DEVELOPMENT OF RESOURCE MATERIAL AND TRAINING OF TRAINERS PROGRAM FOR PSYCHIATRIC NURSES UNDER NATIONAL MENTAL HEALTH PROGRAM (NMHP) IN INDIA

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Introduction & Background:

The National Mental Health Survey 2015-16 brought to light that nearly 150 million Indians are in need of active mental health interventions. A huge treatment gap exists for all types of mental health problems: ranging from 28% to 83% for mental disorders and 86% alcohol use disorders. According to the Mental Health Atlas 2017, workforce in India (per 100,000 population) include psychiatrists (0.29), nurses (0.8), psychologists (0.07) and social workers (0.07). The Ministry of Health and Family Welfare (MoHFW), Government of India (GoI) is expanding the reach of services under the National Mental Health Program (NMHP) by strengthening the existing primary health care systems, primarily through building the capacities of the health workforce. Nurses take up vital roles in the community and are the best resource force.

The nursing faculty from the National Institute of Mental Health and Neurosciences (NIMHANS), Bengaluru, India in collaboration with the WHO (India Chapter) and the Ministry of Health & Family Welfare (MoHF&W), Government of India (GoI) sought to address the treatment gap by conducting a Trainer of Trainers (ToT) program for the District Mental Health Program (DMHP) nurses in various states of India.

Source: Gururaj G, et al. NMHS 2015-16 Prevalence, Patterns and Outcomes. NIMHANS Publication No. 129, Bengaluru, 2016.
Mental Health Atlas 2017. Geneva: World Health Organization; 2018.

Aim: To improve the quality of mental health services, at different levels of public health facilities, within the framework of NMHP

Objectives:

- 1. To create a pool of master trainers for training nurses on psychiatric nursing at the sub-national level
- 2. To evaluate the effect of the training program on the knowledge level of the master trainers
- 3. To understand nurses perception of the facilitators and barriers in delivering quality mental health services to the community .

Materials and methods: Nurse representatives (n=22) from 22 various states of India were purposively selected by the respective state program officers and deputed to the ToT program organized at NIMHANS by the Department of Nursing in collaboration with MoHFW and WHO (India). A self-developed knowledge questionnaire and open-ended questions seeking to understand the nurses perception about the facilitators and barriers

Results of Quantitative analysis:

There was significant (p<0.001) increase in knowledge from 12.14 ± 4.31 to 17.68 ± 2.10 at the end of the program (Fig 1 and Table 1).

Results of qualitative analysis:

Five open-ended questions helped elicit the participants perception of facilitators and barriers while offering services to PwMI. These questions are listed here with the most common responses as follows: (1) What is the best thing you like in your work environment/What are the motivating factors that keep you going to your work daily? Majority (36%) stated that it was their relationship with the PwMI and the community (2) How do you feel while caring for patients with mental illness? Many of them (31%) felt disturbed and sad. (3) Have you ever faced any difficulty while taking care of patients with mental illnesses? If so what are they? Majority (36%) faced difficulties in handling the violent and aggressive behavior of the PwMI. (4) What would be your suggestions to overcome those difficulties? Two common strategies offered were – adequate man-power (18%) and collaborative partnership with the family of the PwMI and the psychiatrists (18%).

(5) What support do you want from others, e.g. mental health professionals, government & society? An equal number (14%) verbalized a need for in-service education programs, recruitment and adequate utilization of nurses and a positive work environment.

Table 1:

Variables	Pre-test		Post-test		Std. Error Mean	t-value	df	p-value
	Mean	SD	Mean	SD				
Knowledge	12.14	4.31	17.68	2.10	0.75	-7.37	21	<.001***

Conclusion: This is a collaborative initiative to improve the quality of mental health services at different levels of public health facilities, within the framework of NMHP. Hopefully, empowering nurses can become a powerful strategy to address the treatment gap for mental health issues in a developing country like India.