North Metropolitan Area Health Service Mental Health

Clinical Applications Unit

Annual Report 2011
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Clinical Applications Unit Objectives

Researchers, policy makers and clinicians can take specific actions to translate research findings into clinical practice. CAU is developing these ‘turn key’ clinical pathways, interventions and care packages, creating more coordinated case management and reducing the overall cost of care.

Our projects are selected and developed according to the following six criteria:

- Can the ‘at risk’ group be reliably identified within the clinical population?
- Is the modifiable risk fraction large enough to be of clinical significance?
- Is the risk gradient in the ‘at risk’ group relatively flat?
- Is the period of risk, or the period when risk can be modified, relatively short?
- Do the available interventions appreciably reduce the risk?
- Can clinicians manage the risk as part of their duties/job?

Our target population is individuals with severe, pervasive and/or enduring mental illness, currently managed by Area Health Services.
Clinical Applications Unit Staff

Dr Daniel Rock RN PhD FRSPH  
Director, Clinical Applications Unit  
Adjunct Associate Professor, School of Nursing, Midwifery and Post-graduate Medicine, Edith Cowan University  
Clinical Professor, School of Psychiatry and Clinical Neurosciences /School of Population Health, University of Western Australia  
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Basic research: The chronoepidemiology of impulsive and/or violent behaviour. Applied research: Clinical assessment, case management and care coordination.

Dr Sophie Davison MA MBBChir MPhil FRCPsych  
Research Psychiatrist, CAU  
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Mental health of offenders; clinicians' views of service evaluation.

Dr Deb Faulkner BSc BA (Hons) MPsyh PhD  
Project Officer, CAU (Vulnerable Families, Cancer Care Coordination)  
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(to October 2011)

Development of Vulnerable Families project in collaboration with CAU staff; development of Cancer Care Coordination project.

Ms Carole Harrison RN RMHN BSc(Hons)(Psychology) GradDipEd MSc (Psychology) DipBus  
Senior Research Nurse, CAU (Cardiovascular Disease Risk Register)  
Assistant Professor, School of Population Health, University of Western Australia  
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Coordinating the Cardiovascular Disease Risk Register project; liaising and collaborating with community and consumer groups, clinicians, reference group members; preparing and coordinating audits; data analysis, writing and presentation of reports.
Professor Yvonne Hauck RN PhD  
Research Consultant – Mental Health Early Life Program, CAU (M-HELP)  
Professor of Midwifery, School of Nursing and Midwifery, Curtin University  
(08) 9347 6409 (Fridays)  
Yvonne.Hauck@health.wa.gov.au

Development and coordination of special programs/project relating to the Mental Health Early Life Program focusing upon the translation of research into clinical practice; liaison with clinicians in the development of new approaches to clinical assessment, case management and care coordination.

Dr Brian Power BMedSci (Hons) MBBS PhDMed  
Psychiatric Registrar  
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Dr Johana Stefan MD FRANZCP  
Consultant Psychiatrist, CAU (Healthy Mother Infant Relationship Project)  
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Areas of interest: Attachment, bonding and development. Care coordination and provision for vulnerable families.

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Research Assistant, Prisons Project  
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Director’s Report

The Clinical Applications Unit has now completed its third year of operation, so now is a good time to reflect on how much we have achieved since our beginnings as a single project directed at helping women with serious mental illness who needed improved ante-natal care. This project was to form the basis of the highly successful CAMI (Childbirth and Mental Illness) clinic at King Edward Memorial Hospital, and was also the springboard from which CAU developed in 2008.

This year, Professor Yvonne Hauck – the chief investigator in the original Ante-natal Project – has continued her collaboration with us in carrying out an Area-wide assessment of the reproductive health needs of women with a mental illness. The object of this survey – the first of its kind anywhere in Australia - was to obtain baseline health data on women of childbearing age (18 to 50 years) attending community mental health services. The project collected data on number of pregnancies, contraception use, relationships, sexually transmissible infections, participation in Pap smear screening, and other general health information.

A preliminary analysis of the findings (August 2011) showed that women responding to the survey have a reasonably high level of recent engagement (70%) with local GP services, while 94% indicated that they had a designated GP. Almost half the women indicated that they were not currently sexually active, while over half were currently using contraception. Some significant health concerns also emerged from these preliminary findings. Almost half the respondents smoked and drank alcohol, and almost a quarter used recreational drugs. Their mean BMI was 28.5 which is ‘overweight’, and over half did not have regular menstrual periods. Over half also indicated that they had been forced to have sex at some point during their life.

As a result of these findings, CAU has been invited by South Metropolitan Area Health Service Mental Health to run the same survey across their community mental health services. Reciprocal ethics approval has been received, and plans are underway to commence distributing the survey packages.

Dr Sophie Davison continues to develop her projects on forensic mental health, including the Prisoners’ Mental Health Needs project, on the prevalence of mental illness, functioning and needs of WA reception prisoners, in collaboration with UWA, the Department of Corrective Services, the Drug and Alcohol Office and the Mental Health Commission. Dr Deb Faulkner has also supervised CAU’s new Fatigue, Sleep and Pain in Mental Illness project. This included data collection involving Graylands Hospital in-
patients, hospital clinicians and particularly nursing staff.

Carole Harrison’s Cardiovascular Risk Register project continues to produce useful indicators for change. In response to the 2010 report Physical Health Care Assessment in a Graylands Hospital Population: Clinical Case Note Audit: Report of Findings, a working party has been established to address the highlighted physical health care needs of the patients. A further report, Physical Health Assessment across Four Mental Health Sites: Clinical Case Note Audit, Report of Findings, is currently (September 2011) awaiting authorisation for general release. Carole Harrison has also run focus groups and interviews to develop a user-friendly PSOLIS (Psychiatric Services On-Line Information System) enhancement which will assist clinical assessment. The NMAHS-MH is now considering a proposal to amend PSOLIS.

CAU has delivered critical working knowledge for NMAHS MH’s clinical reform process by carrying out essential clinical audits at Graylands Hospital. In 2011 this included the Frankland Centre Audit, similar to the Rehabilitation Program audit, but modified for the forensic context, focusing on acquired brain injury and risk. Related to this need for accurate, timely and informed data analyses is the creation of a Service Analysis Unit in July 2010. This new NMAHS-MH unit will work with staff to develop contemporary decision support and information systems, making the best use of the data available.

All our projects rely on the goodwill and collaboration of different community and consumer groups and clinicians. Their support is essential to the development of these projects, and we look forward to continuing these excellent relationships in 2012.

Clinical Professor Daniel Rock
Director
Clinical Applications Unit
Staff Development

C Harrison (PhD candidate, School of Psychiatry and Clinical Neurosciences, UWA)
‘The epidemiology of cardiovascular disease in the psychiatric population of Western Australia’
Supervisors: Adjunct Associate Professor Milan Dragović, Professor Vera Morgan, Winthrop Professor Assen Jablensky, Associate Professor Jonathan Laugharne

C Harrison, D Faulkner, S Davison
PRINCE-2 Management Training Foundations and Practitioner Course, 28 June—4 July 2011, Perth

Grants

2010-2011
Hauck Y
Reproductive health needs of women with serious mental illness
Western Australian Nurses Memorial Charitable Trust
$10,000
Current Research Projects

Y Hauck, J Stefan, D Faulkner, D Rock

M-HELP

The purpose of the M-HELP suite of projects is to develop care coordination packages between Mental Health and Child and Adolescent Community Health (CACH) for the effective postnatal support of women with serious mental illness. So far, the project has produced the following packages and clinicians’ resources:

- Healthy Babies for Mothers with Serious Mental Illness
- Healthy Mother Infant Relationship: assessment of risk in mothers with serious mental illness

Y Hauck

Reproductive needs of women with serious mental illness

The objective of this survey was to obtain baseline health data on Western Australian women of childbearing age (18 to 50 years) attending North Metropolitan community mental health services. Data collected included number of pregnancies, contraception use, relationships, sexually transmissible infections, participation in Pap smear screening and general health information. The Clinical Applications Unit was invited by South Metropolitan Area Health Service Mental Health to run the same survey across their community mental health services. Reciprocal ethics approval has been received, and plans are underway to commence distributing the survey packages.

C Harrison

Cardiovascular Disease Risk Register Project

This project aims to develop a routine, clinically feasible system for monitoring metabolic and CVD risk factors in all NMAHS-MH patients treated with antipsychotic medications. This will also include the development of an electronic risk register which will be accessible to all mental health clinicians. So far, the project has produced the Physical Health Care Assessment in a Graylands Hospital Population: Clinical Case Note Audit: Report of Findings. In response to this report a working party has been established to address the highlighted physical health care needs of the patients. Their work is ongoing. A further report ‘Physical Health Assessment across Four Mental Health Sites: Clinical Case Note Audit, Report of Findings’ is currently (September 2011) awaiting authorisation for general release. A series of focus groups and one-to-one interviews have been facilitated throughout Metropolitan Area Mental Health to decipher and then construct the most user-friendly
enhancement associated with PSOLIS (Psychiatric Services On-Line Information System) which will form part of the clinical assessment process. A proposal has subsequently been submitted and is now being progressed via the Area Systems Administrator for NMAHS-MH.

D Faulkner

Cancer Care Coordination Project
People with a mental illness who experience cancer face considerable difficulties in accessing clear diagnoses, consistent care, and maintaining an often-demanding treatment schedule. This project aims to investigate the prevalence of cancer among people with a mental illness, to evaluate their current levels of access to treatment, and to develop care coordination packages for clinicians to ensure that the best outcomes are obtained.

Fatigue and Mental Illness Project
Fatigue is common in the general population; up to 20% of people are estimated to experience substantial levels of fatigue, however, it is unclear to what extent psychiatric populations are affected by fatigue. This survey, the first in a series of studies examining the prevalence of fatigue in individuals in Western Australian with serious mental illness, will assess the prevalence of fatigue in the population of inpatients at Graylands Hospital. Sleep quality, presence of pain, and general health will also be assessed to address the association between each of these dimensions and fatigue. Future studies will survey fatigue in community populations attending mental health clinics.

S Davison

Outcome Measures Evaluation Project
Since the 2nd National Health Plan in 1998, all States and Territories have been required to implement the routine collection of consumer outcomes in mental health. Nonetheless, completion rates of the mandatory instruments are variable. Although many studies have identified obstacles to the use of outcome measures, few have explored how clinicians actually would want to evaluate the care they give. This study involved participatory action research techniques to ask senior medical and nursing staff at Graylands how they would like to evaluate the care they give. Interesting findings have emerged about clinicians’ aspirations to high quality care and how they would like it evaluated. The project is currently being written up.

Prisoners’ Mental Health Needs Project
Prisoner populations are characterised by disadvantage, stigmatisation, social exclusion and poor physical and mental health. The Drug and Alcohol Office, Department of Corrective Services and the Mental Health Commission have offered funding for a project that is being done in collaboration with the National Drug Research Institute, the UWA School of Psychiatry and Clinical Neurosciences and the Department of Corrective Services to describe the mental health needs of the WA reception prisoner population, to provide both Corrective Services and Health Services information relevant to planning and
providing appropriate services for mentally disordered offenders. The project has received WAAHIEC, UWA Research Ethics Committee and Corrective Services Research Evaluation Committee Approval.

**Audit of Forensic Psychiatric Patients**

On behalf of the Statewide Forensic Mental Health Service we are planning a survey of all the forensic patients. Clinicians on the unit will be collecting systematic clinical data on all their patients. We will help them analyse the data to help plan services that meet the needs of forensic patients.
Publications 2010-2011

CAU staff are shown in italics


Conference Presentations 2010-2011

Davison S. Managing high risk serious offenders in the community- what can we learn from the UK DSPD programme? Risk Management and Mental Health Law Reform Conference, Brisbane, 13 August 2011

Clinical and Community Engagement

Davison S. Training for mental health workers in the use of HCR20, a structured clinical judgment tool for the assessment of risk of violence in people with mental disorder. Department of Corrective Services, 28-29 March 2011

Davison S. Elected member, RANZCP WA Branch Committee, 2011

Harrison C. Physical Health Assessment at Graylands Hospital Campus. NMAHS-MH Physical Health Working Party Forum, Graylands Hospital, 8 October 2010

Harrison C. Physical Health Assessment Across Four Mental Health Sites. NMAHS-MH Senior Registered Nurses Forum, Floreat Forum, Floreat, 18 November 2010

Harrison C. Holistic care in mental health nursing: rhetoric or reality? ACMHN, Inc Symposium at The Park, Bentley Technology Park, 11 April 2011

Harrison C. Cardiometabolic Symposium: working party on cardiometabolic health in psychosis. One-day seminar, facilitated on behalf of the Chief Psychiatrist, 31 Aug 2011

Hauck Y. Corresponding Reference Group for International Johanna Briggs Institute Midwifery Node (2008 – ongoing)

Hauck Y. Nurses and Midwives Board of Western Australia – Education and Research Advisory Committee (2008 – ongoing)

Hauck Y. Sex in the City: North Metro Women’s Health Survey. NMAHS MH Senior Nurses Professional Day, Floreat, 17 March 2011

Hauck Y, Stefan J. Sex in the City: North Metro Women’s Health Survey (keynote speaker – Prof Yvonne Hauck). ACMHN, Inc, Symposium At The Park, 11 April 2011

Hauck Y, Stefan J. Healthy Mother Infant Relationships: Assessment of risk in mothers with serious mental illness. Clinical Practice Update, Department of Health—Child and Adolescent Community Health (community and child health nurses), 12 May 2011

Hauck Y, Stefan J. Update on Women's Health Survey. Presentation, Clarkson Community Mental Health Service, 22 Sept 2011

Stefan J, Faulkner D. Healthy Mother-Infant Relationship. WA Country
Health Service, 21 Oct 2010


Stefan J, Faulkner D. Healthy Mother-Infant Relationship. Alma Street MHS, 2 December 2010
Contact Details

CLINICAL APPLICATIONS UNIT

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