

The PARC Project

Ann Cunningham, RANP, Assistant
Professor/Adjunct Lecturer UCD
Marion Pink, Candidate ANP
CHO7
Mental Health Service
4th National Mental Health Nursing
Conference
09.11.2023 Clayton Hotel



Aim and Objectives

- Background and Overview of the PARC Service
- Gap Identified in Practice
- National Policy
- NMBI Advanced Practice Framework
- Clinical Governance & QI
- Key Performance Indicators
- The PARC Service Outcomes



Background - CMHN Evidenced-Based Practice

- ❑ Mental Health Nursing (MHN) Interventions 2018 -2019 (552) to (344)
- ❑ MHN associated with (208) service users being discharged from secondary services
- ❑ Reduction of (832) psychiatric reviews - 3/12

Gap in Practice Identified

- (630) MHN offers for psychosocial interventions
- (34) offers of care were to those with a severe and enduring mental health diagnosis
- (596) offers of treatment were to those with mild to moderate mental health diagnosis
- Waiting times for interventions ranged from (1 - 49) weeks
- When interventions were offered 47% of SU/P offered did not attend
(Cunningham, *et al.* 2021)

Mental Health Policy; Shared Vision

Medical Model

- Assess-Diagnose-Treat
- Clinical Recovery
- Community Mental Health
Team has Control

(Department of Health, 2020)

(Leamy, *et al.* 2011)

Recovery Model

Individual Focused

Personal Recovery

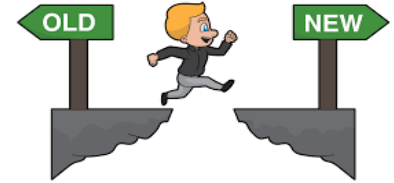
Patient is the Expert in
their Journey



National Policy

Slaintecare:

- A universal health system
- Integrated Care
- Right Care, in the Right Place by the Right Team at the Right Time
- 90% of mental health care should be provided in primary care



(Department of Health, 2019; National Service Plan, 2023)

National Policy

Department of Health

- ✓ International evidence supports RANP clinics
- ✓ RANP - Specialist knowledge
- ✓ RANP - Wide scope of qualifications
- ✓ RANP - The ability to provide a complete episode of care

Business Case

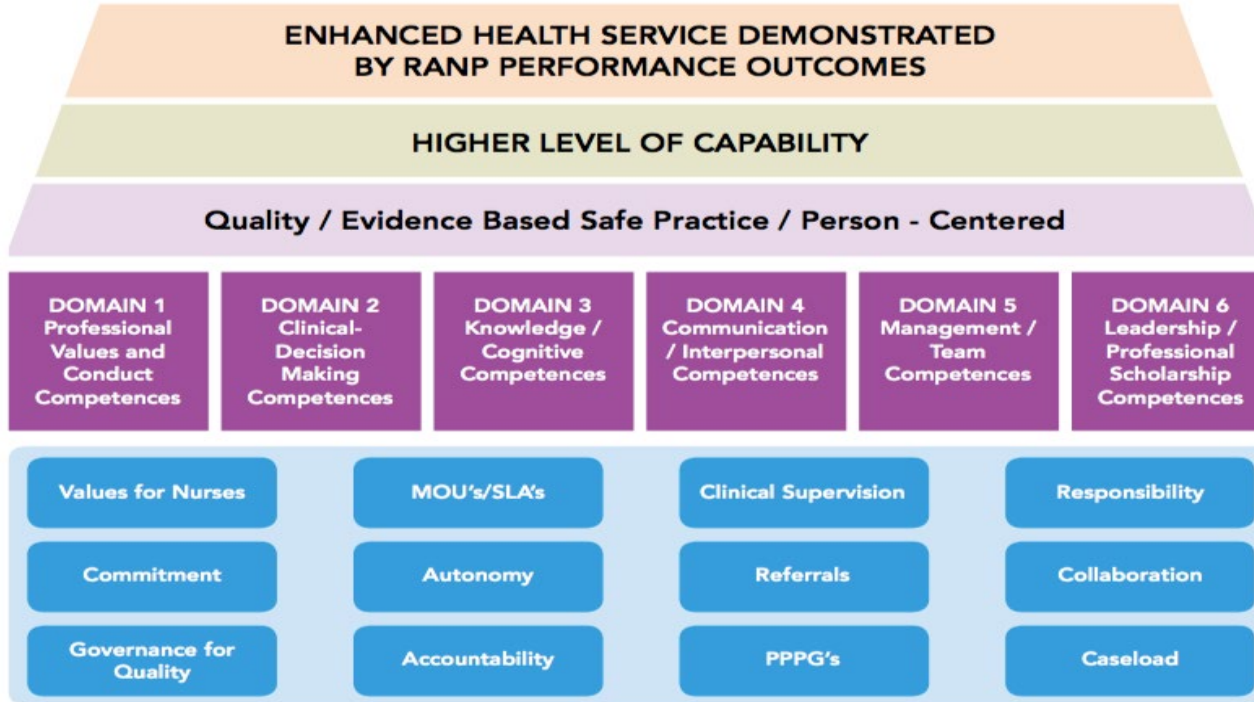
The PARC Project

Intended Outcome

RANP bridging the gap (integrated care)

(Dyer, *et al.* 1997)





(NMBI, 2017)

Advanced Practice NMBI

Competencies:

- Domain 1: Professional Values and Conduct
- Domain 2: Clinical Decision Making
- Domain 3: Knowledge and Cognitive
- Domain 4: Communication and Interpersonal
- Domain 5: Management and Team
- Domain 6: Leadership and Professional

(NMBI, 2017)

Advanced Nurse Practice Role

- ✓ Provide full episodes of care
- ✓ Assess
- ✓ Diagnose
- ✓ Prescribe
- ✓ Make Onward Referral – MHN Psychosocial Interventions
- ✓ Discharge

(NMBI, 2017)

Are you feeling low?

Are you feeling anxious?

Are you feeling overwhelmed?

We are here to help.

YOU can complete a psychosocial assessment with your Advanced Nurse Practitioner and **YOU** can decide which is the right intervention for you.

Speak to your GP or you can phone the nurse for more information on 01-7786032. You will be contacted within one week of being referred.

Interventions are offered online or in person.

PARC Positive Advanced Recovery Connections

© 2017 Health Service Research, Training and Health Systems. All rights reserved. Reproduction in whole or in part without permission is prohibited. Reproduced by HSE under license from the Health Service Research, Training and Health Systems.



Seirbhis Sláinte
Níos Fear
á Forbairt

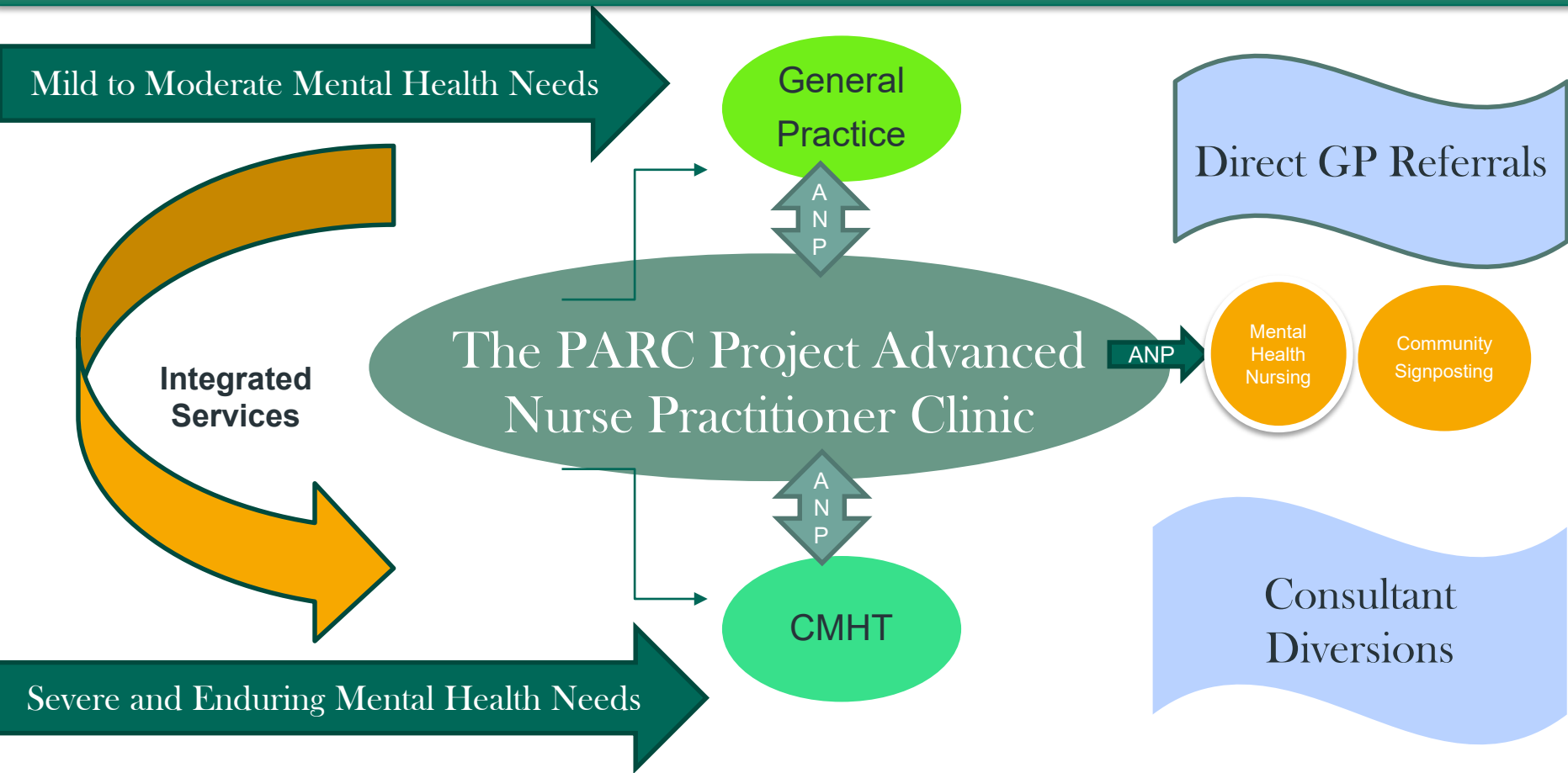
Building a
Better Health
Service

Advanced Nurse Practice Psychosocial Assessment

- ✓ Psychological, social, personal, relational and vocational assessment
- ✓ Mental state examination
- ✓ Full survey of ROS
- ✓ Medication Review with Prescribing OR Recommendation OR De-prescribing
- ✓ Onward referral
- ✓ Community signposting
- ✓ GP kept up to date with the treatment plan

(Trenoweth and Moone, 2017)

Presented by RANP to the Minister for Health 2022



Community Signposting

BCAT - Addiction Bray Area Partnership Open Door
Open Door Youth Voice MOVE Rehab Jigsaw Mymindmatters
MABS - Money advice Employability
National Learning Network AA GA Active retirement HAT National Counselling Service
CAB - Entitlements Avoca Counselling Social club Homeless Action Team Refugee Services
Employability - Work Pieta House Tusla Wicklow Volunteer Centre
SPECS - Assisting with parenting Guards Hear to Listen
Clubhouse - Social inclusion and creating a work ordered day Living Life
Social Prescribing - Advising re access to interests Bray Area Partnership
CIPC Living Life Counselling Disability Bray
NCS Bethany Support Group Festina Lente
Aware Five Loaves Bray Traveller Community Group
Alone Purple House Cancer Support Bray Women's Refuge
Day centre Bray Suicide Support Group
Active Retirement Crosscare Simon Community
CIPC Youth Information service Bethany Group (Cunningham, *et al.* 2021)



PARC Clinical Governance & QI Group

PARC Clinical Governance Group – Consultant Psychiatry Led

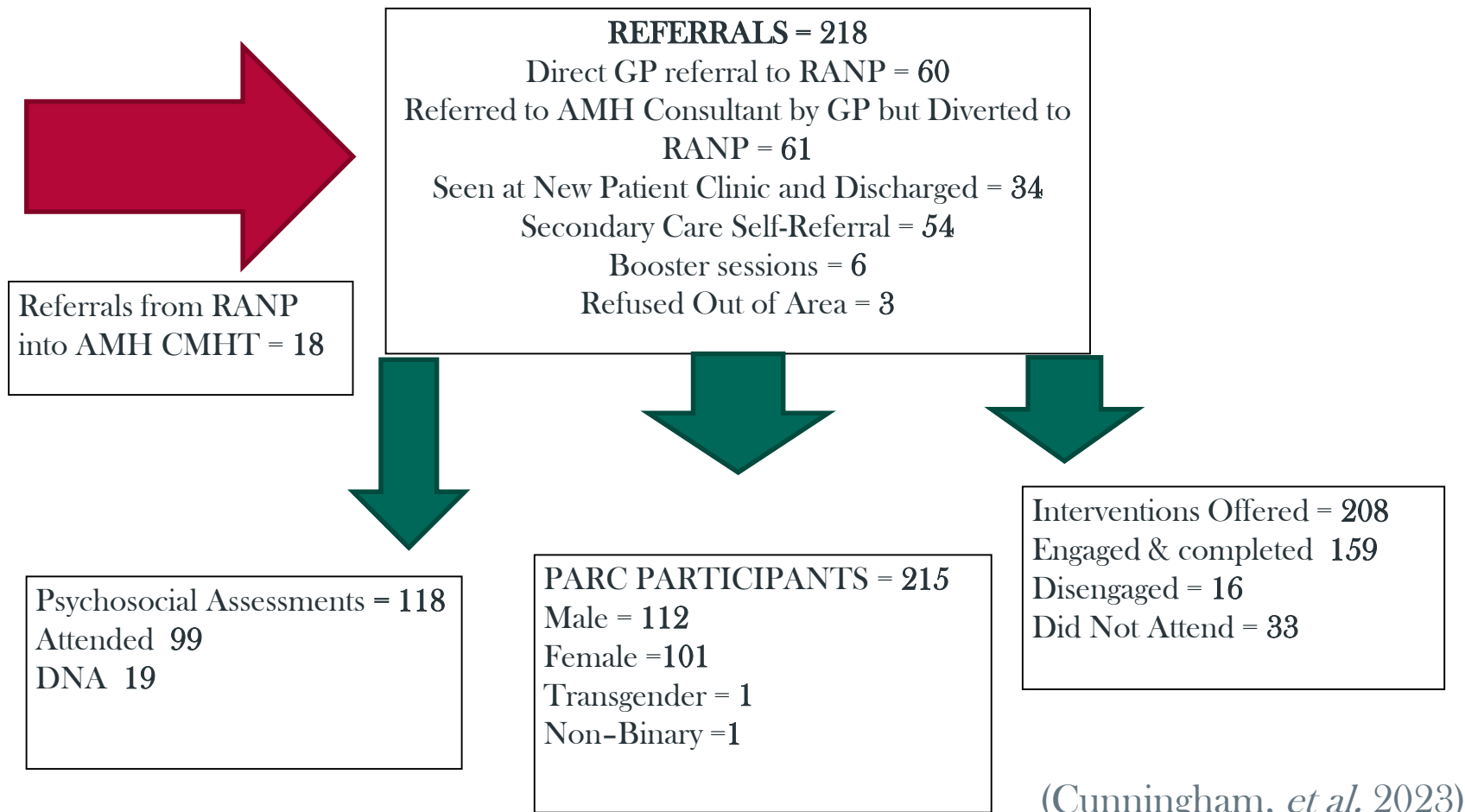
- Consultant Psychiatry
- RANP
- Nurse Management (Feeds directly to executive management)

QI Group – RANP Led

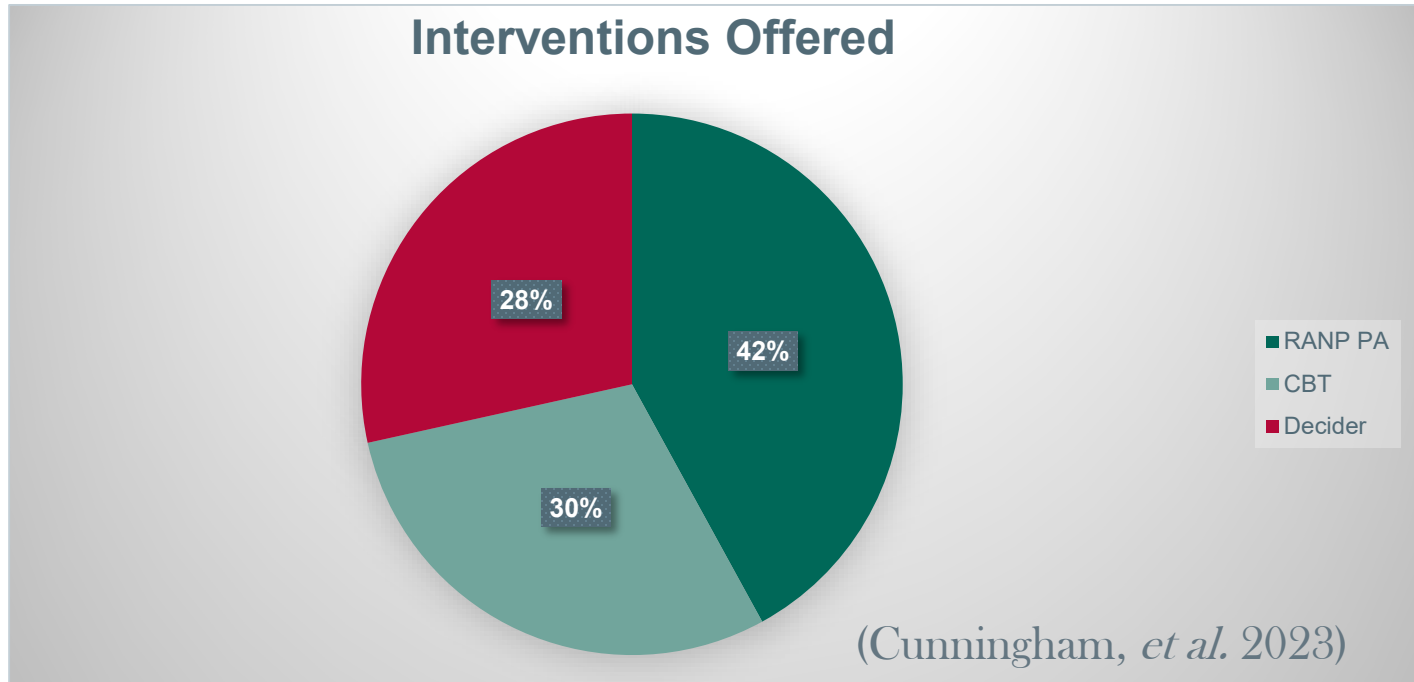
- Patient, Public Involvement
- People closest to issues affecting care the place to highlight concerns
- A systematic and coordinated approach using specific methods
- Equal partnership
- True Recovery Focused Care

(Cunningham, *et al.* 2023)





Interventions Offered



Key Performance Indicators Identified

1. Waiting Times
2. Quantitative and Qualitative Outcomes
3. Mild to Moderate Caseload Active in Secondary Care
4. Inpatient Admission

Dissertation - benefits of psychosocial assessment for mild to moderate/self-harm/SI
(NICE Guidelines - Self - Harm, 2011 & NICE Guidelines - Self - Harm, 2023)

(Cunningham, *et al.* 2023)

KPI One: Waiting times

Pre Waiting Times

- ❑ 1 - 49 Weeks

Post Waiting Times

- ❑ 3.6 Working Days for assessment or MHN interventions
- ❑ No waiting times for psychiatric review

(Cunningham, *et al.* 2023)

KPI Two (A): Quantitative CORE - OM Clinical Outcome in Routine Evaluation

There are 34 items assessing:

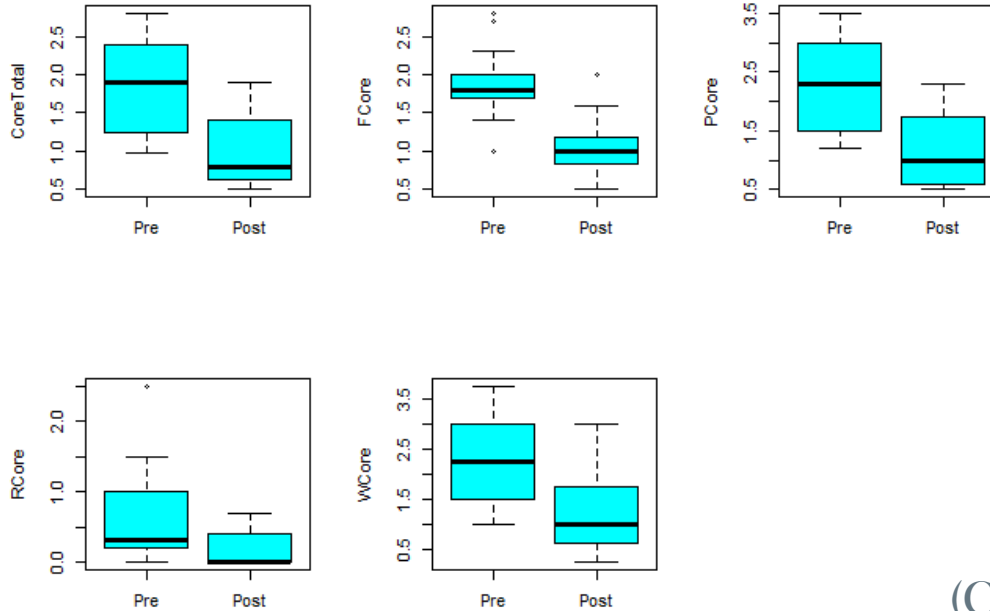
- Global/generic distress measures

Covering areas of:

- Wellbeing (4 items)
- Problems and Symptoms (12 items)
- Functioning (12 items)
- Risk (6 items)
- Includes positively and negatively framed items

(Connell et al, 2007)

Pre and Post Box Plots (C-Star)



(Cunningham, *et al.* 2023)

KPI Two (B): Thematic Analysis Findings

- ❑ Therapeutic Relationship
- ❑ Attributes of the Nurse
- ❑ Safety
- ❑ Ease of Access – Service and Comprehension
- ❑ Recovery Orientated

(Cunningham, *et al.* 2023)

Thematic Analysis Samples

- *“I have had a really positive experience and feel like my appointments here have changed the course of my life for the better”*
- *“The energy of the sessions was great, my nurse brought such a positive energy and was open about her own experiences which made it a very safe environment to be vulnerable”*
- *“This has changed my life, I would be in prison only for this service”*

(Cunningham, *et al.* 2023)

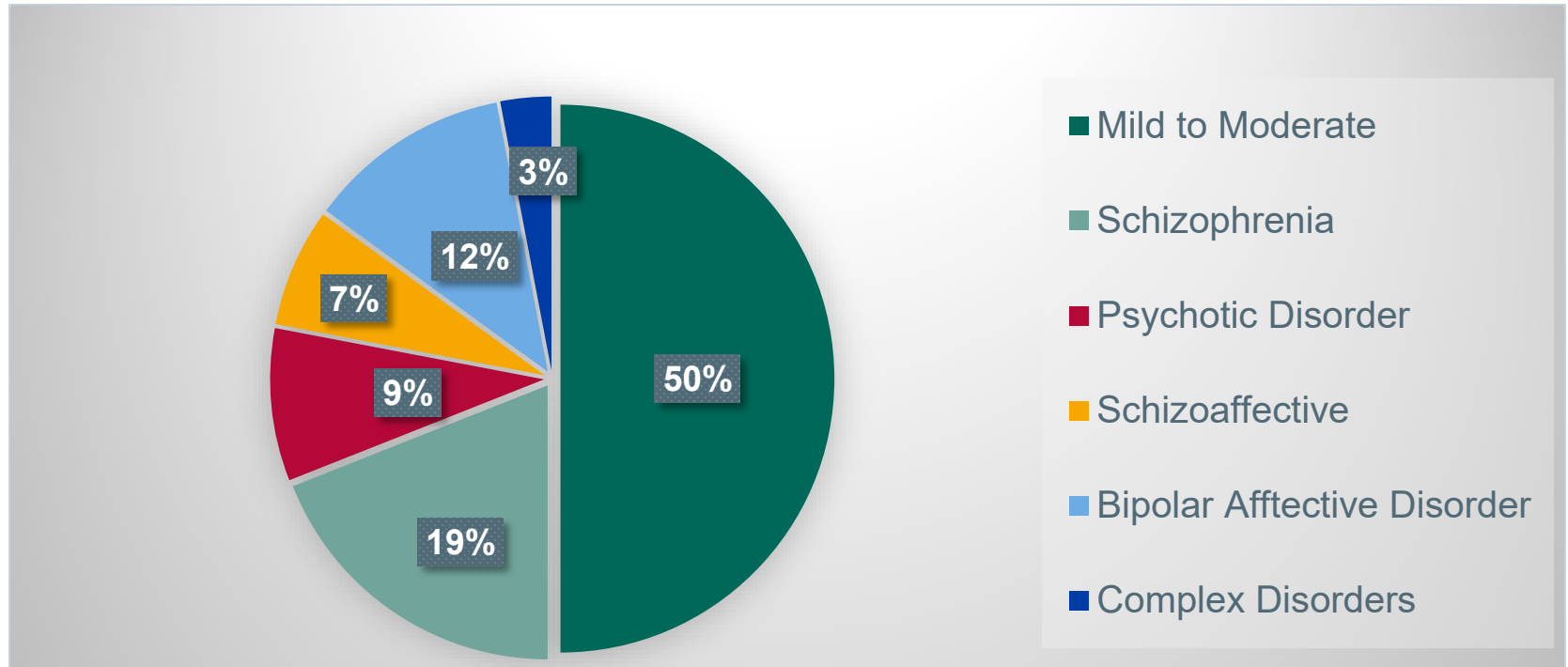
Would you recommend RANP Psychosocial Assessment, CBT or Decider



■ Yes

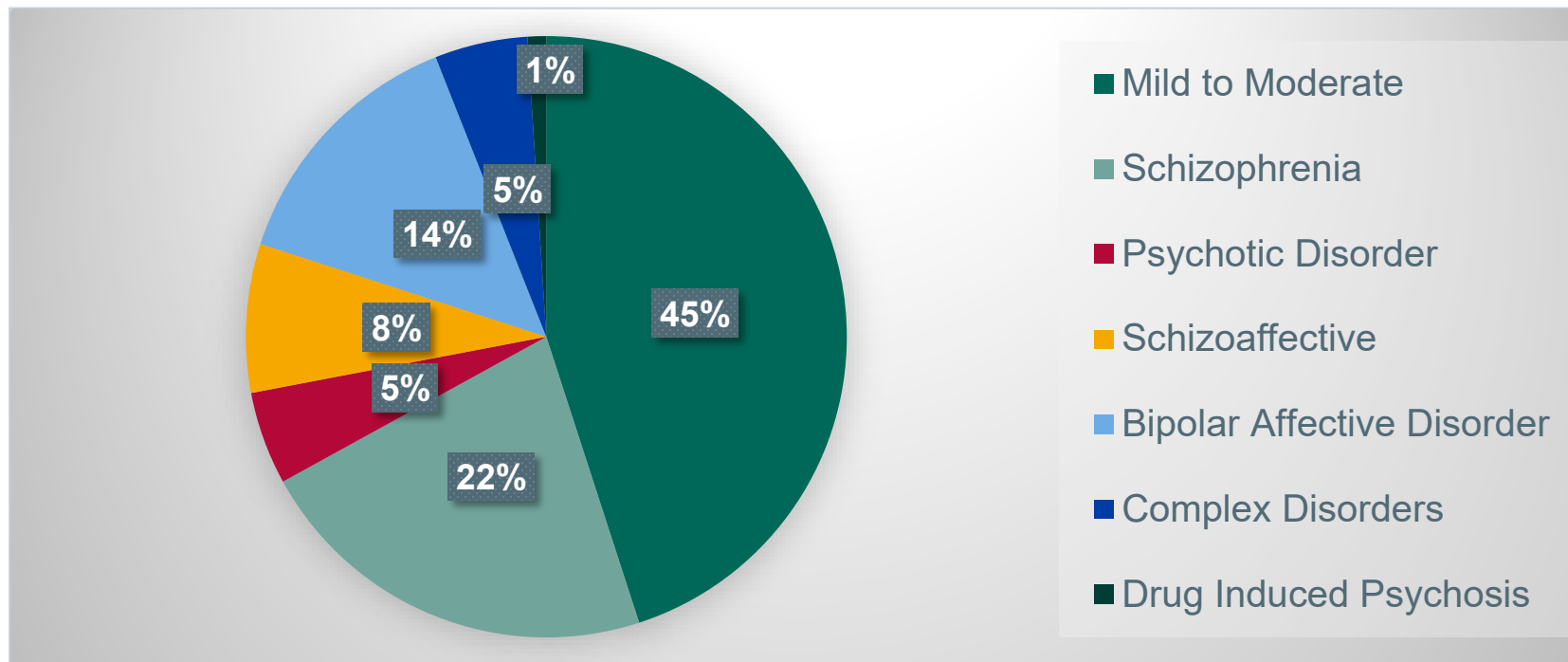
(Cunningham, *et al.* 2023)

KPI Three: 2019 - 50% Mild to Moderate



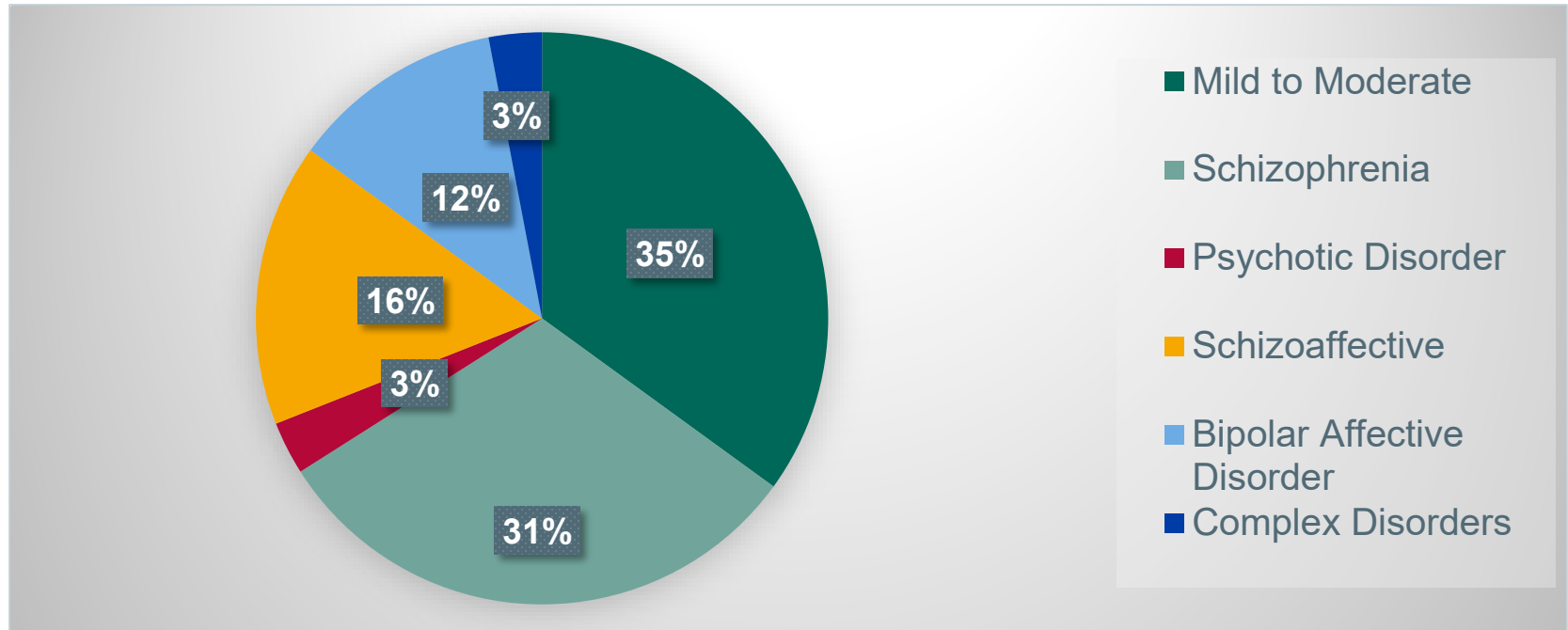
(Cunningham, *et al.* 2023)

2020 - 45% Mild to Moderate



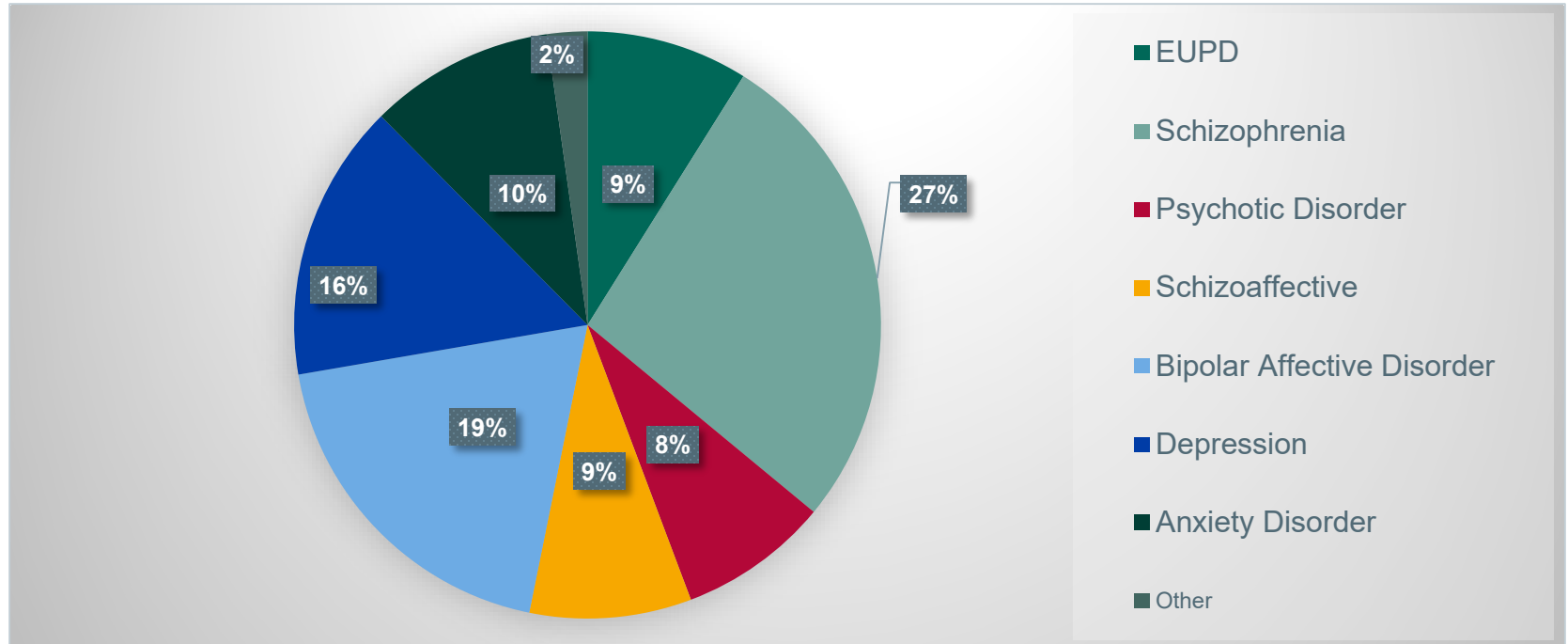
(Cunningham, *et al.* 2023)

2021 - 35% Mild to Moderate



(Cunningham, *et al.* 2023)

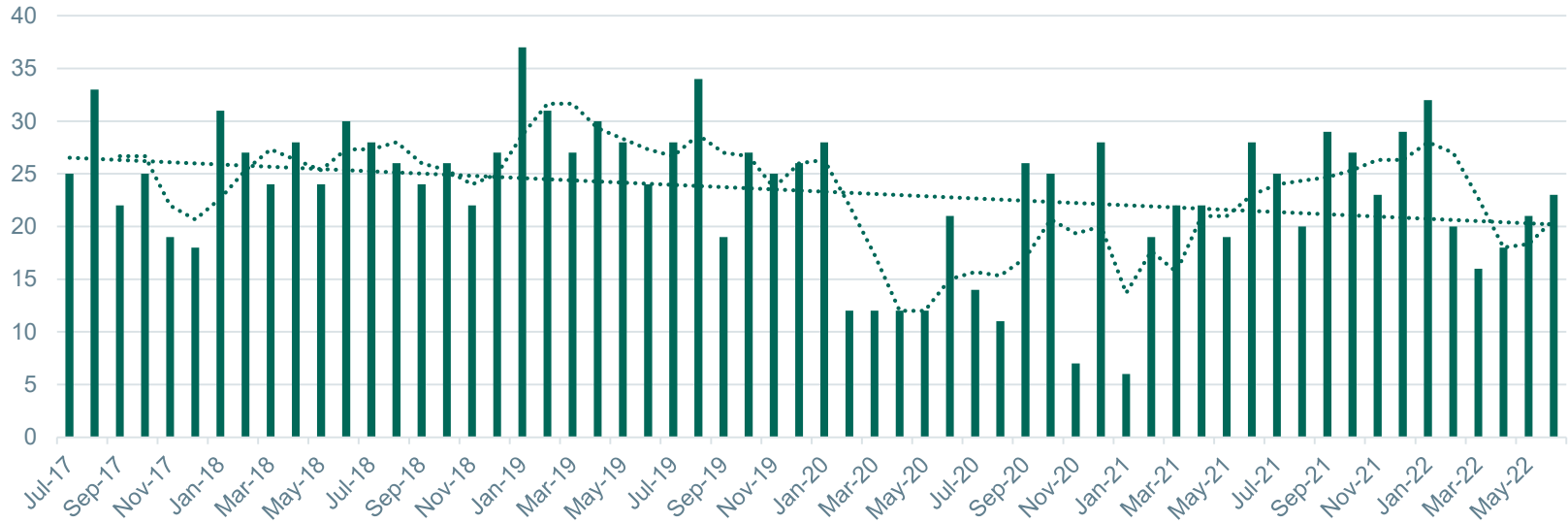
2022 - 27% Mild to Moderate



(Cunningham, *et al.* 2023)

KPI Four: Inpatient Admissions

Total Number of Bray Admissions



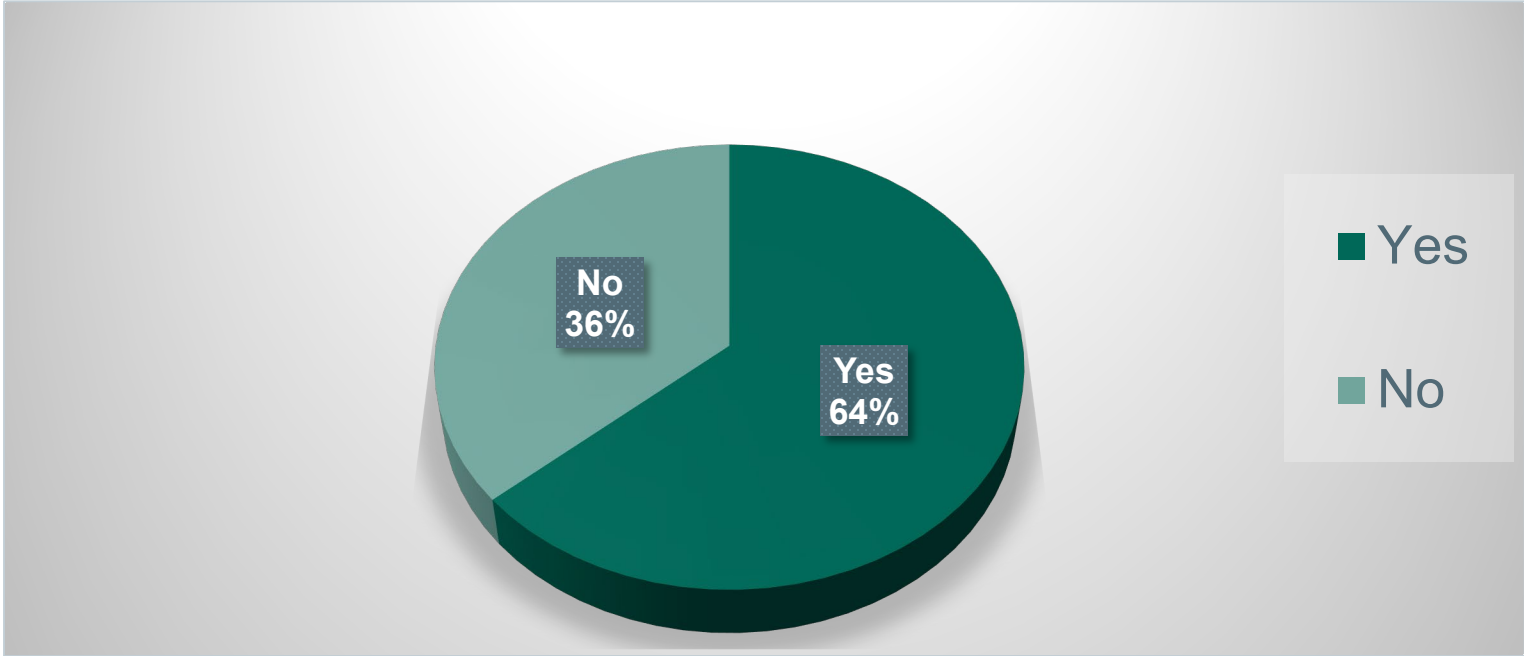
(Cunningham, *et al.* 2023)



Seirbhís Sláinte
Níos Fearr
á Forbairt

Building a
Better Health
Service

KPI Five: RANP Prescribing



(Cunningham, *et al.* 2023)

COVID - 19 and the future

Neurotic Disorders:

- Generalized anxiety disorder
- Obsessive-compulsive disorders (OCD)
- Mood-related and emotional outbursts
- Panic
- Fear
- Avoidance
- Isolation
- Stigmatisation
- Specific fear of not getting essential items, food, etc.- the risk of hoarding
- Unemployment
- Homelessness

(Rodriguez-Quintana *et al.* 2021)



PARC Project Awards

- ✓ Winners of the Irish Healthcare Awards “Mental Health Initiative of the Year”
- ✓ Shortlisted for the HSE Excellence Awards for Quality Improvement
- ✓ Decider Skills International Research Winners
- ✓ Kevin Plunkett Award X2 from Mental Health Ireland for Innovative Design - Recognition of the increased scope of the mental health nurse with ANP clinical governance structures
- ✓ Published Research on the Decider Skills Website
- ✓ Publication Underway re: RANP Project and Outcomes

The END



Thank you for Listening! All
Questions Welcome



Seirbhís Sláinte
Níos Fearr
á Forbairt

Building a
Better Health
Service

References

1. Cunningham, A. *et al.* Bray Community Mental Health Team (2021) The PARC Project; Evaluating and Advanced Mental Health Nurse Practice Candidate Project Supported by Mental Health Nursing, Consultant Psychiatrist and the CMHT within the North Sector Service of Community Healthcare East. Bray: The Print Shop.
2. Cunningham, A. *et al.* Bray Community Mental Health Team (2023) The PARC Project; Evaluating and Advanced Mental Health Nurse Practice Candidate Project Supported by Mental Health Nursing, Consultant Psychiatrist and the CMHT within the North Sector Service of Community Healthcare East. Bray: The Print Shop.
3. Connell, J. *et al.* (2007) 'Distribution of CORE-OM scores in a general population, clinical cut off points and comparison with the CIS-R', *British Journal of Psychiatry*, 190, pp. 69-7.



References

4. Health Service Executive (2023a) *HSE National Service Plan 2022*. Available at: <https://www.hse.ie/eng/services/publications/serviceplans/national-service-plan-2023.pdf> [Accessed 06 September 2023].
5. Leamy, M. *et al.* (2011) 'Conceptual framework for personal recovery in mental health: systematic and narrative synthesis', *The British Journal of Psychiatry*, 199, pp. 445 - 452.
6. Department of Health (2020) *Sharing the Vision: A Mental Health Policy for Everyone 2020*. Dublin: Department of Health. Available at: <https://www.gov.ie/en/publication/2e46f-sharing-the-vision-a-mental-health-policy-for-everyone/> [Accessed 06 September 2023].
7. Department of Health (2019b) *A Policy on the Development of Graduate to Advanced Nursing and Midwifery Practice*. Dublin: Department of Health. Available at: Available at: <https://www.gov.ie/en/publication/96ce55-a-policy-on-the-development-of-graduate-to-advanced-nursing-and-midw> [Accessed 06 September 2023].



References

8. Dyer, J.G. *et al.* (1997) 'The Psychiatric - Primary Care Nurse Practitioner: A Futuristic Model for Advanced Practice Psychiatric Mental Health Nursing', *Archives of Psychiatric Nursing*, (1), pp. 2 - 12.
9. Nursing and Midwifery Board of Ireland (2017) *Advanced Practice (Nursing) Standards and Requirements*. Dublin: Nursing and Midwifery Board of Ireland. Available at: <https://www.nmbi.ie/NMBI/media/NMBI/Advanced-Practice-Nursing-Standards-and-Requirements-2017.pdf?ext=.pdf/> [Accessed 06 September 2023].
10. Rodriguez-Quintana *et al.* (2021) 'Development of a Brief group CBT Intervention to Reduce COVID-19 Related Distress Among School - Age Youth', *Cognitive and Behavioural Practice*, 28, pp. 642-652.
11. The National Institute for Health and Care Excellence (2011) *Self-harm in Over 8s: long-term management*. London: NICE. Available at: <https://www.nice.org.uk/Guidance/CG133/> [Accessed 06 September 2023].
12. The National Institute for Health and Care Excellence (2023) *Self-harm in Over 8s: long-term management*. London: NICE. Available at: <https://www.nice.org.uk/Guidance/CG133/> [Accessed 06 September 2023].
13. Trenoweth, S. and Moone, T. (2017) *Psychosocial Assessment in Mental Health*. London: Sage.

