

## Role and Responsibility of Community Mental Health Nurse

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### Abstract

The aim of the study was to investigate the knowledge of community mental health nurses regarding their role and responsibility. 30 community mental health nurses were surveyed by adopting simple random sampling. A pre & post check list was prepared to assess the present facility and service at CHC and knowledge of the nurses, on Role and Responsibility of Community Mental Health Nursing. Result reveals that Majority 25(83.33%) were supported that they do not have information about role of Community mental health nursing. 24(80%) not participated in any program related to mental health whereas 93.33% supported that With the given information they are able to identify the patient of substance abuse and suicide in the community. Community health nurses found the knowledge effective and useful. Nurses require the necessary knowledge, skills and confidence to competently perform this role.

**Keywords:** Community Mental Health Nurse; Knowledge; Mental Health; Mentally Ill; Substance Abuse; Suicide.

### Introduction

The community mental health services were focused to render the mental health care services in familiar home environment, where the client will be at ease; stress related hospital environment can be avoided. The client will develop adoptive coping strategies very easily to overcome the stress related to mental illness. The service were aim to provide care to total population in a specific geographic area. The service provided through community mental health nursing consultation, education, crisis intervention, follow up care, family therapy, group therapy, psychotherapy, interactional skills training, preventive, promotive and rehabilitative services, continuity of care.<sup>1</sup>

The growing field of mental health advocates the need for interdisciplinary approach in different activities aiming at promotion of mental health, early diagnosis and treatment of mental disorders, mental retardation and after care, and rehabilitation of the mentally disabled.<sup>2</sup>

Nurses are important care and treatment providers in all nations. In most of the countries nurses play vital role in providing primary and specialized health care for mental and physical health. It is a hard truth that in many countries like India there is a lacking on the psychiatric education of nurses so far their role and responsibility for mentally ill patient is inadequate and underdeveloped. Appropriately trained nurses can contribute to the promotion of mental health and the prevention and treatment of mental disorders.<sup>3</sup>

It is now being to be accepted that among all the members of the health team, it is usually the nurse who is in most constant

contact with the patient. Especially in the community, the nurse is in a strategic position to identify the changing patient/family needs and to assess the home environment and initiate the use of community support services, both professional and voluntary. Particularly in the care plan for patients with long term illness, some professionals even consider that the nurse has an important role as leader of the health team, undertaking a coordinating and integrating function.<sup>4</sup>

### Objectives

- Collect and analyze the baseline data relevant to community nurses regarding community mental health.
- Assess the need of target group for knowledge regarding community mental health programme.
- Implementation of education regarding community mental health, objectives, responsibility of nurses, and resources.
- Evaluation the impact of education on target group.

### Tools Used

We develop a checklist, keeping the objectives in mind. The checklist focused on knowledge, practice, and, sources of mental health services in the area. We also prepare the knowledge questionnaire to assess the knowledge of target group regarding role and responsibility of community mental health nurse.

### Technique of Data Collection

Data was collected in hospital setting only. The purpose of

collecting data was discussed with block medical officer and also explained to individual nurses. Data was collected through checklist to the nurses working in community health center.

#### Resources

*In service education facility:* There are short time training programme are given at time to time, and also during monthly meeting in discussion were made on current topics.

#### Assessment by Investigator

Need for education on:

- Community mental health nursing.
- Role of community mental health nursing.
- National mental health programme.
- Resources for community mental health services.

#### Findings of Survey

The data was collected from 30 nurses working in community health center Abdullah Ganj and coming under the CHC. This data was put under the master plan and analysis was done. The analyzed data was interpreted and describe with the help of statistical measure. The interpretation is as follows.

- Majority 12(40%) were in the age group 26 -31,
- Majority 16(53.33%) were higher secondary, less than half 12 (40%) were high school, and only 2(6.33%) were graduate.
- Majority 18(60%) were ANM, less than half 9 (30%) were GNM, and only 3(10%) were B.Sc. Nursing.
- Majority 22(73.33%) were having previous knowledge, less than half 5 (16.66%) were no previous knowledge, and only 3(10%) were not sure about the previous knowledge on CMHN.

#### Pre Intervention Assessment

A check list was prepared to assess the present facility and service at CHC and knowledge of the nurses, on Role and Responsibility of Community Mental Health Nursing. Before imparting the education through presentation, questions were asked to the nurses and the findings were:

- 30(100%) were supported that there is facility for checkup of mentally ill in CHC but there is no rehabilitation facility is provided through CHC.
- 30 (100%) supported that they went for screening of mentally ill person in the community
- Majority 25(83.33%) were supported that they do not have information about role of Community mental health nursing were 5(16.66%) were had the information.
- Regarding participation in any mental health programme majority 24(80%) not participated in any programme related to mental health and only 6(20%) participated.
- 30 (100%) supported that there is no scheme for mental health in CHC.
- 100%supported that information is helpful to take part in various mental health activity.

#### Post Intervention Assessment

A feedback Performa was prepared to assess the effectiveness of education, given on Role and Responsibility of Community Mental Health Nursing. After imparting the education through presentation, questions were asked to the nurses and the findings were:

- 100%supported that information given regarding responsibilities of CMHN is useful for your work place.
- 100%supported that information given regarding responsibilities of CMHN is sufficient to increase their knowledge.

- 96.66%supported that information is helpful to reduce the myths related to mental illness among community people, only 3.33% were not supported this.
- 100%supported that information is helpful in enhancing the role and responsibility of CMHN in community health center.
- 28 (93.33%) supported that with the given information they are able to identify the patient of substance abuse and suicide in the community only 2(6.66%) were not supported this.
- 100%supported that information is helpful to take part in various mental health activity.
- 25 (83.33%) supported that by this information they are able to counsel the mentally ill, and only 5 (16.66%) were not supported this.

#### Conclusion

The following conclusion were drawn from the study, among 30 nurses of selected community health center, the education was found effective in improving the level of their knowledge regarding role and responsibility of community mental health nursing. After imparting the education presentation, questions were asked to the nurses of CHC and the findings were-100%supported that information given regarding responsibilities of CMHN is useful for your work place.

#### Nursing Implication

*Nursing Practice:* Nurses play vital role and a great link between community and health care facility. Community health care nurses can be play a key role in early identification of mental health issues and mental health problems. Early identification will lead to less burden on community as well as it contribute for good mental health.

*Nursing Education:* Knowledge related to mental health will enable the nurses to provide holistic care. Continue nursing education about mental health services will not only enhance nurses' knowledge but provide better nursing care for all mild and ignored area of mental health.

*Nursing Administration:* Nursing administrators can develop policies, procedures and protocol regarding educational program for staff who can directly reach to such groups. Also motivate the nurses towards this neglected field of our community.

*Nursing Research:* The nurse researcher should work on the need and existing problem of health care domains. Evidence based nursing is give emphasis and shows need of further researches of various problems. This study was just based on basic survey. It can be done on bigger level.

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