



CPD: By Nurses, for Nurses

Enhancing the Patient's Journey: Integrating physical & mental health care

Many people with chronic disease develop comorbid mental health conditions like anxiety and depression.

This free interactive eLearning program uses video vignettes and a range of activities to highlight the key issues related to mental health, for nurses working with patients who live with chronic disease.

- ▶ Improve your knowledge and skills
- ▶ Earn CPD points in your own time, at your own pace
- ▶ Patient stories have been developed by an expert reference group of nurses from mental health and chronic disease speciality areas of Cancer, Diabetes, Respiratory and Cardiovascular nursing
- ▶ 5 x 20 minute topics demonstrating skills related to communication, grief and loss, managing difficult situations
- ▶ Interesting video stories, photos, quizzes and links

For more information and to register go to the CPD Portal at www.acmhn.org

Topic 1
Mental health issues can impact on anyone

Mental health issues are common in Australia and can affect anyone.

Around 20% of adults experience some form of mental health disorder every year, and nearly half (45%) of the population will experience a mental disorder at some stage of their life. Over a quarter of people under the age of 25 have experienced an episode of mental ill health and around 14% of 4-17 year olds are estimated to experience mental health problems (ABS, 2007; Sawyer et al, 2000).

The most common mental health issues over a lifetime are anxiety (experienced by 26% of the population), substance use disorders (24%) and mood disorders (15%) (ABS, 2007). Other common issues psychosis and personality disorder. People living with chronic disease are at significantly higher risk of developing anxiety and other mental health conditions than members of the general population (AIHW, 2012).

However, most people with mental health problems can and do recover with the appropriate treatment and ongoing support. In this module, you will meet Martha, Asad and Ellen, three very different people living with a chronic illness that is impacting on their mental health.

References

ABS (2007) The mental health of Australians 2: report on the 2007 national survey of mental health and wellbeing. Report No. 45. Canberra: Australian Government Publishing Service.

AIHW (2012) Australia's Health 2012: The 16th Annual Report of the Australian Institute of Health and Welfare. Canberra: Australian Government Publishing Service.

Sawyer, et al. (2000) Mental Health and Wellbeing of Young People in Australia. The child and adolescent component of the 2000 National Survey of Mental Health and Wellbeing. Canberra: Australian Government Publishing Service.

Martha's story

Ellen's story

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Martha's story

Culture

Our 'culture' is the means by which we make sense of life. While we are all individuals, culture impacts on our thoughts, values, beliefs and behaviours. It is the means by which we...

Panic Attacks

When people present with symptoms of panic attack, are investigated physically and told there is 'nothing wrong' and leave the acute setting with no further interventions or information, the opportunity to engage with the person in a helpful way about the experience of panic attack and anxiety is missed. Nurses can provide patients with information about their experience and its management, and if panic...