

Mental Health

Key Message

Mental illness is one of the major public health challenges in Scotland. Around one in three people are estimated to be affected by mental illness in any one year. Improving mental health is a priority for the Scottish Government.

The effective practitioner needs to consider the holistic needs of their patient. This means appreciating and tending to the emotional as well as the physical needs of those in our care. To complement and develop knowledge on mental health and wellbeing you may wish to start exploring some of the resources contained in this page.

What does this mean for the Effective Practitioner?

Mental health is everybody's business. The effective practitioner views the whole person in their care and must consider not only physical, but mental well being. This enables the delivery of holistic care and therefore better outcomes.



Learning Activities



Practice

You should explore the resources and signposts available on this page and consider a situation when you or your team had to care for someone with significant mental health needs. Reflect on the following points with a colleague (or in a clinical supervision session):

- What elements of the care/intervention do you feel went well and why?
- What do you feel could have been better?
- What proactive actions could you take to build on effective practice?
- Consider how you may share any reflections/learning.

Related KSF core dimensions: communication, Service Improvement and Quality.

Notes



The environment

Consider your environment and service journey from the view point of a patient with significant mental health needs. How might your area/pathway impact on the patient? You may wish to consider using a tool such as a [Service Safari](#).

- Discuss your thoughts on this exercise with a colleague?
- What did you feel were the strengths/needs of the environment or service journey?
- What practice changes could you test to see if they improved patient experience?
- Consider how you may share any reflections/learning.

Related KSF core dimension: Service Improvement, Communication, Quality and Personal and People Development.

Notes



Wellbeing

The CNO recent publication, the [2030 vision](#) on the future of nursing, highlighted the need to consider the well being of staff. Staff across the country have also been trying to integrate “[what matters to you?](#)” philosophy into their day to day practice (such as team meeting agendas).

- How do you take time to look after yourself?
- How do you contribute to the wellbeing of your colleagues?
- What small changes in your own or team practice could have an impact on wellbeing in your team (for inspiration look at the [15s30m](#) initiative)
- Do you feel able to discuss mental health with colleagues? (why not explore the [See Me](#) pages?)

Related KSF core dimensions: communication, Personal and People Development.

Notes