

Guidelines for the establishment of Mental Health Department/Units in Hospitals

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Guidelines for the establishment of Mental Health Department/Units in Hospitals

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Guidelines for the establishment of Mental Health Department/Units in Hospitals

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1.0 Introduction

Mental health is one of the key components of health. Evidence suggests that, quite often, physical and mental health problems go hand in hand. Integrating mental and physical health services could be beneficial to achieving optimum health for all. Efforts to integrate the service should be based on concept where service delivery is organized around the patient and where a multi-discipline team provide the full range of health services needed by the same patient(s) in order for all parties to participate actively in the management of the conditions, be it chronic physical or mental. Health institutions shall ensure that mental health services are provided.

1.1 Purpose

The purpose of this Guideline is to provide broad direction on the establishment and implementation of integrated, effective and efficient Mental Health services to improve outcome of care within hospitals in the country.

1.2 Vision

MOH envision that quality Mental Health Services that are available, affordable and accessible are provided to all patients with mental health needs.

Guidelines for the establishment of Mental Health Department/Units in Hospitals

1.3 Mission

The Department/Unit is committed to providing high quality, integrative, timely, effective and efficient care to all patients with mental health needs.

1.4 Goal

The main goal of this guidelines is to define the structures, roles and responsibilities for the establishment and strengthening of integrated Mental Health Services in hospitals ..

1.5 Key Objectives

It is vital that all improvement processes in Mental Health care incorporate what is best for the patients. The key strategies that are likely to lead to successful outcome of care include:

- Promotion of mental health and prevention of mental ill-health
- Early identification, management and referral of patients with mental illness

2.0 Organizational Structure of MENTAL HEALTH Departments/Unit

2.1 Human Resource –

- General Doctor/Psychiatrist where available – General Doctor will be given orientation
- Psychologists
- Psychiatry Social workers
- Psychiatric Nurses
- Community Psychiatric Nurses
- General nurses and Health Assistants who work at the unit should be given orientation
- Special security
- Cleaners and Orderlies

2.2 Services

- Outpatient Care
- In-patient Care
- Outreach services-case finding and follow-ups
- Referral services

Guidelines for the establishment of Mental Health Department/Units in Hospitals

- Public/Community Education and counselling

2.3 In puts

- **Outpatients Services**
 - Consulting room
 - Basic Equipment as required in a consulting room
 - Emergency psychotropic Medicines (IM Diazepam, IM Chlorpromazine, IM Haloperidol)
 - Supplies and logistics (consumables)
- **In-patient**
 - Beds (10 for regional hospital and 5 for district hospital).
 - A Ward should be made available
- **Medicines should be provided through the Regional Medical Stores**
 - Acquisition/procurement of the medicines should follow the existing guidelines
- **Communications and Reporting Channels**
 - Should follow existing guidelines
- **Supervisory & Monitoring Systems**
 - should follow existing guidelines

3.0 Case management

- Standard treatment guidelines and other psychiatric protocols should be used
- Discharge summary should be written in patients folder before discharge
- There should be family education prior to discharge

3.1 Referrals

- In patients should not be kept for longer than two weeks; where their conditions have not improved sufficiently for discharge, they should be referred to a psychiatric hospital
- Court Cases should be referred immediately to a psychiatric hospital

4.0 Records

Guidelines for the establishment of Mental Health Department/Units in Hospitals

- Hospital Records system applies

5.0 Feeding

- Hospital Feeding system applies

7.0 Financing Mental Health

- Hospitals should encourage patients to register for the NHIS for their physical health needs
- Hospitals' annual plan a budget should include mental health services