

# Horatio Bulletin

May

2011

Issue 1



## Introduction

### Special issues of interest:

- Events
- The Turku declaration
- EU projects
- Website news
- Social network

Over the past months the association has proven to be productive in terms developing and sharing different type of policy documents and the participation in several high level EU related events. The number of countries involved in the association is on the increase and the representation is getting more balanced over the various European regions. In addition to this Horatio has a key role in the dissemination process of an evidenced based e-learning project (e-PsychNurseNet) for nurses in acute psychiatric facilities. This EU Leonardo da Vinci project is established in collaboration with stakeholders from 8 different European countries. A quality improvement initiative as such is a good sign for both nurses and the patient they care for. Besides this fruitful development we have learned that other international collaboration initiative like this are on the increase in other areas as well. One of the major challenges is to enhance the quality of community psychiatric care, collaborative care and family involvement in treatment. Nurses are key officers in the continuity of psychiatric care and their expertise have proven to be highly respected by other stakeholders. The evidence for this is getting more explicit in the representation of the profession in various Pan European expert and practice development groups. The Horatio board would like to learn from all those sorts initiatives and invites colleagues to share this with us by brief reports or interviews. In the mean while the Slovakia Republic has applied for membership and more about this new group entering our association in the next bulletin. We hope you value our updates and kindly invite you to provide us with information which may be interesting for your colleagues across Europe. Please send your input to the e-mail address mentioned on our website.

## European Psychiatric Nursing Conferences:

### *2nd European Festival of Psychiatric Nursing, Stockholm 2012.*

The Conference will be held at September 20-23, 2012 in Stockholm.



Join with people from across the world interested in exploring, expanding and building upon the spectrum of what is known about mental health and mental illness; prevention, intervention and research. The intention of this conference is to generate inclusive dialogue and stimulate new conversations on all aspects of mental illness.

The official conference page with further information: [www.psykriks.se](http://www.psykriks.se)

## Turkey September 2011

The 1st International 5<sup>th</sup> National Turkish Psychiatric Nursing Congress

We will be honored to see you among us at the "1st International 5th National Psychiatric Nursing Congress" to be held on 22-24 September 2011 by the Turkish Psychiatric Nurses Association and Marmara University, Faculty of Health Sciences, Psychiatric Nursing Department.

The theme of the "1th International 5th National Psychiatric Nursing Congress" for 2011 is "From Theory to Practice". The congress, where the theoretical and practical developments in Psychiatric Nursing worldwide and in our country will be addressed in various conferences and panels, will also include courses and workshops like every year. We strongly believe that conference and panel sessions, workshops, verbal and poster presentations of the congress will be enriched by your contributions.

Looking forward to seeing you in Istanbul that will fascinate us with its unique beauties...  
President of the Congress Yasemin Kutlu and Gül Ünsal

For more information: [www.phkongresi.org](http://www.phkongresi.org) and [www.phdernegi.org](http://www.phdernegi.org)



## Conference Finland May 2011

The 1st European Conference of Mental Health Nursing in Finland is organized at May 23.-25.2012 (Helsinki). The core theme of the conference "the critical role that nursing plays in the development of innovative mental health care". The Conference will be organized and funded entirely by nurses so the nursing point of view will be represented clearly.

Link: [www.nurses.fi](http://www.nurses.fi)



## Good examples in the bulletin.

In all kind of psychiatric institutes and wards around Europe, nurses are often confronted with situations which need a solution or an approach which are not described by evidence or standard procedures. Nurses very often find solutions by using creativity or a very personal approach serving the client with good care. They are often also determent as the right approach, on the right moment, on the right time by the right person. This can be done by an instant or an idea of a student, who was given the opportunity to give a proposal a try and eventually works out right for the client, a way of thinking 'out of the box' but with great results. The editorial staff of the Horatio - Bulletin would very much welcome to make these small miracles public. These personal significant examples have often contributed to good examples to others and gave a personal boost in professional developments.

**Quote:** *Those that know about things and more, they do. However those who understand, they teach. –Aristotle*



Martin Ward  
Advisory Member, Horatio Board  
Chair, Horatio Expert Panel of Psychiatric Nursing

Some of you will no doubt have seen on the website the declaration document (<http://www.horatio-web.eu/downloads/Position-statement-The-Turku-Declaration-19-11-2010.pdf>) and hopefully read its introduction. I should like to update you on where we are with this work and also to provide a brief background to its development and intention. During 2010 in various discussions within the Board and between certain members of the Expert Panel it became evident that Horatio needed to explore a professional role initiative in support of some of its other activities. Horatio had been invited by the Cyprus member to provide an evidential report concerning the changes being made to the preparation of their Psychiatric and Mental Health Nurses (PMHNs). It was during the production of this report that it became clear the lack of European harmonisation of PMHN qualifications was a serious barrier to the profession's development across the region. It was agreed at the board meeting held in Turku, Finland, November 2010 that Horatio needed to take responsibility for this issue as the representative of European PMHN. A brief strategy was outlined at this meeting which included the first draft of the Declaration. Further drafts of this will be undertaken over the next few months involving other stakeholders and the whole of the Horatio Expert Panel

### ***The purpose of the Declaration***

The purpose of the document is to provide a framework of reference for the work carried out by PMHNs which other disciplines do not do. It is not intended as a catalogue of all the work PMHNs carry out because this would be an exhaustive document, and besides it has been produced several times before, both in Europe and worldwide, and has never proven to progress the understanding of what differentiates PHMNs from either other disciplines or their general nursing counterparts. It is hoped that this document will serve several different functions.

Firstly, to act as a framework for the PMHN work.

Secondly, to provide the benchmark for both clinical and academic auditing in terms of skills required/needed for nurses to be regarded as PMHN.

Lastly, to act as an information source for discussions concerning the harmonisation process which Horatio intends to embark upon with a variety of European stakeholders, most notably within different departments of the EU Commission.

### ***The future strategy***

This is only the first stage of the intended strategy. It is Horatio's intention to undertake two European-wide scoping exercises to explore the preparation and work of its PMHN workforce, using the Declaration as the basis of the audit tool for the latter of these two. It is hoped that work on these can begin by the end of 2011 using the infrastructure of Horatio itself. We will be seeking partners in this work, from interested universities, Health Departments and both national and international organisations related to mental health. Additionally, we will also begin work devising the strategy for influencing the harmonisation agenda .

### ***The need for this initiative***

PMHNs remain one of the very few professional health groups who as yet do not have compatability throughout Europe for their preparation and employment. In effect, this contravenes European freedom of movement for citizens and impedes the growth and

development of a highly skilled European PMHN workforce. Various attempts have been made by different bodies in the past to reconcile this situation but to date none have been successful, At present some well trained PMHN who are educated to BSc level as PMHNs in one or two European countries cannot even practice in others, whilst those with little or no preparation in mental health care are free to gain employment almost everywhere. This inequality is both counterproductive for the growth of mental health services as well as divisive for the profile of PMHNs as the key care providers Whilst of course most nurses do not gain qualifications as a passport to travel the mutual recognition of their qualifications is a fundamental right under the Bologna Agreement.

Horatio feels that it has a new approach to what has become an old problem. As the representative body of the majority of PMHNs in Europe we feel that we have a responsibility to carry this agenda through to an equitable conclusion that most benefits all parties. Please check the progress of this work on the website and make your contribution to it via our Twitter page. Your comments are vital to getting this work right for once and for all.

### Horatio and EU projects

#### **Collaborative work with EUFAMI, the European Family Member Association**



Like in 2009 during the conference on support for children of parents with severe mental health problems, Horatio is again invited to play an active role in an EUFAMI conference. In September 24-25 Basel University, Switzerland will host the “Community Care, a blessing or a curse” conference. As mental health nurses provide (preferably outreaching) 7days a week x24 hour care this event is relevant for Horatio. Especially this is an opportunity to share views and findings on how family members perceive community care in a wide variety of situations and which joint actions need to be undertaken to improve the quality of community care. More information can be found on the following website: [www.eufami.org](http://www.eufami.org).

#### **Leonardo da Vinci funded Europe wide e-learning program for in-patient mental health nurses:**



**Lifelong Learning Programme**



Horatio is involved in the process of updating and dissemination of an evidence informed e-learning program (ePsychNurseNet). The course has been initially developed by stakeholders from Finland, Portugal, England, Ireland, Italy and Lithuania and is now extended to other language areas such as German and Dutch speaking countries. In the current second phase of this project the existing program will be updated, translated, and tested in clinical practice in 8 different EU countries. In the coming month's an ePsychNurseNet public website and several symposia and policy forums will be available across Europe. We will frequently provide *ePsychNurseNet* updates at our website.

## EU Mental Health Pact Process:

*In March 2011 the German government hosted the Pan-European thematic conference on mental health the workplace Berlin. This event was attended by representatives of Healthcare Ministries, Non Governmental Organizations (NGO's) and experts from various academic centers. As in all the EU mental health thematic which have been organized, Horatio was formally invited to contribute in this joint work with all those stakeholders. Mental health well being the workplace is highly relevant for nurses in mental health domains. This theme can be approached from two main perspectives: A.) the workplace environment in mental health being can be promoted or protected , B.) combating unhealthy working circumstances which can result in traumatic experiences, burn out and social exclusion. These concepts are relevant both to healthcare workers as their patient / service users. In this process Horatio is fully involved in the establishment of recommendation documents for EU policy makers. In Brussels recently a multi stakeholder expert platform on mental health with a , focus on depression has been established to refine and update the current policy documents on depression management. The uniqueness of this platform is that a wide variety of Pan European health care professional bodies and patient and family advocacy groups work together on several recommendation documents. More background information on the EU mental health pact process can be acquired at the following website:*

[www.ec.europa.eu/health/mental\\_health/](http://www.ec.europa.eu/health/mental_health/).



**Quote:** *The definition of insanity is doing the same things, over and over again and expecting different results' - Albert Einstein 1879 – 1955*

## Website news

The website is frequently evolving just like the Horatio organization itself. At the homepage & News section we only will publish news about Horatio. Other information about congresses will be found at the Calendar page. Major Horatio events , such as the festival, will appear in the top right section of the home page.

- Calendar. This area will be for congresses, conferences and other events in Europe and for Horatio partners world-wide. At the bottom of the page there is a section about how issues can be addressed to the webmaster for publishing on the website.
- Downloads presentations. After the congress in Prague, all presentations were published on the website. However, we discovered that these presentations take up a lot of storage on the website (some presentations have several Mb), is relatively costly and after a year since the event are not very often visited anymore. Because these presentations hold a great deal of information which should be accessible to all we have chosen an alternative way to make them available. Soon all presentation will be stored on the PC of Horatio with only the full overview published on the website in a single PDF file, (including the presentations of the Festival of Malta 2008). After congresses we will ask the participants to forward their presentation with a brief description of 20 words. Those interested in certain presentations can contact the Horatio Office by email, with a request to forward one or more presentations, or in larger numbers on a CD by post. They will also be available at congresses, conferences and festival where we will have an Horatio Information Centre. All other documents will remain on the website.
- Horatio Information Centre. During the Horatio Festival and other congresses or conferences where Horatio is involved, the Horatio office and member administration

section will be present. You will find printed bulletins, significant document in printed version and information about becoming a member. The available PowerPoint's will be available for downloading on the spot.

- Position papers. Currently Horatio have made the two following documents available on the website for discussion within the mental health nursing community:
  - The Turku Declaration, roles and responsibilities of mental health nurses
  - Education of mental health nurses in Europe, a national example analyze

## Social network.

In the past month Horatio has chosen to use all three main social networks, Facebook, LinkedIn and recently also Twitter. You can get direct to these networks and get involved. News form Horatio, calendar and other updates will be forward to you through these channels. The Horatio website will remain the main source of information.

Through the Facebook you can be updated about all activities and connect you with all followers who you want to share your professional and personal interest.

<http://www.facebook.com/group.php?gid=155709832427>

Our aim with LinkedIn is the pure professional network. Some members of Horatio are not only connected for their own interest but functional as LinkedIn offers the opportunity to connect with others who you otherwise not get in contact with.

<http://www.linkedin.com/company/horatio-european-psychiatric-nurses>

Twitter is the most recent network (Micro-blog system of Twitter). Become a follower and maybe we will follow you. Our hatch tag is @Horatio\_web or direct;

[http://twitter.com/#!/Horatio\\_Web](http://twitter.com/#!/Horatio_Web)

## Interesting Links

KIDS STRENGTHS promotes resilience processes of children and adolescents in the context of mentally vulnerable parents. [www.strong-kids.eu](http://www.strong-kids.eu)

The “Journal of Ethics in Mental Health” is an international, peer-reviewed, web-based journal, available free on-line worldwide. We publish 2 issues per year (April and November). The journal was developed in association with Whitby Mental Health Centre and McMaster University (Canada). The journal aims at providing a useful forum for sharing ideas and experiences among all who are committed to improving ethical standards, behaviours, and choices in mental health care giving. <http://www.jemh.ca/index.html>

### Information added for next bulleting, see data below

*Publishing*  
15 September 2011

*Copies before;*  
15 August 2011



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