## Mental Health Nursing Key Priorities to Ensure Patients Safety

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# **Key Drivers of this report**



# **Mental health - definition**

Mental health is not just the absence of mental illness. It is defined as a state of well-being in which every individual realizes his or her own **potential**, can **cope with the normal stresses of life**, can work **productively** and fruitfully, and is able to make a **contribution** to his or her community. (WHO, 2007)

# **Scope of mental illnesses**





Nurses play a **critical role** in the provision of mental health **emergency** and **community** services and **supporting individuals** with **mental disorders**.

It is essential to develop an emergency nursing plan targeting people with mental illnesses, this begins with understanding the gaps, local needs and implementing evidence-based interventions best on best practices.



- Qualitative: Focus groups, indepth interviews.
- Quantitative: Survey, hospital, mortality data.
- Quantitative: Artificial Intelligence (AI) Estimates are based on research from national and international documents.



We performed structured in-depth interviews and focus groups with mental health professionals working at:

- Al Jalila hospital (AJH).
- Dubai Autism Center (DAC).
- Dubai Rehabilitation Center for Disabilities.
- Latifa hospital.
- Primary Health Care (PHC).
- Private Sector Healthcare (PSH).
- Rashid hospital (RH).

Identified **Physicians, Psychiatrists, Psychologists, Nurses, Managers** were invited to participate in these sessions.

## **Participants**

Qualitative approach – Number of mental health expert including physicians, psychiatrists, psychologists, managers and others participants and their institutes





We used a quantitative analysis approach, using **available data where possible**.

A major objective is to **quantify mental disorders**, and to assess how these **vary between groups**.

We looked at **local surveys**, **mortality** and **hospital** data.



\* This report simply applies the Artificial Intelligence (AI) predictions to the population of Dubai, without any adjustment for local conditions.

\* It is intended to help stakeholders discuss the scale of the issue locally.

#### School age children – Mental health (ADHD)

In the UAE, according to health experts; school children are wrongly being branded "naughty" and at risk of being expelled instead of being treated for a psychological disorder.

There are no official figures for the UAE but it is suggested that; **1 or 2 per cent** of school–age children have had the disorder diagnosed, although the true figures could be between **3 and 5 per cent** of children with the condition.



It is suggested that Half of the children with Attention Deficit Hyperactivity Disorder (ADHD) have yet to have the condition diagnosed. This may be due to lack of awareness and stigma.

#### School age children – Mental health (Autism Spectrum Disorder)

	Nationals	Non–Nationals	Total
2011	60	119	179
2012	61	130	191
2013	60	138	198
2014	58	141	199

- Autism is the most common of the Pervasive Developmental Disorders, affecting an estimated 1 in 146 births (0.68%) (Based on estimations by the Dubai Autism Center).
- □ If DAC estimates on autism incidence (0.68% among births) were applied to the number of total births in Dubai 2014 as provided by the Health Data & Information Analysis Department DHA, it will be estimated about **199 children (of which 58 will be Nationals and 141 Non–Nationals)** are suffering from autism at some stage.

These figures are likely to fluctuate.

Number and percentage of cases assessed by Dubai Autism Center (DAC) for autism spectrum disorder (ASD) by age band, September 2014 – June 2015



It can be seen that 16.4% of children (through their families) seek help for ASD assessment between the age group 6–18+. It is critical to understand and address factors for seeking late-stage diagnosis, as ASD can be diagnosed much earlier and how many of these later presenters are actually diagnosed with ASD.

#### **Eating disorder**

	Number of Estimated number of girls ag	
	girls aged 13–19 with anorexia nervosa in	
	13–19	Dubai (1.8%)
2011	45,706	823
2012	49,976	900
2013	53,448	962
2014	57,178	1,029

If the national prevalence from an Al Ain University study (prevalence of **1.8%** with anorexia nervosa among girls aged **13–19 years**), was applied to the resident Dubai population for 2014 (without any statistical adjustment for population structure or attributes) there would be an estimated **1,029** girl aged **13–19** years affected with anorexia nervosa.

	(	Girls aged 13–19			
		Estimated number of girls			
		aged 13–19 with bulimia nervosa in Dubai (2–3%)			
	Population				
		2%	3%		
2011	45,706	914	1,371		
2012	49,976	1,000	1,499		
2013	53,448	1,069	1,603		
2014	57,178	1,144	1,715		

There is no local prevalence data available for bulimia nervosa. Estimated prevalence of bulimia nervosa vary between **1.1-4.2%** of females. National Institute of Mental Health, NIMH estimate the rate of **2–3%** of young women.

Assuming 2–3% of young girls have bulimia nervosa, there would be 1,144– 1,715 girls aged 13-19 years with this condition in Dubai in 2014.

- It is important for Physicians, Nurses, Carers, people or working with disabled children centres in Dubai to be focused on identifying mental illnesses among these people as early as possible to provide them with the right medical care and social services.
- The experts summarised the main mental conditions among different age groups stating that:
  - Younger children with disability have higher prevalence of conduct issues.
  - While children in the higher age groups are more frequently diagnosed with depression and psychosis disorders than the younger age group. They linked this to physiological development.

## School age children – Mental health nursing



10-20% of all school-aged children have Mental, emotional or behavioural problems. Therefore, effective school health strategies is needed and implemented by nurses who are qualified and experienced in dealing with mental illnesses. Nurses should be to able to identify Depression, Anxiety, Eating Disorder, ASD, ADHD.

#### **Trained mental health nurses**



There is a need for a certified mental health training course recognizing mental health nursing as a speciality of its own.

#### **Community mental health care service**

- □ There is a need for a children **community care service**. A nurse led service although psychologists, psychiatrists and social workers are involved targeting patients in community treatment setting rather than hospital.
- □ Integrated Mobile Crisis Response Team helps children and families who are experiencing immediate concerns related to mental health and addiction issues.
- Awareness programs: Public Health assist the local population and/or groups by providing appropriate educational programs. This includes public health campaigns and the education sessions that target mental health, focus mainly on mood disorders (anxiety, stress and depression) and in ensuring people to have access to high quality services and support.

## **Other key Findings**

- Mental Health Act establishing a mental health act was considered to be huge milestone, which was needed to protect the rights of the patient and also a cornerstone on which to build a mental health infrastructure made up of community and hospital interventions and services.
- The group indicated that the most common substance misuse they come across among adolescents were midwakh and khat while the most examples of drug misuse were Tramadol and Benzodiazepine.
- It was identified that adolescents diagnosed with ADHD are more likely to smoke cigarettes than other conditions and be involved in risky behaviour, which is consistent with research which reports ADHD is associated with early initiation of cigarette smoking in children and adolescents (Melberger at al 1997).
- Need to raise awareness about the mental health services provided by different professionals and how they contribute to patient care.

## **Learning Objectives**

- □ To provide a baseline of the current picture of mental health in Dubai, which can then be used to measure the impact of interventions or service development.
- □ How to use artificial intelligence to support mental health services.
- To identify main nursing challenges for children aged schools and identify main mental illnesses among children such as Autism and ADHD.
- □ To identify the gaps on mental health services for children.

# No Health Without Mental Health

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## Thank you.

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