



Rural Onboarding 2022

Mental Health Resources

Introduction: Mental health is often neglected with a huge burden in our rural communities, and yet the average rural hospital has very little access to psychiatric services.

TOP Mental Health Based Activities to focus on this week.

Make sure you can:

- 1 Management of the aggressive / psychotic/ distressed (suicidal) patient including 72 hour observation./ escalation of sedation
- 2 Able to do a brief intervention for e.g. adherence issues, substance abuse, smoking

Key Guidelines:

- **Standard treatment guidelines / EML** have excellent protocols. Please see the Google folder below for Word document posters based on the STG that you can adapt for your own facility.
- KZN protocols for mental health disorders & MHCA forms:
<http://www.kznhealth.gov.za/townhill/forms.htm>
- Policy guidelines on 72-hour assessment of involuntary mental health care users:
<https://www.knowledgehub.org.za/system/files/elibdownloads/2019-07/Policy%2520guideline%2520on%252072-hour%2520assessment%2520of%2520involuntary%2520mental%2520health%2520care%2520users.pdf>

Reading material / Tutorials/ Webinars / Additional resources

- Managing the Aggressive, psychotic patient in your rural facility; Rural Onboarding webinar with Prof Lesley Robertson: <https://youtu.be/5lZu53p8u00>
- Strategy to protect the health and safety of health workers in the face of the COVID-19 pandemic, NDOH, Aug 2020.
<https://www.knowledgehub.org.za/system/files/elibdownloads/2020-09/Strategy%20to%20protect%20the%20HS%20of%20health%20Workers.pdf>

- Brief Interventions and brief therapy for substance abuse:
<https://store.samhsa.gov/sites/default/files/d7/priv/sma12-3952.pdf>
- Understanding Motivational interviewing:
<https://en.motivationalinterviewing.org/understanding-motivational-interviewing>
- De-escalating aggression in a patient with developmental disorder:
<https://youtu.be/5GuydLt59vs>
- Overcoming the Use of Mechanical Restraints in Psychiatry: A New Challenge in the Everyday Clinical Practice at the Time of COVID-19; De Beradis et al 2020;
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7700144/pdf/jcm-09-03774.pdf>

Google folder:

https://drive.google.com/drive/folders/1tK_mI1fNGUvh6o1BCKztkndY4jQgo3On?usp=sharing

- Haloperidol circular
- Hospital EML Approach to Aggressive Disruptive behavior – editable for use at your facility
- PHC EML Approach to aggressive disruptive behavior - editable
- KZN protocols for mental health disorder
- PHQ 9 & PHQ 4 & PHQ2 – screening tools for depression
- NEMLC bulletin: with all the web addresses for downloading the EML App and the STGs.
- Managing the aggressive patient, Australian prescriber