

9th March 2023

Te Whatu Ora
Health New Zealand



*Kapiti
Community
Mental Health
Team*

Welcome!!
We are looking forward to working with
you

9th March 2023

Te Whatu Ora
Health New Zealand

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 organization.

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.

Psychiatric Registrar

A Psychiatric Registrar is a qualified medical doctor who is working toward specialization as a Consultant Psychiatrist. Registrars work on a 6 month rotation through all of the areas of psychiatry to gain the relevant skills in all aspects of mental health.

Clinical Psychologist:

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

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 Psychiatric 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. CPNs also provide assessment, case management and monitoring of client symptoms and risks. They also provide some therapies such as CBT, DBT and ACT.

Contacts

XXX Unit	Main contact	Email for main contact	Phone number for ward/Unit
Team Leader	027 347 1236	Gerald.ward@mhaids.health.nz	04 903 0260
Administration			04 903 0260

Your Preceptor

You will be allocated a preceptor; this preceptor will be responsible for helping you complete your objectives. We will endeavor to ensure that you mainly work with them; however, due to shift work this is not always possible. It is **your** responsibility to ensure the nurse you are working with is aware of your objectives for the day/week. You must provide evaluations and/or other paperwork to your preceptor in a timely fashion (i.e. not on the due date!!). Your preceptor will not complete any evaluations if you give it to them on your last days in the team.

9th March 2023

Te Whatu Ora
Health New Zealand

Expectations of the Student Nurse.

Hours at Kapiti CHMT are Monday to Friday 8.30-5pm

We have a few expectations of student nurses working at Kapiti CHMT:

- ❖ It is expected that you arrive on time and if you are going to be late or you are unwell and cannot come, to call us on 04 903 0260.
- ❖ 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 objective 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 in the unit – 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
- ❖ When writing in patient notes, these must be done in accordance with the documentation policy and signed by the nurse you are working with.
- ❖ We do not wear a uniform at Kapiti CHMT 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.

9th March 2023

Te Whatu Ora
Health New Zealand

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 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/>

9th March 2023

Te Whatu Ora
Health New Zealand

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 may be required to locate.

Fire hydrants

Fire Alarms

<input type="checkbox"/> Car parking areas	<input type="checkbox"/> Clinical policies & procedures
<input type="checkbox"/> Whanau Room	<input type="checkbox"/> Fire extinguishers
<input type="checkbox"/> Control Drugs Cupboard	<input type="checkbox"/> Drug Fridge
<input type="checkbox"/> Staff room	<input type="checkbox"/> Manual BP machine
<input type="checkbox"/> Laboratory forms	<input type="checkbox"/> Thermometer & covers
<input type="checkbox"/> Duress Alarms	<input type="checkbox"/> Scales
<input type="checkbox"/> Fire assembly Point	<input type="checkbox"/> Incident Reporting
<input type="checkbox"/> Team Leader Office	<input type="checkbox"/> Clinic and Medication Room
<input type="checkbox"/> Staff Base	<input type="checkbox"/> Administrators office
<input type="checkbox"/> Resuscitation trolley	<input type="checkbox"/> Photocopier
<input type="checkbox"/> Staff Toilets	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>

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
 - Accurate assessment
 - Implementation of care
 - 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.

9th March 2023

Te Whatu Ora
Health New Zealand

Common Presentations to Kapiti CHMT

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 behavior
- ❖ Autism Spectrum Disorders
- ❖ Schizophrenia

9th March 2023

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;

❖ Anti-psychotic Medication

- Olanzapine
- Risperidone
- Aripiprazole
- Quetiapine
- Clozapine

❖ Anti-Depressants

- Fluoxetine
- Citalopram
- Mirtazapine
- Venlafaxine
- Sertraline

❖ Mood Stabilizers

- Sodium Valproate
- Lithium
- Lamotrigine

❖ Anti-anxiety

- Lorazepam
- Diazepam
- Clonazepam

❖ Other

- Metformin (Hypoglycemic agent)
- Zopiclone (Sedative)

- Methylphenidate (ADHD)

Intramuscular Injections commonly used at Kapiti CHMT are;

- ❖ Paliperidone
- ❖ Olazapine Relpreww.
- ❖ Risperidone Consta
- ❖ Lorazepam
- ❖ Zuclopenthixol
- ❖ Haloperidal

0th M 1 0000

1st generation antipsychotic	2nd generation antipsychotic	Intramuscular antipsychotic Long-acting or depot	Benzodiazepine and hyposedatives	Antidepressants (SSRI)	Antidepressant (Tricyclic)	Antidepressant (Other)	Mood stabiliser or MS properties	Side effect management
Chlorpromazine	Olanzapine	Zuclopenthixol	Clonazepam	Citalopram	Amitriptyline	Venlafaxine	Lithium carbonate	Benztropine
Haloperidol	Risperidone	Flupenthixol	Diazepam	Fluoxetine	Doxepin	Phenlyzine	Sodium valproate	Procyclodine
Trifluoperazine	Quetiapine	Olanzapine	Temazepam	Paroxetine	Nortriptyline	Tranlycypromine	Carbamazepine	Orphenadrine
	Ziprasidone	Risperidone	Lorazepam	Escitalopram	Imipramine	Amoxapine	Lamotrigine	
	Aripiprazole	Haloperidol	Alprazolam		Trimipramine	Bupropion		
	Clozapine		Buspirone		Clomipramine			
			Zopiclone					

Common Medications Used in Psychiatry

Student Learning Exercise: Write underneath each drug name at least one common trade name.

Information about drugs used in New Zealand can be accessed from www.medsafe.govt.nz.

This site includes consumer information, information for clinicians and articles designed to keep health professionals up to date with the latest research around medication.

9th March 2023

Te Whatu Ora
Health New Zealand

Student Nurses