

STUDENT NURSES



Te-Upoko-me-Te-Karu-o-Te-Ika
Mental Health, Addictions and
Intellectual Disability Service



2020

*Porirua
Community
Mental Health
Team*

Welcome!!
We are looking forward to working with
you

Contacts

Name	Role
Martin Quinn	Acting Team Leader
Nathan Fayen	Clinical Co-ordinator & Student Co-ordinator
Linda Baldwin	Clinical Nurse Specialist – 027 4482715
Lyn Humphries	Admin Co-ordinator

Contacting the Team

Please make note of which team you are being placed with as we also have MHNASC working on the same floor. Ring reception on 04 3811600 and ask for the contact person you have been given the number for. Please let admin know that you are a student.

Location

Level 8
BNZ Tower
14 Hartham Place, Porirua

Team Roles

Team Leader (TL):

The team leader provides clinical and managerial leadership for the day to day running of the team and is accountable to the Operations Manager. To be available to practitioners for advice, guidance and support and ensuring the team works within the policies and procedures of the organisation.

Consultant Psychiatrist:

A Psychiatrist is a qualified medical doctor who has obtained additional qualifications to become a specialist in the diagnosis, treatment, and prevention of mental illnesses. In addition to their clinical work, psychiatrists train doctors who are working towards a post-graduate qualification in psychiatry (Psychiatric Registrars). They also teach and train House Surgeons, trainee interns (6th year medical students) and medical students.

Clinical Psychologist:

Clinical psychologists use forms of talking therapy to help clients understand, manage, decrease, or work through their symptoms or experiences.

Administration staff:

Administration staff are essential for the establishment and maintenance of client information and data. They provide secretarial support, process client-related information and facilitate the smooth transfer of this information throughout the services. Administration staff include the receptionists who attend the telephone enquiries and client appointments.

Community Mental Health Nurses:

The nurse's role includes administration of medication, client education, and supporting clients to understand their condition and assisting clients to develop strategies to minimise the impact of illness in their quality of life. CMHN'S also provide assessment, case management and monitoring of client

symptoms and risks. They also provide some therapies such as CBT, DBT and ACT.

Occupational Therapist (OT):

Occupational Therapy is assessment and treatment through the specific use of selective activity. Functional assessments and group work are also key in assessing day-to-day skills of our client group.

Clinical Nurse Specialist (CNS):

The CNS is at PCMHT on Wednesday and Thursday and is available to assist you.

Their role is to oversee the clinical practice of the Nurses and assist with clinical work, doing Choice assessments.

Clinical Co-ordinator:

The Co-ordinator has an overview of the day-to-day running of the team and clinical issues. They do the allocations and can help with any acute situations.

GPL Nurse:

The interface between clients who have been discharged to the GP on the GP Liaison Scheme.

Expectations of the Student Nurse

Hours at Porirua CMHT are Monday to Friday 8.30-5 pm.

We have a few expectations of student nurses working at Porirua CMHT:

- ❖ It is expected that you arrive on time and if you are going to be late or you are unwell and cannot come, call us on 04 3811600.
- ❖ It is important for your preceptor or the nurse you are working with that he/she is aware of your objectives.
- ❖ If you are not achieving your objectives please see your preceptor (before the last week in the team).
- ❖ Please ensure all documentation you need to complete for the polytechnic/university is accomplished before the last days with the team – your preceptor **will not** complete any paper that is given to him or her if it is given in the last days of your placement.
- ❖ We do not wear a uniform at Porirua CMHT. Your attire should be tidy, casual and appropriate, following the Dress code policy. Please wear your name badge; you need only have your first name showing.
- ❖ Please ensure that you have your objectives to work on during the day as there will be times that you will not be able to participate in clinical assessments.
- ❖ Students now have a login for EHR (electronic health records) and may be asked to write the notes up and these must be done in accordance with the documentation policy and documented that they were done under the supervision of the preceptor.
- ❖ Please advise your preceptor of who your CTA is and when they will be visiting.

Confidentiality

- ❖ Whilst on placement in this service, students are bound by the requirements of the Privacy Act and the Health Information Code in maintaining client confidentiality, which means information given by clients, must not be shared with anyone outside of the service at any time. Whilst discussing client-sensitive information, please be mindful of those who may potentially overhear your discussion.
- ❖ Occasionally you may notice information regarding a friend, family member, or someone else you know outside of this placement, it is a breach of the Privacy Act for you to access this information. If you do become aware of this information it is best that you advise your preceptor who can then ensure that you do not access to this client's information. You are asked not to read or have any contact with this person while on placement.

Legislation

There are a number of Acts and Regulations relevant to health care and mental health. These include (but are not limited to):

- ◆ Mental Health Assessment and Treatment Act 1992 (and amendments 1999).
- ◆ Privacy Act.
- ◆ Health and Disability Commissioners Act.
- ◆ Health Practitioners Competency Assurance Act.
- ◆ Human Rights Act.

Full copies of all NZ Acts of Parliament, amendments, Bills and Regulations can be found at <http://www.legislation.co.nz/>

PCMHT Treasure Hunt

This list is designed to help you become familiar with the environment, but is by no means exhaustive of all the things you will be required to locate.

Item	Location
<input type="checkbox"/> Who is/are the Health & Safety Representative(s)	Names:
<input type="checkbox"/> Fire Alarms	
<input type="checkbox"/> Fire hoses	
<input type="checkbox"/> Fire extinguishers	
<input type="checkbox"/> Fire exits	
<input type="checkbox"/> Evacuation muster area	
<input type="checkbox"/> Emergency telephone no. & reporting procedure	
<input type="checkbox"/> Stethoscopes	
<input type="checkbox"/> Sphygmomanometer	
<input type="checkbox"/> Thermometers	
<input type="checkbox"/> Sharps containers	
<input type="checkbox"/> Hand sanitisers	
<input type="checkbox"/> Sterile Gloves	
<input type="checkbox"/> Patient file notes	
<input type="checkbox"/> Personal alarms and how to Activate them	
<input type="checkbox"/> Meeting/handover room	
<input type="checkbox"/> Team Leader office and contact no.	

<input type="checkbox"/> CNS contact no.	
<input type="checkbox"/> Preceptor contact no.	
<input type="checkbox"/> Administrator contact no.	
<input type="checkbox"/> Printer/photocopier/fax Machine	
<input type="checkbox"/> Document destruction bin	
<input type="checkbox"/> Internal telephone directory	
<input type="checkbox"/> What doors must be locked when staff are not in attendance	
<input type="checkbox"/> How are Policies & Procedures accessed	
<input type="checkbox"/> Service specific protocols	
<input type="checkbox"/> Interview and Conference rooms	
<input type="checkbox"/> How to report maintenance, faulty equipment, or hazards	
<input type="checkbox"/> Incident Reporting	
<input type="checkbox"/> Staff tea/lunch room	
<input type="checkbox"/> What day of the week is the MDT meeting	
<input type="checkbox"/> When is the next in-service education session	
<input type="checkbox"/> Where is the emergency water Stored	

Objectives

The following maybe some of the objectives you can complete during your placement.

For example:

- The provision of appropriate care to the patient and whanau with support and supervision from the preceptor, including:
 - o Accurate assessment
 - o Implementation of care
 - o Documentation
- Gain an understanding of the multidisciplinary team, the multidisciplinary team meeting, processes and outcomes.
- Gain an understanding of the referral process for clients that will potentially be accepted to the team.
- Medication administration.
- Mental Health Act and court proceedings.
- Mindfulness, grounding techniques, distraction techniques and self-soothing.
- Whanau/family involvement.
- Risk assessment and management.
- Life skills.
- Taking part in Choice Appointments.

Common Presentations to Porirua CMHT

Some common presentations of people admitted to the team:

- ❖ Drug and alcohol issues
- ❖ Bi Polar Disorder
- ❖ Psychoses
- ❖ Drug induced psychoses
- ❖ Depression
- ❖ Grief bereavement
- ❖ Stress and Anxiety
- ❖ Trauma and PTSD
- ❖ Suicidal behaviour
- ❖ Autism Spectrum Disorders
- ❖ Schizophrenia

Common Medications

Below is a list of medications, some of the medications clients may be on and that you will come into contact with during your placement:

❖ Antipsychotic Medication

- Olanzapine
- Risperidone
- Aripiprazole
- Quetiapine
- Clozapine

❖ Antidepressants

- Fluoxetine
- Citalopram
- Mirtazapine
- Venlafaxine
- Sertraline

❖ Mood Stabilisers

- Sodium Valproate
- Lithium
- Lamotrigine

❖ Anti-anxiety

- Lorazepam
- Diazepam
- Clonazepam

❖ Other

- Metformin (Hypoglycemic agent)
- Zopiclone (Sedative)
- Methylphenidate (ADHD)

Intramuscular injections commonly used at Porirua CMHT are:

- ❖ Paliperidone
- ❖ Olanzapine Relprev
- ❖ Risperidone Consta
- ❖ Zuclopenthixol
- ❖ Haloperidol
- ❖ Clopixol