

ROLES IN NATIONAL MENTAL HEALTH PROGRAMME

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Abstract

In India, National Mental Health Programme (NMHP) was started in 1982 with the primary objectives of ensuring availability and accessibility of minimum mental healthcare for all. India is the first developing countries to formulate the National Mental Health Program (NMHP) based on the principle of decentralized and deprofessionalized mental healthcare. The District Mental Health Program (DMHP) was launched under National Mental Health Program in the Year 1996. DMHP Early identification and treatment for mental illnesses in the community by active case identification by health workers, conducting periodic mental health camps in each Taluka of the district. The current DMHP has more scope for the nurses to deliver mental health services as psychiatric nurse and community nurse.

Keywords: National Mental Health Programme, District Mental Health Programme.

INTRODUCTION

The Govt. of India Launch the national mental health programme in 1982. Keeping in view the heavy burden of mental illness in the community and inadequate of mental health care infrastructure in the country to deal with it. Mental health is an integral and essential component of health. World health organization defines the mental health as “state of well-being in which an individual realizes his or her own abilities, can cope with the normal stressors of life and can work productively and is able to make a contribution to his or her community.” In this positive sense, mental health is the foundation for individual well-being and the effective functioning of the community. Globally the mental health problems are rising and the burden of illness resulting from the psychiatric and behavioral disorders is enormous.

The **District Mental Health Programme** was added to the Program in **1996**.The programme was re-stratized in 2003 to **include Two schemes:**

- Modernization of State Mental Health Hospitals.
- Upgradation of Psychiatric wings of Medical Colleges\General Hospitals.
- In August 1982, the Central Council of Health had approved NMHP framework and made India as one of the first nations in developing countries to formulate NHMP.

OBJECTIVES OF NMHP

1. To ensure availability and accessibility of minimum mental healthcare for all in the foreseeable future, particularly to the most vulnerable and underprivileged sections of population.
2. To encourage application of mental health knowledge in general healthcare and in social development.
3. To select essential elements for mental health care.
4. To distribute all the available resources of mental health services on equal basis.
5. To promote community participation in the mental health service development and to stimulate efforts toward self-help in the community.

DISTRICT MENTAL HEALTH PROGRAMME

The Ministry of Health and Family Welfare, Government of India, formulated the District Mental Health Programme (DMHP) based on the "Bellary model." In 1996, DMHP was started in 27 districts across the country with the objectives.

1. To provide sustainable basic mental health services to the community.
2. Early detection and treatment of mental illness in the community itself.
3. To reduce the Burden of mental illness by change of attitude through public health education.
4. To reduce pressure on psychiatry departments in teaching/mental hospitals.
5. To integrate mental health services with primary healthcare services.
6. Treatment and rehabilitation within the community, of patients, discharged from psychiatry units, by adequate provision of medicines and strengthening family support system.
7. To detect/manage/refer epilepsy cases, ensure supply of antiepileptics, and reduce the stigma/misconceptions about epilepsy in the community.

STRATEGIES

1. Extension of DMHP to 100 districts.
2. Upgradation of Psychiatry wings of Government Medical Colleges/General Hospitals.
3. Modernization of State Mental Hospitals.
4. Information Education and Communication (IEC).
5. Monitoring and Evaluation.
6. Eradicating stigmatization of mentally ill patients and protecting their rights through regulatory institutions like the Central Mental Health Authority, and State Mental Health Authority.

ROLE OF NURSES

Job title

Psychiatric nurse Responsibilities: -

To examine and manage healthcare needs of the mentally ill client. To provide inpatient care to the mentally ill client.

To do the outreach activity/plan and manage psychiatric clinics.

To assist the Mental status examination, ECT and other psychiatric care facilities.

Job title: Community mental health nurse Responsibilities: -

Community mental health nursing (CMHN) is the application of Knowledge of psychiatric nursing in preventing mental illness, promoting and maintaining mental health of the people. It includes early diagnosis, appropriate referrals, care and rehabilitation of mentally ill people.

Job title: Psychiatric Home Care Nurse Responsibilities: -

Psychiatric home care nurses provide holistic psychiatric nursing care on a visiting basis to people needing assistance.

These nurses provide comprehensive care, including psychiatric and physical assessment, direct nursing care, psychoeducation, crisis intervention.

THE WAY FORWARD FOR PSYCHIATRIC NURSES IN DISTRICT MENTAL HEALTH PROGRAMME: -

1. Opportunities to get involved in PPP model activities
2. Running day center with the support of DMHP
3. Starting of residential/long-term continuing care center with financial support from DMHP

4. Involvement in teaching activities
 - i. Life skills education and counseling in schools
 - ii. College counseling services
 - iii. Workplace stress management
 - iv. Suicide prevention services.
5. Conducting independent research in NMHP evaluation.

CONCLUSION

Last 35 years of learning from NMHP, it is observed that the focus on community mental health is of the highest importance. Hardly, one-third of districts in India are covered under DMHP (241 out of 718), which show a long way to go in future to cover entire districts, and the service utilization is also to be strengthened. While focusing on rural mental health, the urban mental health needs to be addressed equally; hence, NMHP has been gradually been mainstreamed into National Health Mission (National Rural Health Mission and National Urban Health Mission). Psychiatric nurses have great scope to convert all these challenges into opportunities and being part in achieving national goal.

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