Using contemporary educational practice to improve rural and remote practitioners’ responses to mental health presentations

Presented by
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Knowledge gap
Lack of skills & confidence
Anxious and unsure
Limited resources & support

Aligns with studies from rural Australia

Significant rates of evacuation
- Substance use & cessation
- Social & emotional crisis
- Suicide & self-harm risk
- Acute mental illness
5x O Framework for Practice
**Knowledge**
Specific technical MH + generic skills

**Skill**
Applying knowledge in range of contexts, with a range of MH presentations

**Confidence**
Accessing information & support
Decision making
Communicating & Collaborating
Resilience
“Practice sessions” sharing and applying the content

Skills stations
• Demonstrations
• Practice opportunities

“Theory sessions” content based
Online.
Range of learning activities, not just reading.
PREPARATION FOR THE WORKSHOP
In each module:

✓ Brief overview about the presentations.

✓ Brief information about strategies to use.

✓ A case-scenario to practice applying the content.
Consistent format and links to useful resources front loaded.

Reflection on professional experience to personalise learning.
Brief self assessment to identify gaps and help focus.

Reduced content
Breaking it up visually with conversational tone and consistent visual design.
WHAT CAN YOU DO IF THERE IS NO ‘TREATABLE ILLNESS’?

Someone presenting in crisis requires a response. Although we don’t want to over-medicalise the person’s presentation it is a significant event and it is important to acknowledge that. We want to encourage the person to take some actions and steps and empower them to take some ownership over the problem/crisis.

Medications may play a role for someone with significant agitation (and we will discuss this further at the workshop).

- Safety must be a focus throughout.
- Remain calm and in control despite the person’s distress.
- Main risk: escalating agitation, aggression and self-harm.
- De-escalation is the preferred approach.
- Provide general support: show warmth, acceptance, empathy and caring by providing reassurance.
- Take initial steps to help the person feel safe and to lower anxiety.
- Listen carefully and encourage the person to talk about their crisis.
- Help to identify the precipitating events: “What happened that prompted you to seek help?”
- Normalise the feelings that the person is expressing.
- Perhaps reflect back the parts of the overwhelming crisis; this helps break it down and identify a path forward.

- Appearance, behaviour, affect, mood, speech, thought formulations, perception, cognition, memory, orientation, insight, judgement.
- Evidence of self-care.
- Explore the person’s perception of the triggering event: “How do you see it?” “What happened first...and then what?”
- Can the person identify previous coping strategies? “When you’ve had these sorts of things happen in the past, what worked best for you?” “What helps you to stay affect at the moment?”
- Does the person perceive they have strategies and supports available? “What helps you feel better?” “What helps to relax you?” “Who do you live with?” “Who is most helpful for you right now?”

CRANAplus team tips

The ‘How to’ application

Importantly flagged up front +

Step by step

Step through the 5 x O approach for each type of presentations

A sequential case

A step by step case scenario

What to look for

• ways to ask

• actions to take

CRANAplus team tips

Applying the knowledge of the 5xO approach, with guided questions.

Encouraging review of content, tips and suggestions as needed.

With non-stereotypical images
1 DAY WORKSHOP

- Demonstrations
- Case Scenarios
- Directed discussions
- Simple role plays (Voice Simulation)
- Practise using tools
Positive feedback from target group
WORKSHOP

Informative
- Well structured
- Appreciate the scan & skim
- Exposure to different skills
- Relevant scenarios

Wonderful
- Fantastic

Engaging

Insightful
- Not too much reading
- Appreciate videos & visuals
- Easy to use & understand

Helpful tips

Useful links for extra details
Online modules
4 x 2 hour weekly web session; with practice & reflection tasks

Workshops planned for 2019 with additional capacity for private courses.

Fully online course.

Opportunities for formal & longitudinal evaluation.

Expert panel review of content.
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