

"Mental Health: Nursing Care Management": A Report

Sheila Seda, Co-ordinator - Continuing Education Programme, TNAI.

In today's stressful and fast moving life, mental health is a global concern. Nurses as health care providers have greater challenge to promote the concept of sound mental health in the community. In view of this, the Trained Nurses' Association of India organised a week long National workshop on "Mental Health: Nursing Care Management, during January 20-27, 2000 at TNAI Headquarters, L-17, Green Park, New Delhi.

The objectives of the workshop were chosen in a manner as to do justice to the theme of the workshop. These were achieved by strengthening the participant's knowledge and skills on various aspects of mental health illness, promotion of mental health and prevention of mental illness.

Thirty two participants from different parts of the country attended the workshop. Representation was from Assam, Chandigarh, Delhi, Haryana, Himachal Pradesh, Nagaland, Tamil Nadu, Uttar Pradesh and West Bengal.

Miss. Jaiwanti P. Dhaulta, Director CEP, TNAI, welcomed and introduced the Chief Guest Mrs. Sarla Kapoor and other dignitaries present on the occasion. Mrs. Sarla Kapoor, former Lecturer at RAK College of Nursing, having varied experience in Psychiatry and Psychiatric Nursing, inaugurated the workshop. She emphasised the role of Nurse professionals in providing care to a mentally ill patient, she said, the main aim of therapy is to provide comfort, which requires enormous skill and a good understanding. A Nurse has to adopt the role of both, the therapist and a companion for

effective and efficient care.

Mrs. Satish Chawla President, TNAI also graced the occasion by her presence. She urged Nurses to provide qualitative Nursing care and maintain high standards of Nursing practice in Psychiatry and related disciplines. She said that patients with mental illness should be treated on the concept of, 'each individual having intrinsic worth and dignity'.

Mrs. Sheila Seda, Co-ordinator, CEP TNAI presented brief introduction of the Continuing Education Programme and the on-going workshop. Mrs. Sujana Chakravarty, Asst. Secy-cum-SNA Advisor, TNAI, extended the vote of thanks.

Scientific sessions covered the following subjects during the seven days workshop: Global View on Mental Health, Development of Psychiatry and Psychiatric Nursing, Fears and Misconceptions of Mental Health, Psychopathology of Human

Behaviour, Management of Mental disorders, Childhood and Adolescents, Personality and Post Traumatic Stress Disorders, Communication Skills in Nurse-patient relationship, various treatment modalities, role of a Nurse in promotion of Mental Health and prevention of mental illness, Impact of mental illness on family and society, Ageing, Human Rights, Legal Aspects, Substance and Drug Abuse, Yoga, related to Mental Health. Speakers from the specialised fields like Psychiatry, Psychology, Spiritual and others, presented their thoughts.

The eminent speakers from various organisations were, Dr. Arun Gupta, Dr. Smita Deshpandey, both senior Psychiatrists from RML Hospital, Mrs. Ellen Beck, Sister Tutor, LNJP, Lt. Col. Jayalakshmi, Principal Tutor, School of Nursing, Army Hospital (RR), Mrs. B. Kapoor, Reader, School of Health Sciences, IGNOU, Ms. Surekha Sama, Sr.



Mrs. Sarla Kapoor, the Chief Guest being given a floral felicitation at the inaugural session



Participants during the workshop

Tutor, School of Nursing, D.D.U, Dr. Satyawati, former HOD, Department of Psychiatry, RML, Mrs. Aniamma Kumar, Sr. Tutor, School of Nursing, Lady Hardinge, Mr. Eke Lama Tamang, Tutor, Jamia Hamdard, Dr. Narender, Asst. Prof. IHBAS, Dr. (Mrs.) Indu Arneja, Consultant Psychologist, Mrs. Anita Malik, Senior PHN, Prof. Pandav Nayak, Director, Human Rights, IGNOU, Dr. Rakesh Lal, Addl. Prof. Dept. of Psychiatry, AIIMS, Mrs. Vasantha Patri, Reader in Psychology, L.S.R, Dr. Sanjeev Taneja, Resident, VIMHANS, Brahmakumari Saroj, Coordinator, Medical Wing, Mrs. S. Chakravarty, Asst. Sec.-cum-SNA Advisor, TNAL.

Participants, during the workshop, visited the Institute of Human Behaviour and Allied Sciences, (IHBAS) Shahdara, Delhi, to understand the type of services being provided at this Institute. Participants analysed their visit and agreed unanimously that more Nursing manpower trained in Mental Health Nursing, is required for such set ups. The Institute has very good infrastructure in terms of centres like De-addiction,

Rehabilitation etc. Participants interacted with the patients as well as the care providers.

Participants worked on Developing the Standards of Mental Health Nursing Practice. The guidelines for above group work were given from the American Nurses' Association. This was presented by them in the form of different role plays and was appreciated by everyone present at the occasion.

Ms. Prem Mehra, Former Associate Professor, NIHFW, New Delhi currently consultant & Nurse Practitioner, was the Chief Guest at the Valedictory session. Miss. J.P. Dhaulta, welcomed the Chief Guest and the participants. Ms. Prem Mehra congratulated the participants on successfully completing the workshop. She said, "Nurses are the best managers and more Nurses are needed in the community for preventive, rehabilitative and educational roles". She hopes and wishes that every home today, has a Nurse. She stressed the importance of communication skills in nursing the mentally ill.

Miss. J.P. Dhaulta congratulated the participants and appre-

ciated the group presentation. Mrs. Sheila Seda presented the resume of the workshop. Participants appreciated TNAL's efforts in conducting such programmes for Nurses. Ms. Prem Mehra gave away the certificates to the participants. Adequate media coverage was also provided to this event.

Mrs. Shashi Dhingra, Nursing Sister from Smt. S.K. Hospital, one of the participant, extended the vote of thanks to all those associated with the workshop. Participants collectively donated Rs. 3200/- towards the Continuing Education Fund. This gesture was highly appreciated by one and all.

The workshop concluded on an optimistic note to promote the Concept of Mental Health and ensure that everyone stays Mentally Healthy.

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