



# CHALLENGES OF MENTAL HEALTH NURSING IN RURAL NZ



A word cloud of mental health and nursing-related terms. The words are arranged in various orientations and sizes, with 'MENTAL HEALTH' being the largest and most central. Other prominent words include 'WELLNESS', 'GRIEF', 'STIGMA', 'TRAUMA', 'DEPRESSION', 'ANXIETY', 'PHOBIA', 'GENETIC', 'ATTITUDE', 'EMOTIONS', 'DRUGS', 'COGNITIVE', 'TREATMENT', 'ATTITUDE', 'EMOTIONS', 'DRUGS', 'COGNITIVE', 'TREATMENT', 'ATTITUDE', 'EMOTIONS', 'DRUGS', 'COGNITIVE', 'TREATMENT'. The background is light blue with water droplets.

AWARENESS  
WELLNESS  
THERAPY  
BENEFITS  
RISK  
RESEARCH  
GRIEF  
STIGMA  
RELATIONSHIPS  
WORRIED  
TRAUMA  
IQ  
POSTPARTUM  
CRISIS  
PSYCHOLOGY  
SELF HARM  
POST-TRAMATIC STRESS  
DEPRESSION  
PSYCHOLOGICAL  
HEALTH  
ANEXORIA  
CLINICAL  
BIPOLAR  
STRESS  
GRIEF  
ANXIETY  
PHOBIA  
GENETIC  
ATTITUDE  
EMOTIONS  
DRUGS  
COGNITIVE  
TREATMENT  
ATTITUDE  
EMOTIONS  
DRUGS  
COGNITIVE  
TREATMENT



# WHY ENTER PRIMARY MENTAL HEALTH CARE?



Habits of  
Successful People  
#2: **GOOD** MENTAL  
HEALTH **CARE**

# MENTAL HEALTH CREDENTIALLED

- POPIN TV PROJECT
- OWN D&MH PROGRAMME
- REACH OUT TO OTHER SERVICES
- ONLY MENTAL HEALTH NURSE



# ADVANTAGES OF HAVING PMHC INTEGRATED INTO GENERAL PRACTICE

## FOR THE EMPLOYER

- DECREASES WAITING TIME DRASTICALLY
- MENTAL HEALTH CARE PATIENTS ABUNDANT
- ONE STOP SHOP – PROVIDING MORE HOLISTIC CARE

## PERSONAL REASONS

- LEARN ABOUT COPING STRATEGIES
- INTERESTED IN PROVIDING BETTER CARE
- INCREASE IN PERSONAL KNOWLEDGE



Diabetes Nurse

Practice Nurse  
and GP

Community  
Mental Health

Specialist

Turned away  
from patient



Approach  
patient



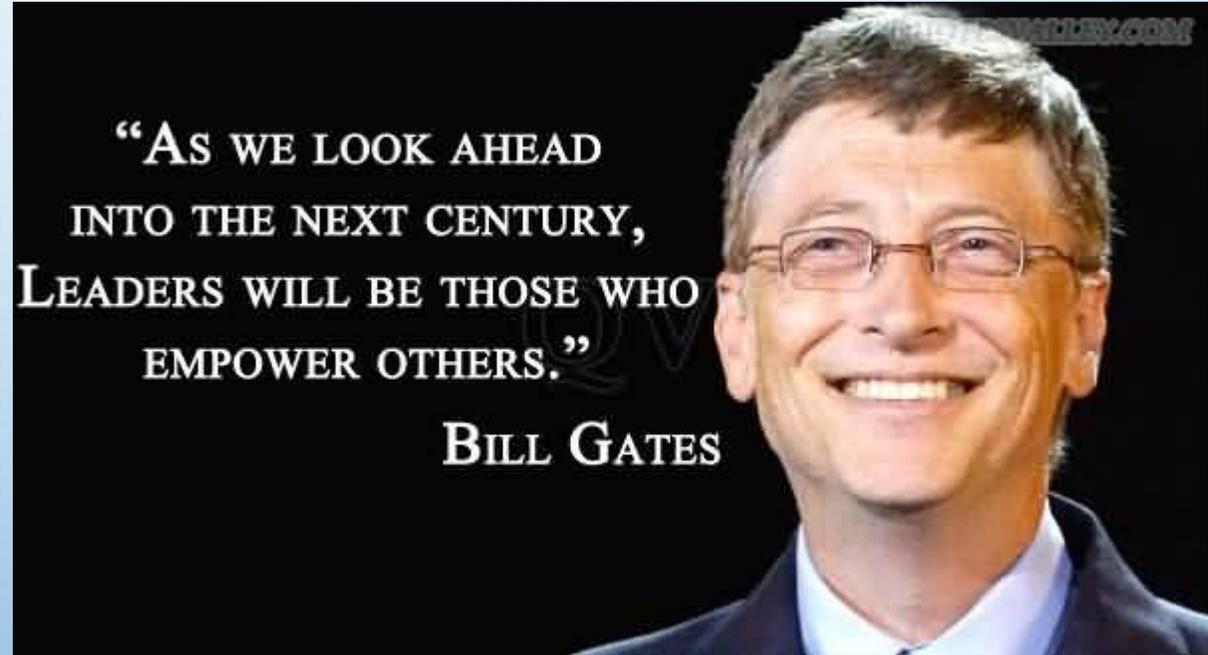
React to body  
language

# EMPOWERING PATIENTS



“AS WE LOOK AHEAD  
INTO THE NEXT CENTURY,  
LEADERS WILL BE THOSE WHO  
EMPOWER OTHERS.”

**BILL GATES**



# INTERDISCIPLINARY APPROACH



Depression

## The benefits of multidisciplinary team:

- Improved health outcomes.
- Enhanced satisfaction for clients.
- More efficient use of resources.
- Enhanced job satisfaction for team members.
- staff acquire new skills, participate in decision making and take on more
- delivering services that are planned and co-ordinated
- delivering services that are cost effective .
- enhancing information sharing and reorganization of work practices



Anxiety

# TAKE HOME MESSAGE

