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| Student Nurses |

*Wellington South Community Mental Health*

2023

Student Name:

Wellington South CMHT

**What is Community Mental Health**

People may require mental health services that are best provided through the community. This means people may use our services and visit us a number of times, but they can still carry on with their usual life in the community.

At times some people may need to be admitted to a mental health unit, but most mental health services are provided in the community.

**Who Our Service is for**

Our service is for adults aged 18 and older who live in the South side of Wellington who experience moderate to severe mental distress.

**Therapy We Provide**

* medication prescribing and monitoring
* group work - e.g. anxiety management, dialectical behavioural therapy (DBT), bipolar education group, Leap into Work
* relaxation
* individual therapy - e.g. CBT, schema therapy, mindfulness work
* recovery focused work with care managers
* relapse prevention planning
* support, care and treatment during acute episodes of unwellness.

As well as providing direct treatment, we can provide specialist support and advice to people’s GP to enable them to best help them with any mental health needs they have now or may have in the future.

**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. 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).

**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 administrative 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.

**Care managers:**

Care managers undertake comprehensive and ongoing mental health assessments, deliver effective evidence based treatment strategies and work collaboratively with other team members and services. They also provide some therapies such as CBT, DBT and ACT, and undertake discipline specific work.

Care managers can be community mental health nurses (CMHN), occupational therapists (OT) or social workers.

Welcome!!

We are looking forward to working with you

**Contacts**

|  |  |  |
| --- | --- | --- |
| Name | Role |  |
| Penny Flaws | Team Leader |  |

**Contacting the team.**

Ring the main reception on 0800 300 056 and ask for Penny in the first instance.

Please let the receptionist know you are a student so you can be redirected if Penny is not available.

**Location:**

113 Adelaide Rd, Mount Cook, Wellington

**Your Preceptor**

You will be allocated one main preceptor, this preceptor will be responsible for helping you completing your objectives. 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!!). You preceptor will not complete any evaluations if you give it to them on your last days of placement.

**Dedicated Educational Unit**

The Dedicated Education Unit (DEU) model of clinical teaching and learning in Wellington and is a partnership between organisations, the education provider Massey University (Massey), Victoria University and Whitireia New Zealand (Whitireia) and Te Whatu Ora Capital. Coast and Hutt Valley. Collaboration allows practice areas to provide a more supportive clinical learning and teaching environment for students. DEU’s are dedicated to supporting nursing students on clinical placement encouraging incidental and intentional learning modes, and peer teaching. The DEU is based on an Australian model and replaces the Preceptorship model to focus on student learning and curriculum integration.

**Preceptor:**

Your Preceptor will work alongside you to support your practice and learning during your placement. You will work with your preceptor in a shared care model for your orientation period.

If you have any concerns or questions do not hesitate to contact Penny.

**Expectations of the Student Nurse while in Wellington South CMHT**

Working Monday – Friday 8:30am-5pm

Smart casual clothing, appropriate covered footwear. Name badge.

## We have a few expectations of student nurses working at Wellington South CMHT:

* It is expected that you arrive on time for your shift and if you are going to be late or you are unwell and cannot come to call the unit on *0800 300 056*
* You must complete the full shift that you are allocated to work – if you are unable to do so please discuss this with your nurse, preceptor or nurse educator. A lot of learning occurs at quiet times in the unit!!
* It is important for your preceptor or the nurse you are working with that he/she/they are aware of your objectives
* If you are not achieving your objective please see Penny or your preceptor (before the last week of your placement)
* Please ensure all documentation you need to complete for the polytechnic/university is accomplished before the last days of your placement – 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

**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.

**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.

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

**Covid19 Requirements**

Masks are recommended in clinical areas, however they are not required.

**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.

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| □ | Duress alarms in meeting rooms | □ | Duress panic indication |
| □ | Controlled Drug cupboard | □ | Clinical policies & procedures |
| □ | Kitchen | □ | Zoom Room |
| □ | Linen supplies | □ | Laptops and iPads |
| □ | Duty Phone | □ | Manual BP machine |
| □ | Team Leaders Office | □ | In/Out board |
|  |  |  | Scales |
| □ | Intravenous Fluids and equipment | □ | Bio-hazard bags |
| □ | Store room | □ | Tympanic thermometer & covers |
| □ | Paper files (South team) | □ | Stationery supplies |
| □ | Resuscitation trolley | □ | Photocopier |
| □ | Meeting rooms (Monday/Tuesday) | □ | Long-acting injection charts |
| □ | Medication room | □ | Sensory Room |
| □ | Bathrooms | □ | Clinical rooms |
| □ | Meeting rooms Wednesday/Thursday/Friday)) | □ | Doctor’s offices (Paula/Seth/Darryl) |
| □ | ECG machine | □ | New script procedures |
| □ | Long-acting injections | □ | Sterile Equipment for Long-acting injectable |
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| □ | Car Keys | □ | Drug Fridge |
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**Objectives**

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

* The provision of appropriate care to the patient and whanau with support and supervision from the preceptor, including
* Accurate assessment
* Implementation of care
* Documentation
* File review
* 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 Initial assessments.

**Common Presentations to Wellington South CMHT**

Some common presentations of people admitted to the team:

* Depression
* Bi Polar Disorder
* Psychoses
* Stress and Anxiety
* Trauma and PTSD
* Suicidal behavior
* Schizophrenia
* Drug and alcohol issues
* Emotional dysregulation
* Personality disorder

**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
  + Zopiclone (Sedative)
  + Methylphenidate (ADHD)

Intramuscular Injections commonly used at South CMHT are;

* Paliperidone
* Olanzapine Relprev
* Risperidone Consta
* Zuclopenthixol
* Haloperidol

**Evaluation of Clinical Experience**

Nurse: Date of placement

Date of Evaluation: Preceptor:

This evaluation is intended to offer feedback to the preceptor and their clinical area.

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| **Clinical Learning** | **1**  **Strongly Agree** | **2**  **Agree** | **3**  **Neither agree or disagree** | **4**  **Disagree** | **5**  **Strongly disagree** | **Comments** |
| The staff were welcoming and learned to know the students by their personal name |  |  |  |  |  |  |
| The staff were easy to approach and generally interested in student supervision |  |  |  |  |  |  |
| A preceptor(s) was identified/introduced to me on arrival to area |  |  |  |  |  |  |
| One preceptor had an overview of my experience and completed my assessment |  |  |  |  |  |  |
| An orientation to the clinical area was provided |  |  |  |  |  |  |
| My learning objectives were achieved |  |  |  |  |  |  |
| I felt integrated into the nursing team |  |  |  |  |  |  |
| I formally met with the “named preceptor” at least fortnightly |  |  |  |  |  |  |
| There were sufficient meaningful learning situations in the clinical placement |  |  |  |  |  |  |
| **How was the Preceptor?** |  |  |  |  |  |  |
| The preceptor assessed and acknowledged my previous skills and knowledge |  |  |  |  |  |  |
| The preceptor discussed my prepared learning objectives |  |  |  |  |  |  |
| The preceptor assisted with planning learning activities |  |  |  |  |  |  |
| The preceptor supported me by observing and supervising my clinical practice |  |  |  |  |  |  |
| The preceptor was a good role model for safe and competent clinical practice |  |  |  |  |  |  |
| I felt comfortable asking my preceptor questions |  |  |  |  |  |  |
| The preceptor provided me with regular constructive feedback on my practice |  |  |  |  |  |  |

**Additional comments:**

P**lease return this form to Charge Nurse Manager or Clinical Nurse Educator**