COMMUNITY MENTAL HEALTH NURSING (CMHN)
NAD AND NORTH SUMATRA
INDONESIA

CONTRIBUTORS
- MENTAL HEALTH NURSING FORUM
- FACULTY OF NURSING, UNIVERSITY OF INDONESIA, JAKARTA
- PROVINCE HEALTH OFFICE NAD AND NORTH SUMATRA
- DIRECTORATE OF COMMUNITY MENTAL HEALTH, MINISTRY OF HEALTH INDONESIA
- WORLD HEALTH ORGANIZATION, INDONESIA
AREAS OF MENTAL HEALTH NURSING

<table>
<thead>
<tr>
<th></th>
<th>HEALTHY</th>
<th>PSYCHOSOCIAL PROBLEMS</th>
<th>MENTAL ILLNESS</th>
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<tbody>
<tr>
<td>CHILDREN</td>
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</tbody>
</table>

CONTINUITY CARE IN MENTAL HEALTH NURSING

Healthy  ➔  Sickness
Child    ➔  Elderly
Community ➔  Hospital
Home     ➔  Other Places
Levels of Care & Intervention

1. Mental hospital
2. Psychiatric service at general hospital/clinics
3. Community mental health services (outpatient/outreach)
4. Mental health care through primary health care services
5. Informal and formal community care/support outside the health sector
6. Self and family care

Quantity of services needed

Costs

Frequency of need

(Maramis A, 2005; adapted from van Ommeren, 2005)

CMHN CURRICULUM

<table>
<thead>
<tr>
<th>Diploma of Nursing</th>
<th>Basic course CMHN</th>
<th>Intermediate Course CMHN</th>
<th>Advance Course CMHN</th>
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<tbody>
<tr>
<td>Bachelor of Nursing</td>
<td>Academic (Theory)</td>
<td>Professional (Practice)</td>
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</tr>
<tr>
<td>Master of Nursing</td>
<td>(Mental Health Nursing)</td>
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1/12/06
Curriculum BC CMHN

<table>
<thead>
<tr>
<th>No</th>
<th>Topic</th>
<th>Lectures</th>
<th>Discussion</th>
<th>Role Play</th>
<th>Bedside Teaching</th>
<th>Field Practice</th>
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<tbody>
<tr>
<td>1</td>
<td>Concept of community mental health nursing</td>
<td>1 hrs</td>
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<td>2</td>
<td>Communication in nursing</td>
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<td>1 hrs</td>
<td>2 hrs</td>
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<td>Community organization</td>
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<tr>
<td>4</td>
<td>Disaster &amp; Crisis intervention</td>
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<td>1 hrs</td>
<td>1 hrs</td>
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<td>5</td>
<td>Mental Health Problem</td>
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<td>6</td>
<td>Nursing Intervention for mental health problems (11 nursing problems)</td>
<td>14 hrs</td>
<td>4 hrs</td>
<td>5 hrs</td>
<td>8 hrs</td>
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<td>7</td>
<td>Recording and reporting</td>
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<td>1 hrs</td>
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<td>8</td>
<td>Monitoring and evaluation</td>
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<td>1 hrs</td>
<td>1 hrs</td>
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</tbody>
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OBJECTIVES

On completion of the training program, the trainees will be expected to:

- Apply the concept of community mental health nursing to solve the mental health problems in the community.
- Demonstrate therapeutic communication to take care mentally ill clients in the community.
- Explain the community organization program and the referral system in the community.
- Apply the crisis intervention’s concept to solve the mental health problems in disaster area
- Identify mental health nursing problems in the community
- Apply nursing intervention for all clients with mental health problem in the Community
- Apply monitoring and evaluation of the implementation BC CMHN in disaster area
- Documenting the result of BC CMHN by using recording and reporting
FRAME WORK OF CMHN

<table>
<thead>
<tr>
<th>CURRICULUM</th>
<th>FOCUS OF PROBLEMS</th>
<th>TARGET OF SERVICES</th>
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<tbody>
<tr>
<td><strong>ADVANCE COURSE</strong></td>
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<td>• COMMUNITY</td>
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<td>• PSYCHOSOCIAL PROBLEM</td>
<td>• INFORMAL &amp; FORMAL</td>
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<tr>
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<td>• MENTAL ILLNESS</td>
<td>• GROUP</td>
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<tr>
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<td>• PHC PROVIDER</td>
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<td>• FAMILY</td>
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<tr>
<td></td>
<td></td>
<td>• INDIVIDUAL</td>
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<tr>
<td><strong>INTERMEDIATE COURSE</strong></td>
<td>• PSYCHOSOCIAL PROBLEM</td>
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<td>• INDIVIDUAL</td>
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MODULS OF BASIC COURSE – COMMUNITY MENTAL HEALTH NURSING (BC CMHN)

Concepts and Theories of CMHN:
- Concepts of Community Mental Health Nursing
- Communication in Nursing Practice
- Community Organization
- Disaster and Crisis Intervention
- Mental Health Problems
Nursing Care for Children with Mental Illness:
- Child with violence
- Child with depression

Nursing Care for Adult with Mental Illness:
- Low self esteem
- Social Isolation
- Violence
- Hallucination
- Delusion
- Risk for Suicide
- Self Care Deficit

Nursing Care for Elderly with Mental Illness:
- a. Depression
- b. Dementia

Recording and Reporting
Monitoring and Evaluation
PLAN OF ACTION BC- CMHN

- Recruitment
- Preparatory Meeting
- Training
- Implementation and Supervision
- Final Report

BADAN SEHAT JIWA KUAT
RECRUITMENT

- District Health Office selects health centers (maximum 10 HC)
- District Health Office and Facilitator from Jakarta select 4 local facilitators based on the criteria
- Head of HC selects nurses (2 nurses each HC) based on the criteria
- Meeting with Head of HC and Nurses:
  - Explain the scope of work
  - Ask for commitment
  - Ask for HC profile

PREPARATORY MEETING

- Conducted by District Health Office
- Participants:
  - Selected nurses and local facilitator
  - Head of selected HC
  - Community leaders
  - Local government and related sectors
- Agenda:
  - Explain the BC CMHN
  - Brain storming about the mental health problems for each HC
  - Make Plan of Actions about Mental Health Service (especially implementation of BC CMHN) in HC.
  - Preparation for training
TRAINING BC CMHN

Concepts and Theories
- Method: lecture, discussion, role play, simulation.
- Time: 6 days (8 hours per day)
  Using motivating strategy during learning process

Practice:
- Clinical laboratory: 1 day in mental hospital
- Field practice: 2 days in the community

Result (one day meeting):
- Presentation the performance of the participants and client’s conditions in the community
- Plan of action in each HC for implementation

Participants: selected nurses and local facilitator

IMPLEMENTATION AND SUPERVISION

Nurses of HC:
- Case finding in the HC area
- Implement nursing care to the clients and their family (at least twice per week)
- Recording and reporting

Local facilitator:
- Supervise and evaluate the nurses (once / week)
- Monitoring and evaluation
IMPLEMENTATION AND SUPERVISION ...

- Supervisor from DHO and HC
  - Supervise (managerial supervision) the implementation of CMHN
  - Support the CMHN program by using existing resources
  - Integrate the CMHN program to HC programs and related sectors

- Jakarta facilitator:
  - Supervise nurses and local facilitator (once a month for 2 days)
  - Regular meeting (once a month)
    - Participants: nurses, local facilitator, supervisor from District Health Office and Head of DHO
    - Agenda: presentation the result of implementation, discuss the problems and their solutions, make action plans
  - Monitoring and Evaluation

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CONTENT OF FINAL REPORT

- Report of case finding
- Coverage of CMHN service
- The progress of clients conditions and ability of family to take care of clients
- Competencies of CMHN nurses and local facilitators
- Support from PHO, DHO, HC, and others

- More than 13,600 inhabited islands
- Population: > 210 million
- At least 300 ethnic group, and more than 600 dialects known
- Income per capita 700 USD

- Health budget 2.5% of National Budget
- Mental health budget 1% of health budget
IMPLEMENTATION OF BC CMHN TRAINING

- NAD: 11 districts:
  - Aceh Besar
  - Banda Aceh
  - Pidie
  - North Aceh
  - Lhokseumawe
  - Bireuen
  - Aceh Jaya
  - West Aceh
  - Nagan Raya
  - Simeulue
  - Aceh Singkil

- North Sumatra: 2 districts (Nias and South Nias)
Coverage CMHN In NAD and North Sumatra ...

- **NAD**
  - Number of districts: 21
  - Districts with CMHN: 11

- **North Sumatera**
  - Number of districts: 21
  - Districts with CMHN: 2
    (Nias and South Nias)

Coverage CMHN In NAD and North Sumatra ...

- **NAD**:
  - Total of HC: 181
  - HC with CMHN: 97

- **Nias**:
  - Total of HC: 28
  - HC with CMHN: 10
Coverage CMHN In NAD and North Sumatra ...

- **NAD:**
  -Numbers of patients: 1414
  -Patients care by CMHN: 608

- **Nias (North Sumatra)**
  -Numbers of patients: 127
  -Patients care by CMHN: 46

**CAPACITY BUILDING**

- **NATIONAL FACILITATOR**
  - CMHN 1: 18 PERSONS
  - CMHN 2: 15 PERSONS
  - TOTAL: 33 ORANG

- **NAD FACILITATOR**
  - CMHN 1: 3 PERSONS
  - CMHN 2: 5 PERSONS
  - TOTAL: 8 ORANG

- **DISTRIC/LOCAL FACILITATOR**
  - 11 DISTRICS NAD: 44 PERSONS
  - 2 DISTRICS NIAS: 4 PERSONS

- **CMHN**
  - NAD: 202 PERSONS
  - NIAS: 24 PERSONS
Teaching Learning in The Class

Role Play in The Class
The way to The Patient’s House

Thank You