guilt and worthlessness.

Obsessive-compulsive disorder - having thoughts, images or impulses that keep coming into the mind and a strong pressure to carry out or repeat certain physical acts or mental processes.

Personality disorders - enduring patterns of maladaptive thoughts, feelings, and behaviours that can cause serious detriments to relationships and other life areas.

Eating disorders - obsessive concerns with weight and disruptive eating patterns that negatively impact on physical and mental health.

Panic attacks - feelings of intense fear with increased heart rate and breathing rate

Bipolar Disorder - often involves experiencing shifts between elevated moods and periods of depression.

Schizophrenia - symptoms can include delusions: beliefs that conflict with reality and hallucinations: seeing or hearing things that are not really there.

'Dual diagnosis' - mental health issues alongside substance misuse issues. Drugs/alcohol may cause psychosis, paranoia, delirium. Some patients 'self-medicate' psychiatric symptoms.

Autism spectrum disorder - deficits in social interaction and communication

PTSD - Psychological and physical symptoms that can sometimes follow a particularly threatening or distressing event.

Dementias - cognitive decline in one or more areas including memory, attention, language, learning, and perception.

PHYSICAL ILLNESS AND MENTAL HEALTH

Staff should assess whether a patient's mental health issues need consideration alongside their physical health care/treatment.

Poor physical health may impact on a patient's mental health where there were no pre-existing issues.

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