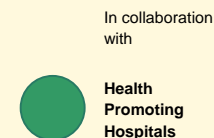


Mental health promotion in Health Promoting Hospitals: Is there need for, and interest in, a working group?

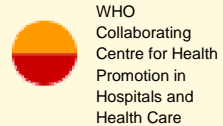
Christina Dietscher
Jürgen Pelikan

**WHO Collaborating Centre for Health Promotion in
Hospitals and Health Care, Vienna, Austria**



Contents

- The context: Mental health promotion (MHP) high on the European agenda
- What role can the hospital play with regard to the high public health relevance and in relation to WHO and EU strategies?
- How could a working group support HPH activities in the field?
- (MHP for hospital staff)



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The context: Mental health promotion (MHP) high on the European agenda



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**„There is no health without
mental health“**

(World Federation on Mental Health)



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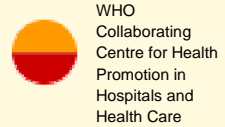


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Proposed definition of mental health promotion

Mental health is about ...

- ... well-being and well-functioning
- ... mentally (i.e. emotional, cognitive, evaluative)
- ... in everyday life.



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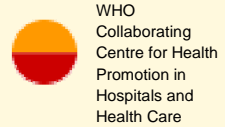


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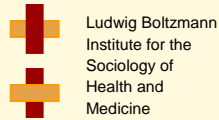
Epidemiological data

- Mental disorders represent a huge burden to society and public economies
- Up to 25% of adult EU citizens concerned
 - Fears and depressions (30 Mio.)
 - Alcohol problems (21 Mio.)
 - Alzheimer & co. (7 Mio.)
 - Schizophrenia, manic-depressive disorders, panic disorders (4 Mio., resp.)
 - Stigmatisation an additional problem for people concerned
- More deaths from suicides than by road accidents in the EU (58 000 people)
- 3-4% of GNPs lost (absenteeism, treatment related costs)

(according to EU)



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Agenda setting for mental health promotion in Europe

- Since 1997: Intensified political discussions on mental health in Europe – initiated by Finnish EU presidency
- 2003-2008: Mental health explicit topic of public health programme of EC
 - 2005: European Green Paper on Mental Health Promotion
 - 2006: European Parliament resolution on improving the mental health of the population + Recommendations of EU Consultative Platform on Mental Health
 - Many EU projects on MHP
- 2005 (January): WHO Conference of Health Ministers – Launch of:
 - Mental Health Declaration for Europe
 - WHO Mental Health Action Plan



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WHO Mental Health Action Plan (2005)

1. Improve awareness on importance of mental well-being
2. Reduce stigma, discrimination, inequality & enhance empowerment and support
3. Actively involve people with mental health problems and their families in the process
4. Development and implementation of comprehensive and efficient systems for mental health (including health promotion, prevention, treatment and care, rehabilitation)
5. Training of competent experts
6. Respect experiences and knowledge of those concerned as an important basis for planning and development of specific offers and measures

<http://www.who.dk/document/mnh/edoc07.pdf>



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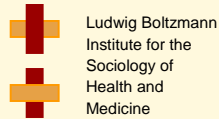
„IMHPA“ action areas (2005)

1. Support of parents and families in the early life years
2. Mental health promotion in schools
3. Mental health promotion at the workplace and prevention of work related stress
4. Mentally healthy ageing
5. Specific attention to groups at risk (vulnerable groups)
6. Prevention of depression and suicide
7. Prevention of violence and negative consequences of substance abuse
8. Cooperation with primary and secondary health care sector
9. Reduction of (social) inequality and stigmatisation
10. Cooperation with other sectors in order to create supportive frameworks

IMHPA = „Implementing Mental Health Promotion Action“, one of the EC projects on mental health



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Options for action according to EU Green Paper

- Promoting mental health and addressing mental ill health through preventive action
 - Promoting Mental Health
 - Building mental health in infants, children and adolescents
 - Promoting mental health in the working population
 - Promoting mental health in older people
 - Targeting vulnerable groups in society
 - Preventing mental ill health
 - Preventing Depression
 - Reducing substance use disorders
 - Preventing suicide
- Promoting the social inclusion of mentally ill or disabled people and protecting their fundamental rights and dignity
- Improving information and knowledge on mental health in the EU

(European Commission 2005)



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EU priority areas according to EU consultative platform on MH

- Foster awareness of the importance of mental well being
- Collectively tackle stigma, discrimination and inequality, and empower and support people with mental health problems and their families to be actively engaged in this process;
- Design and implement comprehensive, integrated and efficient mental health systems that cover promotion, prevention, treatment and rehabilitation, care and recovery;
- Address the need for a competent workforce, effective in all those areas;
- Recognise the experience and knowledge of service users and carers as an important basis for planning and developing services.



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What role can the hospital play in mental health promotion with regard to the importance of the issue, and in relation to WHO and EU strategies?

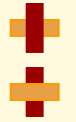


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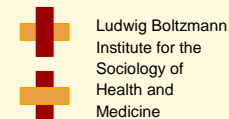
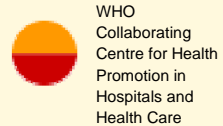
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Why MHP in hospitals?

- Problems around MH are generally on the increase
- Data suggest an above-average prevalence in hospital patients and staff.
- There is evidence from psychoneuroimmunology that mental well being influences physical health, recovery after disease, and workability of staff.
- Expertise on health including mental health is at least partly available in hospitals
- Despite that, mental health & well-being are often neglected in hospitals because of ...
 - Traditional orientation of health care at physical health
 - If oriented a „mental issues“, then disease-specific (psychiatric health care) – not at well-being
 - Orientation towards patients → neglecting of staff health issues, including MH



What determinants do influence mental health?

Situative risks and resources, e.g.:

- * Social security (unemployment, ...)
- * War / peace
- * Availability of specific services and infrastructures
- * Cultural values
- * ...



Personal risks and resources, e.g.:

- * Genetic predispositions
- * Negative / positive experiences
- * Socio-economic status
- * Loneliness / social network
 - * Level of education
- * (lack of) personal skills
 - * Personal lifestyles
- * Sense of coherence
- * Level of self efficacy
- ...

What determinants can be influenced by hospitals?

Situative risks and resources, e.g.:

- * **Social security** (unemployment, ...)
- * War / peace
- * **Availability of specific services and infrastructures**
- * **Cultural values (in the hospital setting)**
- * ...

Personal risks and resources, e.g.:

- * Genetic predispositions
- * **Negative / positive experiences**
- * Socio-economic status
- * Loneliness / social network
 - * Level of education
 - * **MH literacy**
- * **(lack of) personal skills**
- * **personal lifestyles**
- * Sense of coherence
- * Level of self efficacy
- ...

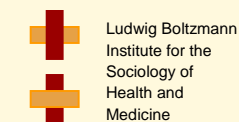


18 HPH core strategies – a framework for comprehensive MHP



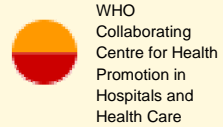
HP for... HP by ...	Patients	Staff	Community
Self-preservation of M-health	Living in the hospital PAT-1	Worklife in the hospital STA-1	Access to hospital COM-1
Co-production of M-health	Treatment & care PAT-2	Work processes / routines STA-2	Continuity of care COM-2
Supportive Hospital setting	„habitat“ PAT-3	Working environment STA-3	Regional environment COM-3
HP M-disease management	Disease management PAT-4	Disease management STA-4	Disease management COM-4
MHP lifestyle development	Lifestyles for patients PAT-5	Lifestyles for staff STA-5	Lifestyles for community COM-5
MHP community development	Supportive region PAT-6	Supportive region STA-6	Supportive region COM-6

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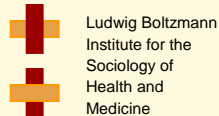


5 HP standards – one way to link MHP to hospital quality management

1. A written policy
 - Include mental health promotion
2. Patient assessment
 - Assess for mental health needs
3. Patient information and intervention
 - Pay attention to MH needs of patients
4. A healthy workplace
 - Mental health promotion at the workplace
5. Continuity and cooperation
 - Support continuous mental health promotion also after discharge



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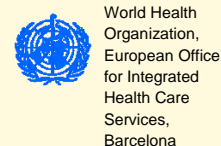
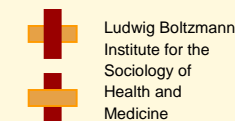
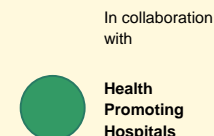
MHP needs of patients

Epidemiology and problem areas

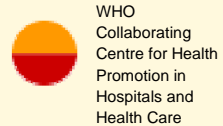
- 1 in 4 patients visiting a health service has at least one mental, neurological or behavioural disorder (WHO-Euro)
- Most of these remain unnoticed and untreated
- MD are co-morbidities in many serious / chronic diseases
- In addition, hospital admission is a mental health risk in itself (crisis / stressful life event)

What hospitals can do:

- Reduce MH risks in the hospital – provide patient centred services and train staff in communication
- Screen for MH risks at admission
- Provide information to increase MH literacy
- Provide support structures (e.g. for terminally, seriously and chronically ill patients)
- ...



MHP needs of staff



Epidemiology:

- No comprehensive European data, but evidence that hospital staff, especially nurses and clinicians, suffer from above-average
 - Distress
 - Emotional exhaustion
 - Burnout
 - Addiction and other psychiatric morbidity
- Hospital staff represent ~ 5% of the European work force!

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What hospitals can do: Reduction of work-related stressors by

- Offers for individual support / treatment +
- organisational attempts to reduce work stress (including more assistance for staff who have a conflict between their managerial role and clinical role)



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MHP needs in the community

- Prevalence of MD in the adult European population is estimated ~ 20-25%
- Further increase is predicted
- Despite the epidemiological relevance a tabooed topic
 - MH literacy is comparably low
 - it is still difficult to seek help if affected

What hospitals can do:

- Support awareness raising, anti-stigmatisation, and development of MH literacy
- include MH issues in health fairs, information campaigns etc.
- ...



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How could a HPH working group improve MHP in hospitals?



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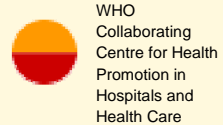
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Diagnosis

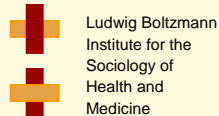
- Mental health promotion is of high public health relevance
- MH is therefore on the agenda of WHO and EU
 - Strategies see a clear role for health care and hospitals
- Hospitals are concerned themselves on an above-average level
- Models for contributions of hospitals to MHP of patients, staff and community are partly available

BUT:

- MHP in hospitals is not well developed

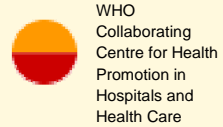


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What could a working group contribute?

- Agenda-Setting (e.g. by conference workshop, by HPH Newsletter contributions)
- Collection and distribution of existing models of good / available practice
- Facilitation of capacity building and training
 - E.g. specific conference workshop
 - Organisation of (self-financed) training workshop
- Preparation of an EU project
- ...



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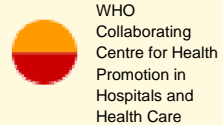
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Therefore:

- Proposal to implement an MHP working group in HPH
- Proposal for a WG action plan:
 - Decide on a specific topic to work on during the next year
 - Prepare a workshop (or series of sessions) for the Berlin HPH conference in May 2008 – this may include:
 - Presentations of models of good / available practice
 - a specific training workshop
 - Prepare Newsletter contributions to introduce the WG and the results of the Berlin conference
 - Submission of a project proposal for the EC Public Health Programme in 2008
- Open questions:
 - Is there interest in such a group?
 - If yes, what topic to start on?



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Thank you for your attention!

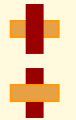


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