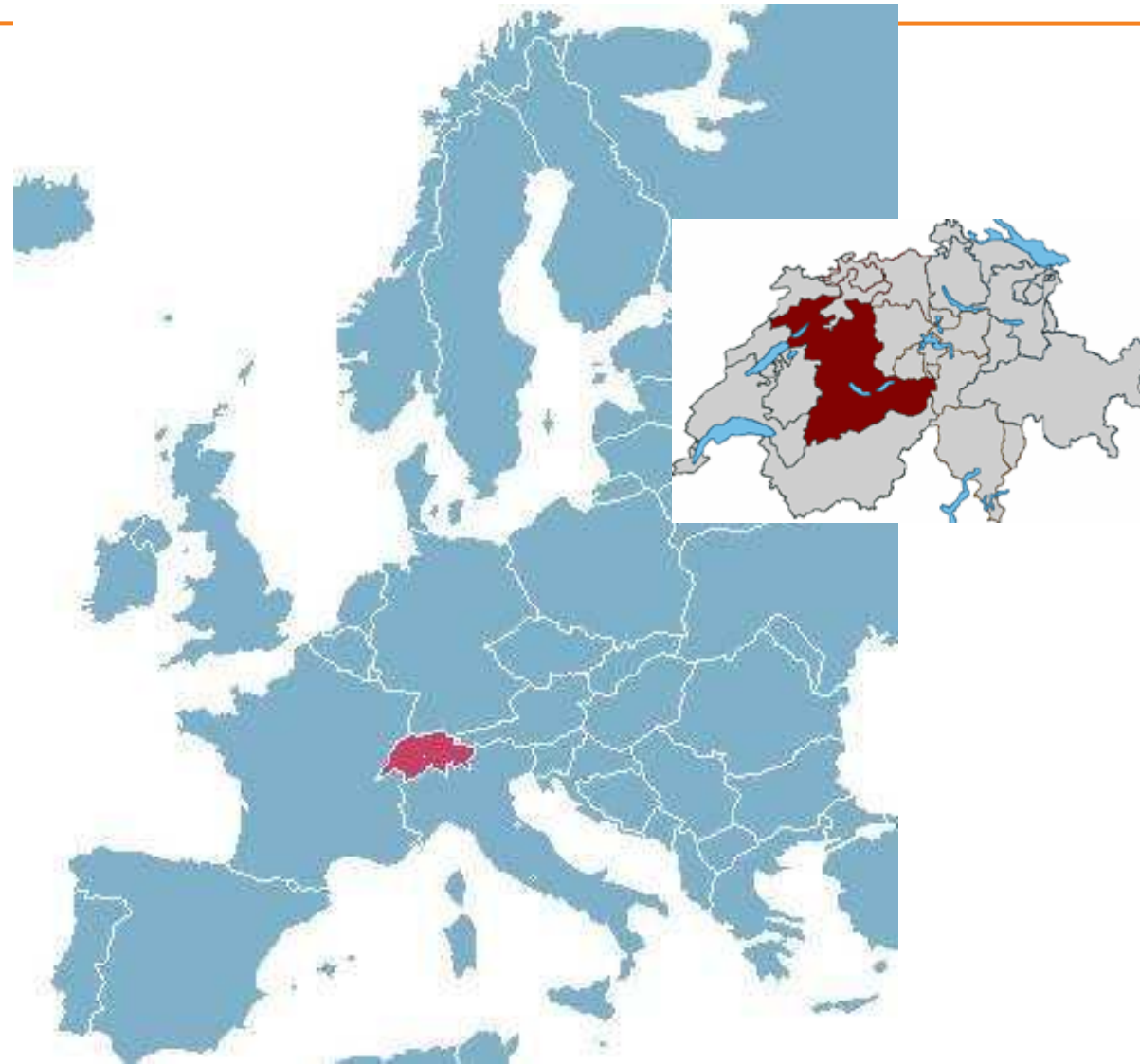


Needs of clients cared for by freelance community mental health nurses in Switzerland

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General Information

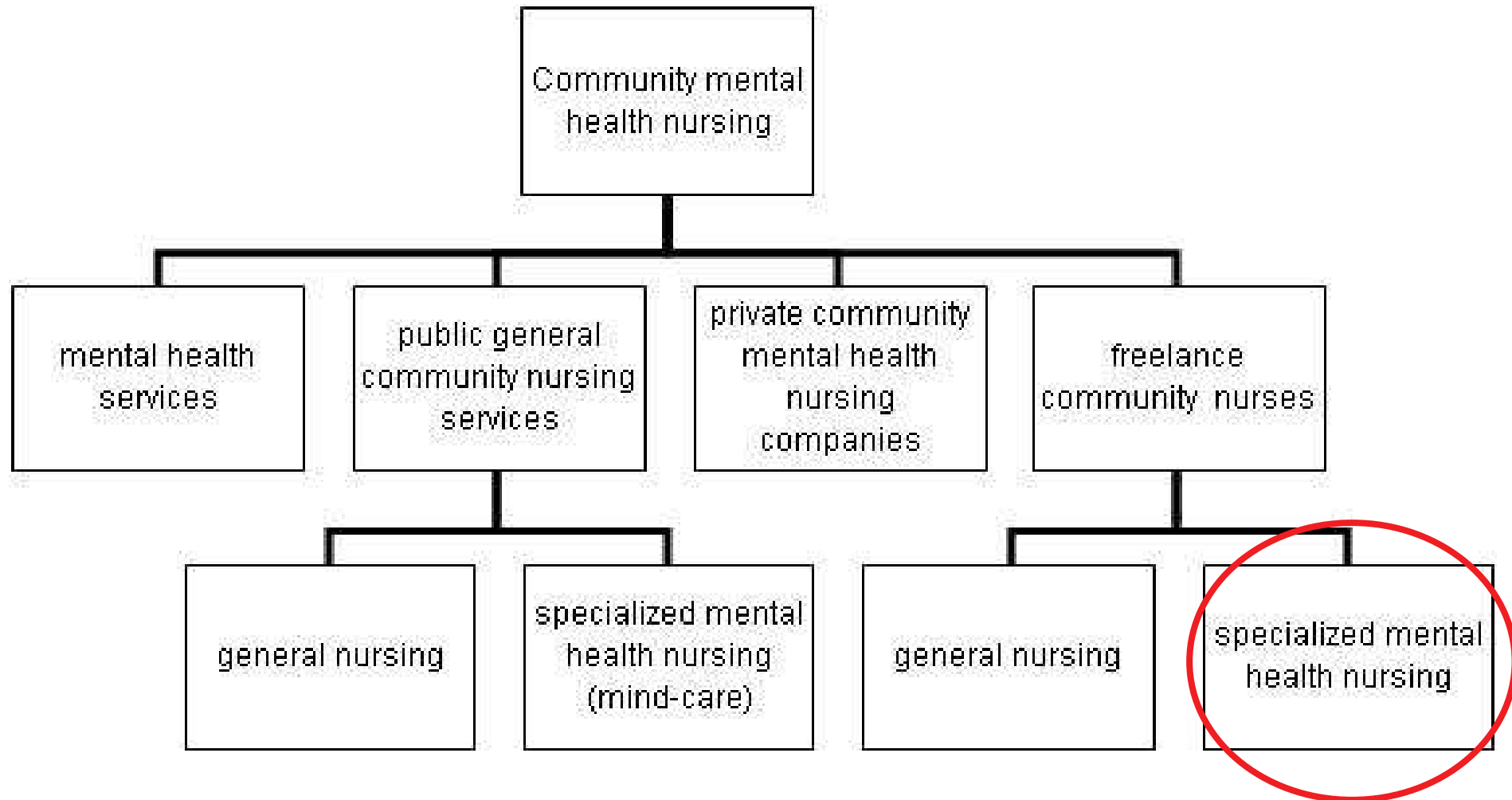
	CH	UK
Psychiatric beds/ 100 000 population*	132	58
Psychiatrists/ 100 000 population*	23	11
psychiatric nurses/ 100 000 population*	46	104
Community mental health nurses/ 100 000 population	30	95**

- No specific training for community mental health nurses
- Significant regional differences in mental health care due to decentralized health system

*(WHO Mental Health Atlas, 2005)

** (White & Brooker, 2001)

General information



Freelance community mental health nursing in the Canton of Berne

- Provided by 45 mental health nurses
- Care for more than 350 clients
- Ø 9 clients/nurse
- Median: 7

(Abderhalden et al. 2009)

- No information available about their clients!

- To collect socio-demographic data from clients cared for by freelance community mental health nurses
- To gain information about the met and unmet needs of these clients
- To compare staff and client ratings of need

- Quantitative cross sectional survey
- Disproportional stratified random sample to follow these aims:
 - Clients of a variety of nurses
 - Clients equally distributed among nurses
 - A maximum of 3 clients per nurse
 - no influence of nurses on selection of study clients

- Socio-demographic questionnaire (Kruckenberg et al. 2005)
- Camberwell Assessment of Need Short Appraisal Schedule (CANSAS) (Phelan et al. 1995)

Camberwell Assessment of Need

1. Accommodation
2. Food
3. Looking after the home
4. Self Care
5. Daytime Activities
6. Physical Health
7. Psychotic Symptoms
8. Information
9. Psychological distress
10. Safety to self
11. Safety to others
12. Alcohol
13. Drugs
14. Company
15. Intimate relationships
16. Sexual expression
17. Childcare
18. Basic education
19. Telephone
20. Transport
21. Money
22. Benefits

need rating (for each domain):

- no need: no problems at all in the domain
- met need: they have no or moderate problems in the domain because of help they are given
- unmet need: a serious problem, irrespective of any help given
- not known: not known/not disclosed

Results

	Study sample	<i>population</i>
clients	47	217
female	39 (83%)	70%
male	8 (17%)	30%
mean age	48 yrs	47

Most frequent diagnoses

Schizophrenia (ICD-10: F2)	17%	20%*
Mood (affective) disorders (F3)	36%	46%*
Neurotic, stress-related and somatoform disorders or Disorders of adult personality and behaviour (F4/F6)	32%	39%*

**multiple response*

Outpatient Treatment

	Min.	Max.	Ø
Days between visits	2	28	9
Duration of visits (min)	30	240	85

Mean number of needs

	client	staff
Total need	5.9	8.4
Met need	3	5.5
Unmet need	2.9	2.9

What are the needs?

- Total need:

	client	staff
Psychological distress	74%	96%
Company	60%	75%
Physical health	49%	64%

- Most frequent unmet needs: *Psychological distress*, *Company* and *Intimate relationships* (36-40% of the clients)

Client/staff agreement

Almost perfect agreement:

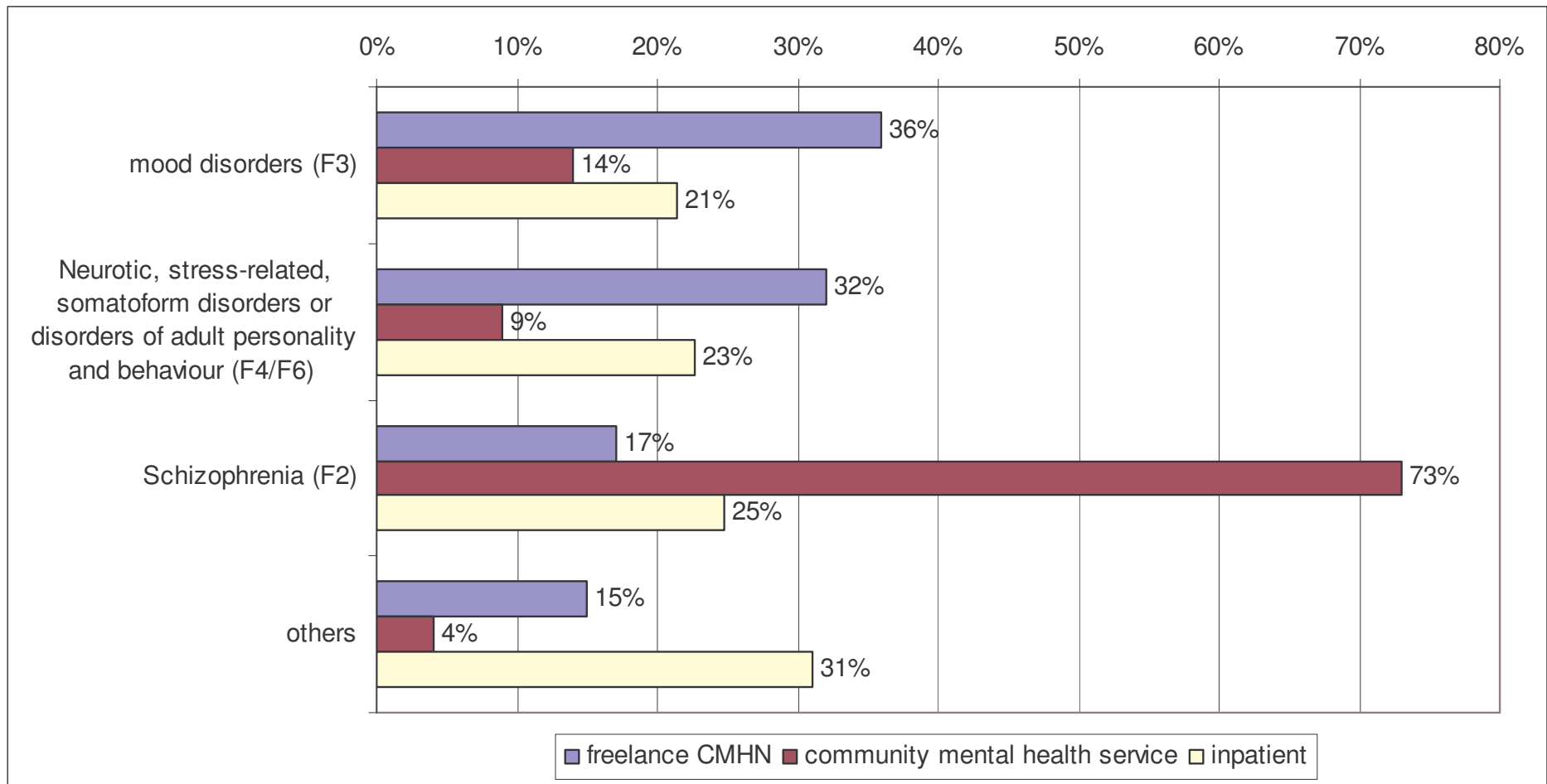
Telephone, Drugs, Transport

Fair-moderate agreement:

Physical Health, Psychological distress, Daytime
Activities

Substantial agreement in all domains

- Diagnoses



- mean no. of needs similar to clients in international CMH studies
- Higher ratings of staff
 - different cultural/social background
 - different expectations
- Staff/client agreement:
 - No tendency
 - Despite identical ratings of total need there can be differences concerning the domains

- Strengths:
 - Systematically assessed data from this client group
 - Reliable + valid assessment instrument
 - Perspectives of staff and clients were taken into account
 - Face-to-face interviews
- Limitations:
 - Sampling procedure
 - Access to clients via nurses
 - Lack of control of client selection (nurses asked for participation)

- CANSAS suitable for needs assessment in outpatient setting in Switzerland
- Care planning and targets should focus on unmet needs (*Psychological distress, Company*)
- Assessment of service users' perception necessary
- Continuous assessment of need
- Training programs should focus on mood disorders

Conclusion

- Studies needed in other regions of Switzerland to obtain comparative data
- Studies needed to assess quality and efficiency of freelance CMHN

Thank you for your attention!

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