

Introduction.

Horatio is developing towards an association which seems to be able to connect a wide range of stakeholders in the psychiatric nursing community. It was only in 2006 in Prague that Horatio was established and currently we have representatives of 22 countries involved in various joint activities. New members have demonstrated inspiring input in the association and their energy is more than welcome to strengthen the current developments and help the association to act like a source of inspiration and to connect stakeholders in various international projects. In the General Assembly during the Horatio Psychiatric Nursing Festival we will reflect on the outcomes of the previous years and discuss about the strategic plans for the next years.

It will be a challenge to maximize ways to get connected by modern technology and to generate outcomes which really are beneficial for psychiatric nurses that are facing many challenges in day to day practice.

In this bulletin we have contributions from various psychiatric nursing leaders and will address to joint initiative of key persons in Mid Europe and some European policy making issues will be discussed.

Farewell reflection Anne-Lill Haabeth from Norway;

Since the start of Horatio, Anne-Lill represented Norway in Horatio. Maybe some of you remember her impressive exposure of the work of psychiatric nurses in remoted polar areas at the previous Horatio Festival in Malta. A few months ago her term in the board of Norwegian Psychiatric Nurses Organization was expired. We are grateful for the contributions of Anne-Lill in the development of Horatio.



She was born and raised in Kirkenes in the county of Finnmark and completed her education as a registered nurse in Bodø in 1977. She worked in several hospitals for 11 years. Later on she was appointed at a nursing school (College of Finnmark) for a period of four years. She also worked with refugees in Kirkenes. From 1996 until now Anne-Lill was employed in psychiatric service provision in the municipality of Kirkenes. Currently she still provides visiting lectures at advanced

level in psychiatric mental health care. In the last two year she is also working in an family therapy agency in Kirkenes. As a clinical nurse specialist she is licensed to provide coaching, family therapy and cognitive behavioral therapy.

During her career she served the Norwegian psychiatric nursing community in many different ways. She was member of the national board of psychiatric nurses for seven years. She was also the head of the local board of Finnmark LPDS in 1993-2003, and returned as the new head in 2011. She really valued this important task and she enjoyed meeting and supporting other psychiatric nurses in a wide range of mental health nursing.



Working in the county of Finnmark means that you have to cover a vast catchment area geographically speaking. Many nurses have to work quite solistic way in local communities. Nevertheless the Finnmark LPS hosted one of the first national conferences for psychiatric nurses in Kirkenes in 1998.

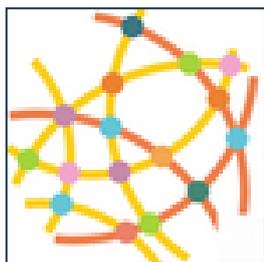
The Norwegian Psychiatric Nursing Organization is grateful for all the work Anne-Lill delivered and the way she stimulated her colleagues to get

connected with each others. She always managed to get people working on projects in a very constructive ambiance. She truly was the LPS's (Norwegian National Psychiatric Nursing Organisation) motor in all critical and supportive debates in psychiatric nursing we have had over the past decades. She always took initiatives and did a lot of voluntarily work in her native municipality. The "Barents Spetakkel" is also one of her current activities. Ann-Lill is a key person in the linking in psychiatric health care activities in both the north western region of Russia and the Norwegian town of Kirkenes. Again the LPS and Horatio, European Psychiatric Nurses would like to thank Anne-Lill for her significant contribution in enhancing the quality of mental health nursing in various parts in Europe.

By Kurt Lyngved, President, Norwegian psychiatric Nursing Organisation and and Bakkan Nielsen, Bodø, Norway, 16. January 2011.

The foundation of the German association for psychiatric nursing (DFPP)

Michael Löhr, Dorothea Sauter, Cornelia Schindler, Roland van de Sande



„The German Network for Psychiatric Nursing Science“ is established as a professional association for psychiatric nursing. This step was one of the results of a meeting of key persons in psychiatric nursing in on January the 27th, 2011 in Berlin. The attending participants of the Berlin meeting recognized the need for a common megaphone in German psychiatric nursing. These participants concluded that so far none of the existing nursing federations were able to adequately represent psychiatric nurses in research and practice development and the need for a specific psychiatric nursing association was addressed in the Berlin meeting. The main objective of the

newly established association is to unite the existing psychiatric nursing groups in the country. . The establishment of this association was planned for 2011 and after several discussions on the drafts of the various existing constitutions the German association for psychiatric nursing was founded on 23 November 2011 in Berlin. The 'Deutsche Fachgesellschaft Psychiatrische Pflege', www.dfpp.de

The DFPP then planned a general assembly and the election of the board members. . At February 10,2012 in Cologne Ruth Arends was elected as the first president of the DFPP.

The objectives of the DFPP

The DFPP is established to facilitate critical debates in the psychiatric nursing in Germany and aims to stimulate new initiatives in research in psychiatric nursing domains. , develop position papers and statements and to contribute in national health policy debates. In other words the DFPP aims to be an association represent a wide range of psychiatric nurses in practice, research, education and nurse management.

The establishment of the DFPP developed carefully in the process of several meetings to explore the current situation, the needs of various interest groups and the ambitions of a new national psychiatric nursing association. "(DNPPW). As previously mentioned in this new association both nurse academic and clinicians should be feeling at home at this new network group. From various domains in psychiatric nursing opinions were synthesized and the overall conclusion was that there was a strong need for coordination of professional impulses, research and evidenced based guidelines in clinical practice.

Several concerns were also raised on these initiatives for example: a new specialist nursing associations may continue to split the nursing community further and this could lead to weakening the psychiatric nurses instead of strengthening this professional group. In addition to this discussions with other associations followed, primarily with the German association of nursing managers in the Psychiatry (BFLK). They questioned how a joint cooperation would be possible. The results of the very constructive exchange of views was that the BFLK is affiliated with the DFDD and agreed on the intention to speak with one voice to public. It was also stated that in addition to a



strong organization for the management, also scientific and practical approaches of psychiatric nursing need its own organization. Both sides - the DFPP and the BFLK – now see themselves as a community of interest for psychiatric nursing topics. Based on these discussions the decision for the establishment of the DFPP was taken by unanimous votes and the elections and refined constitution debated were planned. This event was attended by Roland van de Sande (General Secretary, Horatio, European Psychiatric Nurses). He also provided a lecture on the developments in psychiatric nursing in some other European countries and more specifically those in the Netherlands.

The DFPP is organized around expert working groups and intends to take up relevant requests derived from nursing practice. Every member will be able to suggest topics for further in-depth exploration. At the meeting of 23.11.11, the central topics of interest for the year 2012 were specified, and designated responsible persons for every topic were appointed. These are:

- Development from state of the art treatment manuals to individual care topics
- New payment system including active cooperation in the already established network „Payment “ of the BFLK
- Psychiatric nursing in psychiatric outpatient clinics (PIA): Aim is to formulate statement describing the need of nursing of the PIA clientele, including the necessary care achievements and the necessary personnel equipment.
- Psychiatric nursing experts: To tasks, requirements and basic conditions of college graduates in nursing practice in cooperation with „The German ANP network“
- To ascertain suicide rating by nurses
- Cooperation with German and European nursing organizations e.g. HORATIO

Mid European working groups:

Horatio aims to connect psychiatric nurses across Europe and is looking for ways to share expertise in efficient and cultural sensitive ways. We are aware of inequalities in financial resources and educational options in various European regions. A two ways process is ever going on in bringing and gaining expertise in our profession. Of course we value Europe wide debates but we have also noticed the lack of exchanging good practices and critical debates on educational standards and the use of relevant research findings among



neighbor countries. One of the excellent initiatives we have learned from is the way psychiatric nursing experts of Slovakia, Poland, Hungary, and Czech Republic are now working on specific issues in our profession. They have invited other colleagues from other European regions to get involved in their initiatives. The key persons in this regions have come to the following position statement: our mission is to stimulate innovation and educational activities / opportunities in a supportive environment for nurses in psychiatry with (financial) limited opportunities. Our initiatives are driven in light of ongoing experiences that nurses in psychiatry have few opportunities to participate or

drive forward innovation and participate in academic activities in our regions. At ground level, nurses get on with their jobs day after day and are often too busy or are not financially supported to take up continuous education, research or innovation activities.

For many nurses, the academic threshold remains too high. In addition, there is lack of leadership and initiative for this group at national and international levels. The aim our initiatives is to enable t nurses to attend training sessions, to promote international exchange programs and initiatives that enable nurses to contribute to leadership initiatives and exchange ideas and practice. A number of sponsors will be required to make this happen at a continuous base. Horatio has been asked to provide support in this initiative and will have an explorative meeting with this Mid European Task Force Group this summer in Bratislava hosted by the SKSAPA, the Slovak Nurses and Midwifery association.



ESNO and EMA

Horatio is an active partner in the European Specialist Nurse Organization (ESNO) www.esno.org. This is not only to learn from the activities of other Pan European associations but also to collaborate in joint actions of other NGO's like the European Medicines Agency (EMA). This healthcare body is regarded as a respected Horatio partner like the European Federation of Nurses (EFN) and the ESNO. Nursing bodies have had several requests of the EMA regarding input on critical debates on medication safety and adherence issues. Horatio is according to its objectives obliged to provide input in debates as such.



More specifically, the European Medicines Agency is located in London. This body is responsible for the scientific evaluation of medication for use in the European Union. This body fosters several scientific committees and one of them is the SAG-P. The Scientific Advisory Group on Psychiatry (SAG-P) is convened at the request of the [Committee for Medicinal Products for Human Use](#) (CHMP) the objective of this group is to provide independent evaluations and recommendations medication related

aspects. From this respect we need to be aware that the EMA is not funded by any pharmaceutical company and is EU approved by means of its independency. EMA also truly value the incorporation of specialist nurses in their research projects and also appreciate the involvement of the ESNO in a number of their studies.

One of the case scenario case examples:

At an inpatient ward a patient with severe schizophrenia had used several anti-psychotic medication without result. The problem in this case is that the patient from religious and psychotic driven reasons refuses to have his blood sample investigated. Despite concerns expressed by nursing staff, the psychiatrists change the medication policy by prescribing specific medication which can implicate certain health risks which only can be monitored by blood samples. This monitoring process is good practice according the relevant guidelines. The issue is the nurses are asked to check his temperature ever few hours, check frequent the bowel function but this is hard to obtain because of inconsistency verbal expression of the client and interpret signals of his own physical condition. The question raises if there is evidence that this risky medication is suitable for person with nearly untreatable schizophrenia and which organisation can be questioned for this matter. Is there evidence and regulation that this authorized medicine is also accepted for uncooperative patients. Is the nurses voice heard by the acceptance 'authorization' by the EMA. The EMA is also addressing the cause for good practice and staff and safety for patient "



These are very interesting dilemmas that nurses are exposed to and in which ESNO and/or Horatio expert consultation may be helpful. In other words: psychiatric nurses are most welcome to review the EMA website and to seek for critical debate with key persons involved in the Horatio, expert panel. So, please follow the www.ema.europa.eu updates. Especially the following page "Healthcare professionals and the Agency" is quite interesting to visit. This specific page is keeping you updated with pharmaceutical news. From this respect you also may have a look at the section Herbal Medication for Human use and send your mental health related comments to us. Apart from this we would also like to learn from the absence of specific medication to decrease psychiatric symptoms and also examples of inadequate use of psychiatric and alternative option for improvement.

II European Festival of Psychiatric
Nursing, Stockholm, 2012
*Vision, Knowledge and Practice in
psychiatric and mental health nursing*

We welcome you to come to the 2nd
Horatio Festival 2012



This is to be held in the beautiful, relaxed city of Stockholm, Sweden. The city that prides itself on friendliness, livability and a delightful climate in September. The theme of the Congress is Festival Theme is, 'Vision, Knowledge and Practice in psychiatric and mental health nursing'.



The Congress program will focus on meaningful interactions between professionals. Join with people from across Europe and 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 Scientific Committee of the Horatio Festival invites you to submit an abstract on your research or practice, to share your knowledge to colleagues around the world about issues in mental health nursing. Papers, posters and workshops will be welcomed. The Congress is also to take advantage of the beautiful and magnificent old city, you will be delighted. The organizing committee takes great pleasure in inviting you to participate.

We look forward to seeing you in Stockholm 2012.

On behalf of the organizing committee,



Richard Brodd,



Ingela Skarsater.

Stay in touch with us through the Conference website at <http://psykriks.se/>
Preliminary program [now online](#).

Mental Health Europe:

Mental Health Europe (MHE) www.mhe-sme.org provided a quick interactive guide to European Institutions and EU policy-making relevant to mental health and people with mental health problems. On their website several digital brochures about relevant mental health care and human right issues can be found. There is a special section on this subject by the UNCRPD, the United Nation Convention on Rights for People with Disabilities. See, <http://issuu.com/silvanamhe/docs/quick-guide> and also worthwhile

- to scroll around www.issuu.com on articles on nurses, psychiatry and mental health
- to scroll around online published publications of Mental health Europe <http://www.mhe-sme.org/publications/reports-from-mhe-seminars-and-other-mhe-events.html>

Short issues published on Horatio Twitter account.



- The Mental-Health-Community Daily, <http://bit.ly/dE6stp>
- DFPP, SPIEGEL ONLINE > Zwang in der Psychiatrie: Das letzte Mittel <http://fb.me/1u0ss7i6u>
- Horatio-web, Request: seeking persons translate Turku declaration: Italian, Spanish, French. Contact info@horatio-web.eu or forward: <http://bit.ly/xiSjIU>
- Horatio-web, Great article 'Who's Afraid of the Big, Bad Psych Patients' see full article <http://bit.ly/yeHNYT>
- Horatio-web, The brain's ability to function can start to deteriorate as early as 45, suggests a study in British Medical Journal <http://bbc.in/zQz0eI>
- APNA, American Psychiatric Nursing Association, Call for Abstracts OPEN! <http://www.apna.org/i4a/pages/index.cfm?pageid=3306> #nursing #psych #mental health
- DFPP, Das Dokumentarfilm-Projekt DIE META-MORPHOSE <http://fb.me/1uHgYOMuv>
- APNA, Continuing education podcasts now available! http://elearning.apna.org/2011_conf.php
- APNA, The Dos and Don'ts of Social Media for - Nurse Zone <http://bit.ly/tTIXB3> ~ Some good tips!
- Horatio-web, 'Help Nurses Cope With Compassion Fatigue' from blog Wall Street Journal. see Horatio home page at <http://bit.ly/i3SyKh>
- Horatio-web, See Gabor Petri form MHE with his concern about financial cuts of budgets in mental health at <http://bit.ly/tJqWXb>
- Horatio-web, Now, the first translation online of the Turku declaration in 'Lithuanian' with thanks to Julija Polikarpova. See <http://bit.ly/i3SyKh>
- DFPP, I9. Dreiländerkongress 2012 in Wien <http://fb.me/1jiA2VAYE>
- Horatio-web, Three nations congress, psychiatric nursing, German speaking 4-5 October 2012, call for abstracts now open, see <http://bit.ly/rrSJBz>
- Horatio-web, 'Horror hospitals in Syria', many cruelties and inhuman practices to normal persons who need care. <http://bit.ly/rqZ6mn>
- Drug Watch: Prozac + birth defects: do you know the risks? <http://bit.ly/m36ILx>
- DFPP: Deutsche Fachgesellschaft Psychiatrische Pflege formell gegründet <http://fb.me/TB1RQr15>
- Fachbeirat PPH, Schulz spricht über Recovery, Hoffnung als Kernelement des Recovery <http://pic.twitter.com/Se73V4d7>

Horatio.

The aims of the Association are twofold: to advocate for the interest of the members by providing input into the decision-making processes on issues relevant to psychiatric and mental health nursing in Europe and to promote the development of psychiatric and mental health nursing practice, education, management and research.

Information: www.horatio-web.eu info@horatio-web.eu