

Health in Mind



Delivering a Healthy WA

NORTH METROPOLITAN AREA HEALTH SERVICE MENTAL HEALTH SPRING 2007



Take a Walk - Head of the Physio Dept, Kevin Lau takes a walk on the trails with Physiotherapist Clare Hewitson.

Take a Walk - the launch of the walk trails

A large gathering of patients, staff and VIPs were on hand last month to officially launch the colourful new network of walk trails at Graylands Hospital.

The walk trails are the brainchild of Kevin Lau, Head of the Physiotherapy Department at Graylands. Kevin looked as proud as a new parent as his "baby" was officially launched by John Hyde, MLA for Perth and Parliamentary Secretary for the Health Minister. Mark Anderson, Acting Program Manager for Graylands, Joondalup and Clarkson, acted as MC for the event, while Dr. Nathan Gibson, Acting Clinical Director of the Adult Program, gave an inspired speech.

Staff from the Physiotherapy Department were there to hand out information kits about the trails and the benefits of regular, brisk walking. Pedometers were also available so trail users are able to track their progress. The Physio Department will be working in conjunction with nursing staff to monitor patient fitness and weight loss.

Kevin Lau said he was very pleased with the interest shown in the trails. "Staff have been so positive about this," he said. "They really understand the connection between mental and physical health."

From the Acting Area Exec. Director

As many of you know, Dr. Peter Wynn Owen has been seconded to act as Executive Director of the Swan Kalamunda Health Service. I have been appointed to act as Executive Director for Area Mental Health for the six-month period 30th of July until 31st of December 2007. Prior to this position, I was the Clinical Director of the Adult Program for North Metropolitan Area Health Service, Mental Health.

In my current role I would like to focus on consolidation of the initiatives which we have undertaken so far. In addition to continuing this good work, I am also keen to address the challenges we face. Some of these challenges include: our processes to attract, retain and develop our workforce; improving our resources so we can mobilize good clinical care to clients in Community Option accommodation and community supported rehabilitation units; and how to sustain our current services. These are some of the challenges we need to address and address urgently.

The positive contribution of the Bed Management Patient Flow Director to manage the high demand for beds efficiently across the state is a recent demonstration of system improvement. This contribution is being welcomed at the high activity end of our service in Emergency Departments and acute inpatient units. It enables our services to provide the best treatment options within an appropriate timeline, which clearly improves outcomes for communities and families.

It is always satisfying to work in partnerships, and strong links with non-government organizations and primary health providers will continue to be very important as the supported accommodation facilities begin to come online.

Holistic mental health care is underpinned by a multidisciplinary approach. I look forward to working with staff from a variety of disciplines and perspectives in building tangible assets and improved outcomes for clinical care over the next months. Together, I'm hopeful that we can make real progress in improving clinical services within NMAHS Mental Health.

Dr. Ann Hodge
Acting Area Executive Director
NMAHS Mental Health



Breda Ryan, Senior Project Officer; Michael O’Kane, Director of Nursing, Frankland Centre and Dr. Peter Wynn Owen, (Former) NMAHS Mental Health Area Executive Director.

Fresh air - coming to a NMAHS Mental Health site near you!

The WA Health system will be going smoke-free by January 1st 2008. Already several hospitals across the metro area have made the change and our own State Forensic Mental Health Service has taken the leap in the last couple of months. The Health Minister, Jim McGinty was on hand on July 1st to wish staff at the Frankland Centre all the best as they switched over to a clean-air environment.

The next step in the process for NMAHS Mental Health is the changeover for staff and visitors. Staff, visitors and contractors will be required to refrain from smoking on all NMAHS Mental Health sites as of October 1st.

To assist staff in making this change, there is a full range of Nicotine Replacement Therapy products available at cost price. Full details of the products available and how to order them can be found on the smoke-free section of the NMAHS Mental Health Intranet: <http://intranet.health.wa.gov.au/nmahsmh/smokefree/index.cfm>

Connecting with Nature

An innovative new program initiated by an Occupational Therapy Assistant at Graylands Hospital is proving to be a hit with patients. Elaine Humphreys got the idea after reading an article in the conservation magazine, *Landscape*.

The article highlighted the many health benefits of outdoor activity in natural settings. The article made particular mention of the special benefits to people in confined circumstances, such as prisons or hospitals. Studies have shown that being in a natural environment improves the mental health of people in these living situations. Exposure to nature has been shown to benefit concentration and productivity, as well as alleviating stress.

Elaine recognized the potential value this sort of activity could hold for the patients of Fitzroy West ward, an 18-bed locked ward for female patients. Now, each week a small group of patients from Fitzroy West are invited to discuss and choose a suitable destination to “connect with nature”. So far, activities have included river and beach walks, visits to bushland areas and local parks. Patients have commented on the peaceful respite that these excursions bring, as well as the additional benefits of exercise.

Consumer Library Re-opens at Joondalup



Consumer Advisory Group representative Jean King with Executive Director for the Mental Health Division, Dr. Steve Patchett

A reference library for mental health consumers recently re-opened at Joondalup Community Mental Health after being moved to a new and improved location.

The Joondalup Consumer Advisory Group was closely involved in the relocation of the library. Group representative, Jean King, says the new location is far more accessible.

“Because the library is now located right next to the waiting room, it’s even more convenient for consumers,” she said. “Consumers can access a whole range of materials there - from books and magazines to service information brochures.”

Erlene Chun, a social worker with Joondalup Community Mental Health, says it’s vital that consumers and carers have easy access to information. “Managing mental illness can be stressful. A good reference library is an invaluable tool for people to find out more about their illness and the care available,” she said.

The library was officially re-opened by the Executive Director for the Mental Health Division, Dr. Steve Patchett on the 18th of July. The re-opening ceremony also served as a book launch for a book written by a client of Joondalup Community Mental Health, Jamie Beggs. Mr. Beggs’ book, “Inner Journey” is about the author’s experiences dealing with his mental illness. The book is available in the library.

Spotlight on Staff - Daphine Ayonrinde



Daphine Ayonrinde, Area Mental Health Pharmacist and Acting Chief Pharmacist for Graylands Hospital.

From nurses to occupational therapists, North Metro Area Health Service Mental Health employees run the gamut of health professions. Perhaps one of the lesser known are our pharmacists - these highly specialized professionals are integral to the smooth running of any mental health service. In this issue of Health in Mind, we speak to Area Mental Health Pharmacist and Acting Chief Pharmacist for Graylands Hospital, Daphine Ayonrinde.

What made you want to become a pharmacist, Daphine?

I have always been interested in health sciences from childhood. I was born in Zimbabwe and first came to Australia in 1989 as a Rotary Exchange student for a year. Then, in 1992, I commenced my Bachelor of Pharmacy at Curtin University. I met my husband while I was still at Curtin and Perth is now home. I've been a pharmacist now for 12 years! Initially, I was a locum for 6 months, and then I worked at Mount Hospital. I later spent some time at Armadale Hospital before coming to Graylands in 1999.

You have two jobs at the moment - half as Acting Chief Pharmacist at Graylands and half as Area Mental Health Pharmacist. What do these roles involve?

In my role as Chief Pharmacist, I oversee the work of 12 pharmacists here at Graylands as well as four assistants and two interns. The department is involved in four main areas: provision of a full clinical pharmacy service to the wards; inpatients and outpatient dispensing; psychotropic drug information service for health professionals for the entire state and supply of repackaged medication to country hospitals and health services.

What do you mean by clinical pharmacy and re-packaging?

Clinical pharmacists are involved in the day-to-day management of patient medication in a multidisciplinary health care team at ward level. They keep electronic profiles of all patient medications. Re-packaged medications are

supplied to country hospitals and health services that may not otherwise have a full pharmacy service.

And what about your other role - as Area Mental Health Pharmacist?

The main function of a pharmacist is to act as a "gatekeeper" for the safe use of medications. Essentially, I try to do this in my role as the Area Mental Health Pharmacist in the North Metropolitan Area Health Service. There are a variety of ways in which I do this. I chair the Area Drugs and Therapeutics Committee, which is composed of representatives from all health services within NMAHS Mental Health. This committee endorses guidelines for safe drug use and makes formulary recommendations for the various health services. I am also a member of the WA Psychotropic Drug Committee (WAPDC), a subcommittee of the WA Therapeutic Advisory Group. The WAPDC provide guidance and advice on the use of psychotropic medications in WA.

My role as Area Mental Health Pharmacist also currently involves a lot of work around Pharmaceutical Benefits Scheme reform. The introduction of PBS reform to public hospitals will ensure patients are able to access medications from their community pharmacies and thereby provide better continuity of care and medicine management post-discharge.

What are the overarching themes that link both your roles?

They're both concerned with ensuring that drugs are prescribed and used safely. Basically, our motto as pharmacists is "Right drug, right patient, right dose, right time."

Can you describe a regular day for us?

I meet with community pharmacists involved in the PBS reform and community mental health clinicians regularly. I attend a lot of meetings, both at Graylands and Area level. These range from administrative meetings, various implementation groups, to SQLRe initiatives. I'm also involved with the education of clinical staff (nurses, pharmacy students, doctors) about the use of psychotropic drugs. We also work closely with the Pharmacy programs at UWA, Murdoch, and Curtin Universities and provide teaching support in psychopharmacology. This has had a really positive impact on recruitment for us - for our last internship position we received 22 applications!

What do you think are some of the misconceptions about pharmacists?

People think we're very serious. We're not! I mean, it's a serious job, but we pharmacists are a fun-loving bunch! We work hard sure, but we play hard too. You should come to one of our legendary lunches!

So speaking of not working, what do you like to do when you're not at work?

I'm very much a family person. I have two sons - aged seven and two. They're fantastic. My husband and I are both very family-centred. I'm also an active member of our local Anglican church. In terms of "me time", I really like going to the gym...

Family, church and the gym! Any hidden vices?

Oh, absolutely. Shopping! Shopping for clothes. I'm a bit of an addict! Then there is my love for food!



Rotarian (Brother) Olly Pickett and Lisa Whitworth from Joondalup Community Mental Health with one of the wheelchairs.

Wheelchairs for Kids

Staff at Joondalup Community Mental Health Clinic recently raised \$130 for the charity, Wheelchairs for Kids. The organization, which has a large warehouse and factory in Wangara, makes wheelchairs for children. All labour is provided free of charge by 80 retired workers. Administration is provided voluntarily by the Rotary Club of Scarborough and The Christian Brothers.

The \$130 raised was used to sponsor Graham, an amputee and member of Wheelchairs for Kids. Graham walked half of the Bibbulman Track, raising funds for the organization, before he had to stop because of health reasons.

Staff at Joondalup Community Mental Health Clinic also collected wool and knee rugs, as each wheelchair is sent to the child with a teddy bear, knee rug and tool kit. One particular client at the Joondalup clinic knitted several knee rugs to donate.

Watch this Space

Creative Expression Centre for Arts Therapy is accepting new referrals!

Creative Expression Centre for Arts Therapy (CECAT) is a statewide public mental health service specialising in art therapy for recovery. We are accepting new referrals!

Referrals are accepted for youth and adults, inpatients and community clients with a diagnosed mental illness, across all catchment areas. CECAT provides art therapy programs to assist people to cope and recover from acute mental illness.

We offer a wonderful arts environment with loads of materials freely available for people to express themselves through a variety of art processes. No prior arts experience is necessary. Benefits include - self expression, improved sense of self and personal growth, resolution of issues via art processes, relaxation, reduced stress and symptoms, and creative fun!

See our website for details and referral forms - www.cecat.health.wa.gov.au

Mental Health Good Outcomes Awards - nominations open!

The Mental Health Good Outcomes Awards celebrate people who excel in their field and demonstrate compassion and integrity in assisting people with mental illness and their families. The Awards also recognise outstanding groups and organisations that foster leadership, innovation and continuous improvement.

The 2007 Awards have been expanded to acknowledge a wider range of contributions.

The categories are:

- Organisation (government, private and not-for-profit);
- Consumer group or individual;
- Carer group or individual;
- Mental health employee;

- Mental health promotion and prevention;
- Mental health research and education;
- Media achievement; and
- The Leanne Wood Award for Excellence.

Award nominations close on 5pm, 26 September 2007.

The Award nomination package is available from <http://www.waamh.org.au/downloads.cfm>

Aboriginal Health Promotion Conference - Strong Communities, Our Stories

Monday 29 October 2007

Registrations are open for the 3rd Aboriginal Health Promotion Conference Strong Communities, Our Stories, being held this year in conjunction with the WA Health Conference.

This conference provides a unique opportunity to share stories and learnings that will contribute to a stronger future for the development and implementation of Indigenous health promotion in WA.

Delegates will be encouraged to actively participate in workshop sessions to ensure a broad range of ideas and visions for the future are expressed. The workshop format is relevant to health workers from metropolitan, rural and remote communities with sessions on:

- Working well in our community - motivation and participation
- Communities taking control - finding the answers and moving forward
- Cycle of life - preventative health through life stages
- Men and women's health - what makes us strong (closed sessions)

The conference will concentrate on the key areas of Healthy Indigenous Partnerships, Healthy Indigenous Leadership and Healthy Indigenous Communities.

For further information or to register for this event, visit the conference website www.wahealthconference.health.wa.gov.au