

# The PARC Project

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**CHN7**

**Mental Health Service**

**IAANMP Conference**



# Aim and Objectives

- Background and Overview of the PARC Service
- Gap Identified in Practice
- National Policy
- NMBI Advanced Practice Framework
- Clinical Governance & QI
- Key Performance Indicators
- The PARC Service Outcomes



# Background - CMHN Evidenced-Based Practice

- ❑ Mental Health Nursing (MHN) Interventions 2018 -2019 (552) to (344)
- ❑ MHN associated with (208) service users being discharged from secondary services
- ❑ Reduction of (832) psychiatric reviews - 3/12

# Gap in Practice Identified

- (630) MHN offers for psychosocial interventions
- (34) offers of care were to those with a severe and enduring mental health diagnosis
- (596) offers of treatment were to those with mild to moderate mental health diagnosis
- Waiting times for interventions ranged from (1 - 49) weeks
- When interventions were offered 47% of SU/P offered did not attend  
(Cunningham, *et al.* 2021)

# Mental Health Policy; Shared Vision

## Medical Model

- Assess-Diagnose-Treat
- Clinical Recovery
- Community Mental Health  
Team has Control

(Department of Health, 2020)

(Leamy, *et al.* 2011)

## Recovery Model

Individual Focused

Personal Recovery

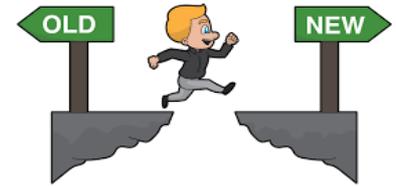
Patient is the Expert in  
their Journey



# National Policy

## Slaintecare:

- A universal health system
- Integrated Care
- Right Care, in the Right Place by the Right Team at the Right Time
- 90% of mental health care should be provided in primary care



(Department of Health, 2019; National Service Plan, 2023)

# National Policy

## Department of Health

- ✓ International evidence supports RANP clinics
- ✓ RANP - Specialist knowledge
- ✓ RANP - Wide scope of qualifications
- ✓ RANP - The ability to provide a complete episode of care

## Business Case

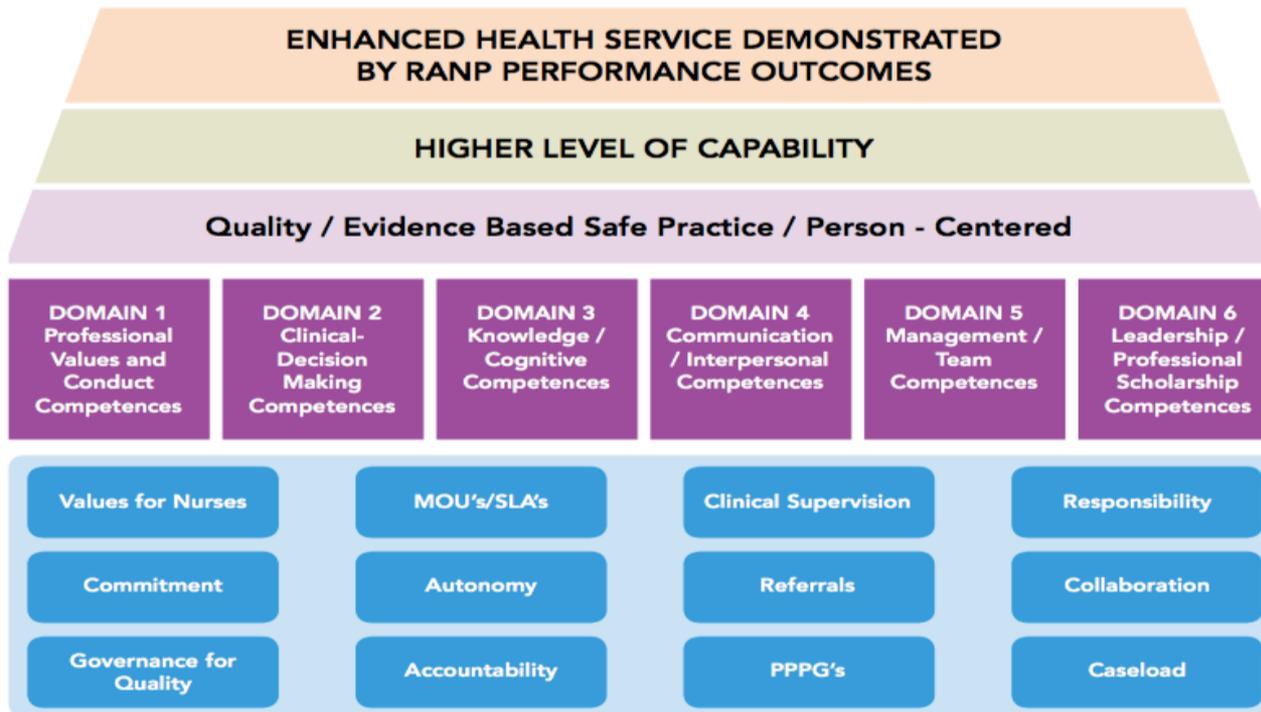
The PARC Project

## Intended Outcome

RANP bridging the gap (integrated care)

(Dyer, *et al.* 1997)





(NMBI, 2017)



# Advanced Practice NMBI

## Competencies:

- Domain 1: Professional Values and Conduct
- Domain 2: Clinical Decision Making
- Domain 3: Knowledge and Cognitive
- Domain 4: Communication and Interpersonal
- Domain 5: Management and Team
- Domain 6: Leadership and Professional

(NMBI, 2017)

# Advanced Nurse Practice Role

- ✓ Provide full episodes of care
- ✓ Assess
- ✓ Diagnose
- ✓ Prescribe
- ✓ Make Onward Referral – MHN Psychosocial Interventions
- ✓ Discharge

(NMBI, 2017)



Are you feeling low?

Are you feeling anxious?

Are you feeling overwhelmed?

We are here to help.

YOU can complete a psychosocial assessment with your Advanced Nurse Practitioner and YOU can decide which is the right intervention for you.

Speak to your GP or you can phone the nurse for more information on 01-7786032.

You will be contacted within one week of being referred.

Interventions are offered online or in person.



**PARC**   
Positive Advanced  
Recovery Connections

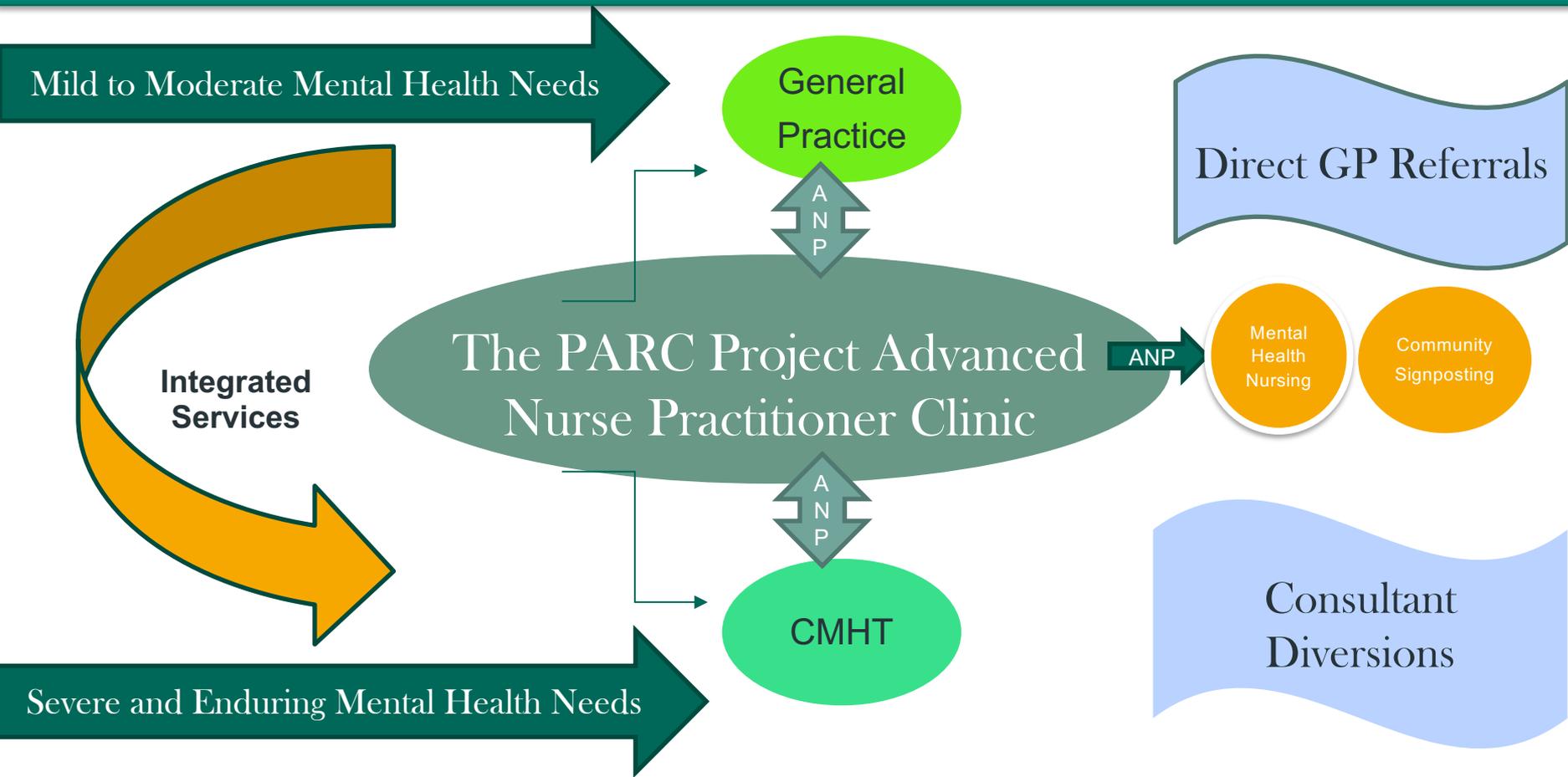
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# Advanced Nurse Practice Psychosocial Assessment

- ✓ Psychological, social, personal, relational and vocational assessment
- ✓ Mental state examination
- ✓ Full survey of ROS
- ✓ Medication Review with Prescribing OR Recommendation OR De-prescribing
- ✓ Onward referral
- ✓ Community signposting
- ✓ GP kept up to date with the treatment plan

(Trenoweth and Moone, 2017)

# Presented by RANP to the Minister for Health 2022



Mild to Moderate Mental Health Needs

General Practice

ANP

Direct GP Referrals

The PARC Project Advanced Nurse Practitioner Clinic

ANP

Mental Health Nursing

Community Signposting

Integrated Services

ANP

CMHT

Consultant Diversions

Severe and Enduring Mental Health Needs

# Community Signposting

BCAT - Addiction      Bray Area Partnership      Open Door  
Open Door      Youth Voice MOVE      Rehab Joigsaw      Mymindmatters  
MABS - Money advice      Employability  
National Learning Network      AA      GA      Active retirement      HAT      National Counselling Service  
CAB - Entitlements      Avoca Counselling      Social club      Homeless Action Team      Refugee Services  
Employability - Work      Pieta House      Tusla      Wicklow Volunteer Centre  
SPECS - Assisting with parenting      Guards      Hear to Listen  
Clubhouse - Social inclusion and creating a work ordered day      Living Life  
Social Prescribing - Advising re access to interests      Bray Area Partnership  
CIPC      Living Life Counselling      Disability Bray  
NCS      Bethany Support Group      Festina Lente  
Aware      Five Loaves      Bray Traveller Community Group  
Alone Purple House Cancer Support      Bray Women's Refuge  
Day centre      Bray Suicide Support Group  
Active Retirement      Crosscare      Simon Community  
CIPC      Youth Information service      Bethany Group      (Cunningham, *et al.* 2021)

# PARC Clinical Governance & QI Group

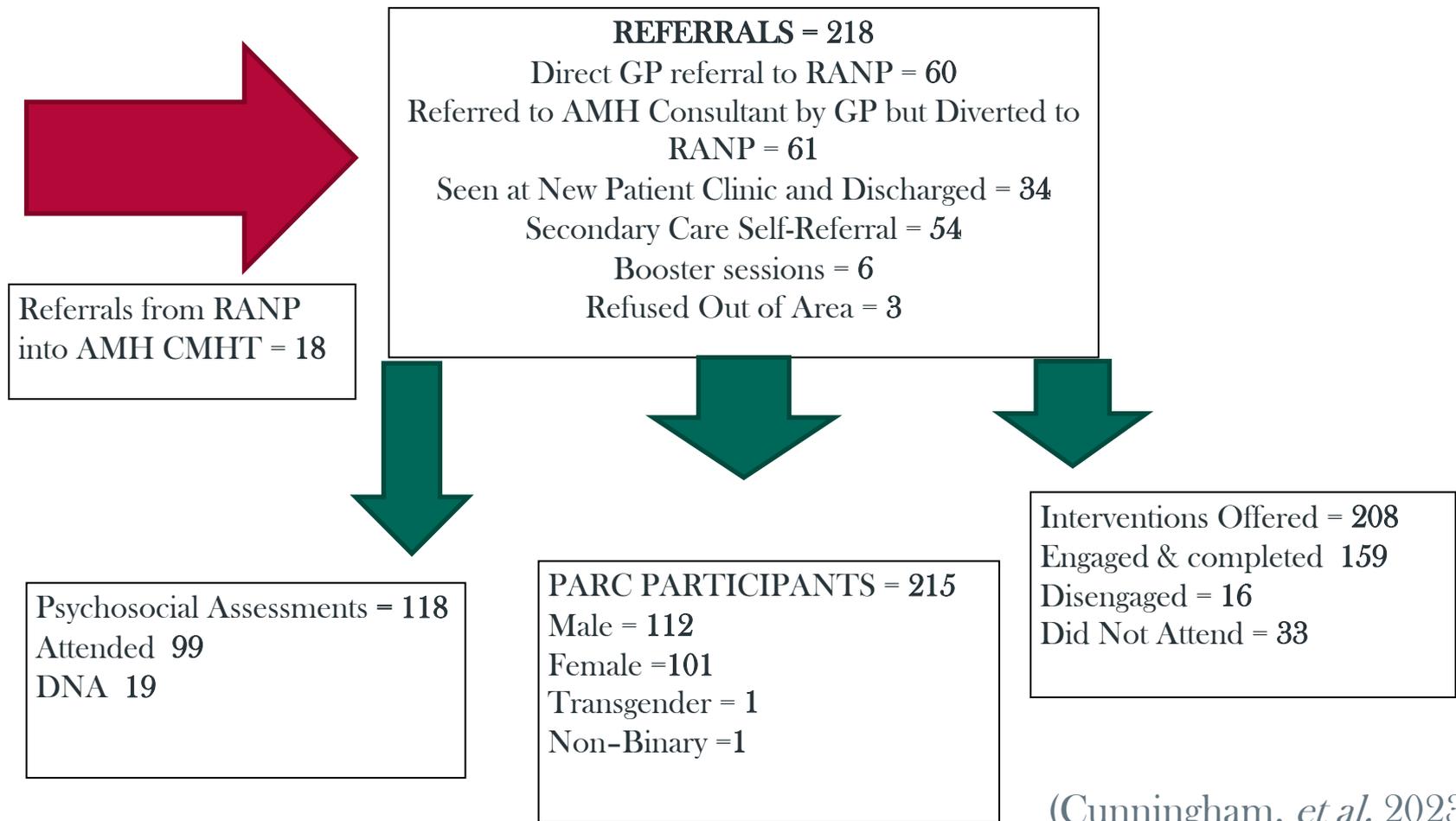
## PARC Clinical Governance Group – Consultant Psychiatry Led

- Consultant Psychiatry
- RANP
- Nurse Management (Feeds directly to executive management)

## QI Group – RANP Led

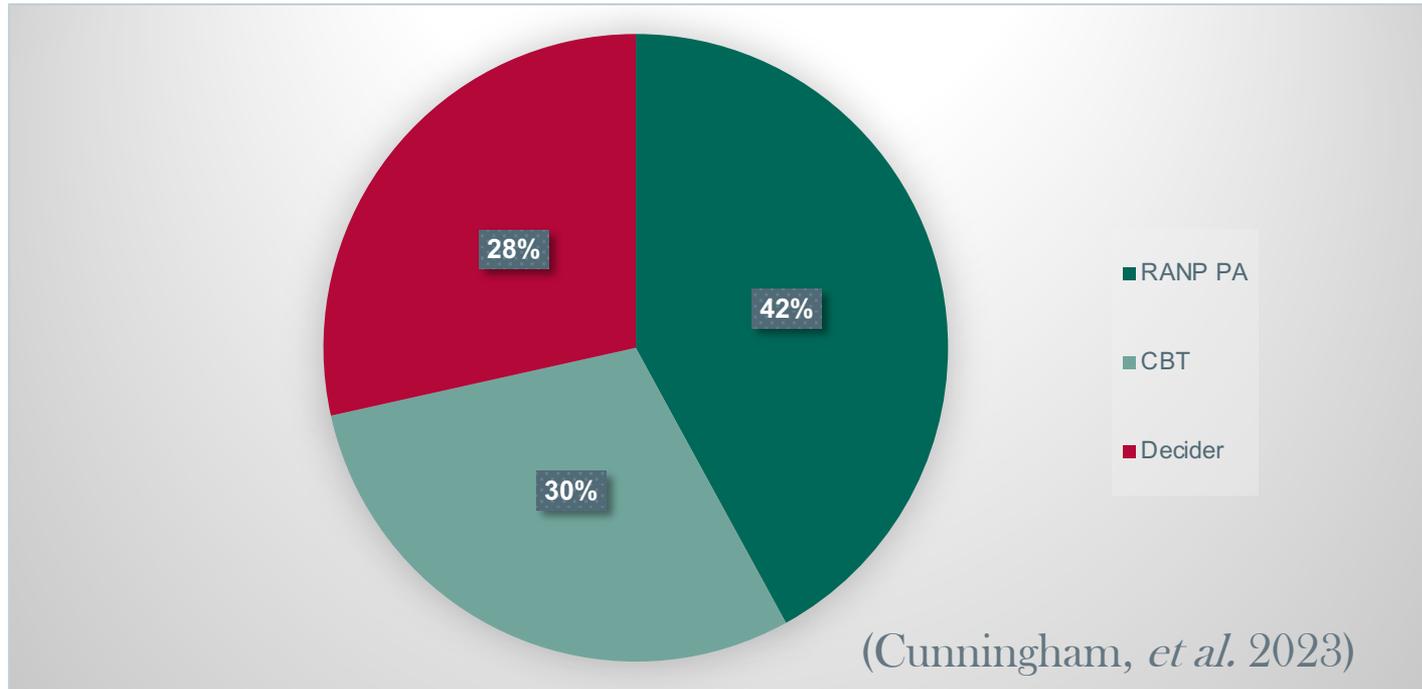
- Patient, Public Involvement
- People closest to issues affecting care the place to highlight concerns
- A systematic and coordinated approach using specific methods
- Equal partnership
- True Recovery Focused Care

(Cunningham, *et al.* 2023)





# Interventions Offered



# Key Performance Indicators Identified

1. Waiting Times
2. Quantitative and Qualitative Outcomes
3. Mild to Moderate Caseload Active in Secondary Care
4. Inpatient Admission

Dissertation - benefits of psychosocial assessment for mild to moderate/self-harm/SI  
(NICE Guidelines - Self - Harm, 2011 & NICE Guidelines - Self - Harm, 2023)

(Cunningham, *et al.* 2023)

# KPI One: Waiting times

## Pre Waiting Times

- ❑ 1 - 49 Weeks

## Post Waiting Times

- ❑ 3.6 Working Days for assessment or MHN interventions
- ❑ No waiting times for psychiatric review

(Cunningham, *et al.* 2023)

# KPI Two (A): Quantitative CORE - OM Clinical Outcome in Routine Evaluation

There are 34 items assessing:

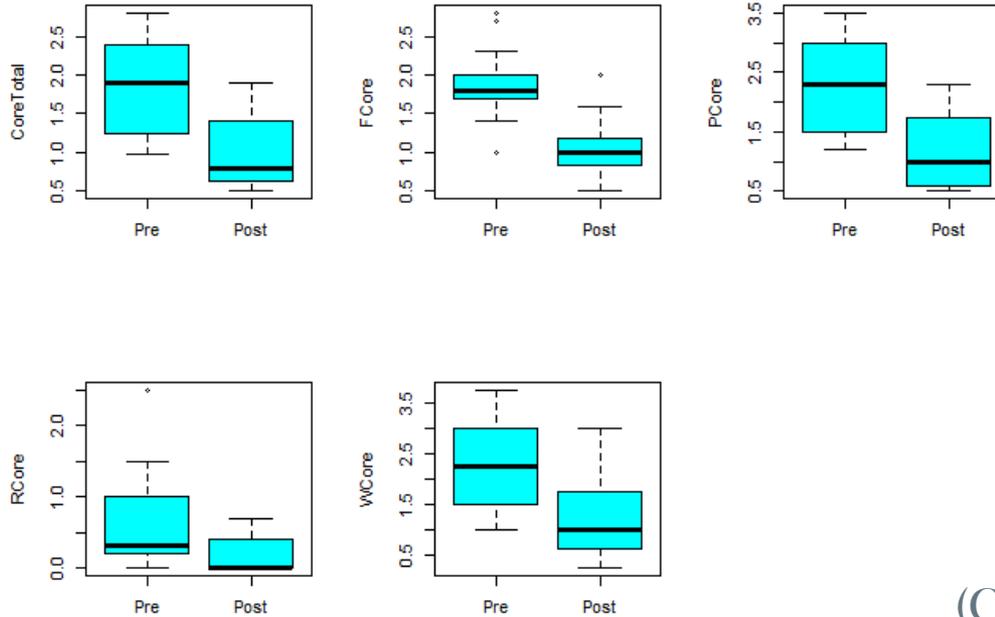
- Global/generic distress measures

Covering areas of:

- Wellbeing (4 items)
- Problems and Symptoms (12 items)
- Functioning (12 items)
- Risk (6 items)
- Includes positively and negatively framed items

(Connell et al, 2007)

# Pre and Post Box Plots (C-Star)



(Cunningham, *et al.* 2023)

# KPI Two (B): Thematic Analysis Findings

- ❑ Therapeutic Relationship
- ❑ Attributes of the Nurse
- ❑ Safety
- ❑ Ease of Access – Service and Comprehension
- ❑ Recovery Orientated

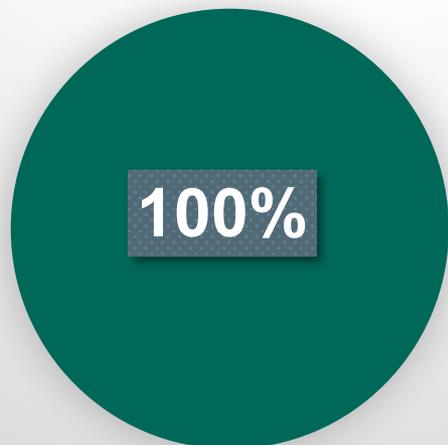
(Cunningham, *et al.* 2023)

# Thematic Analysis Samples

- *“I have had a really positive experience and feel like my appointments here have changed the course of my life for the better”*
- *“The energy of the sessions was great, my nurse brought such a positive energy and was open about her own experiences which made it a very safe environment to be vulnerable”*
- *“This has changed my life, I would be in prison only for this service”*

(Cunningham, *et al.* 2023)

# Would you recommend RANP Psychosocial Assessment, CBT or Decider

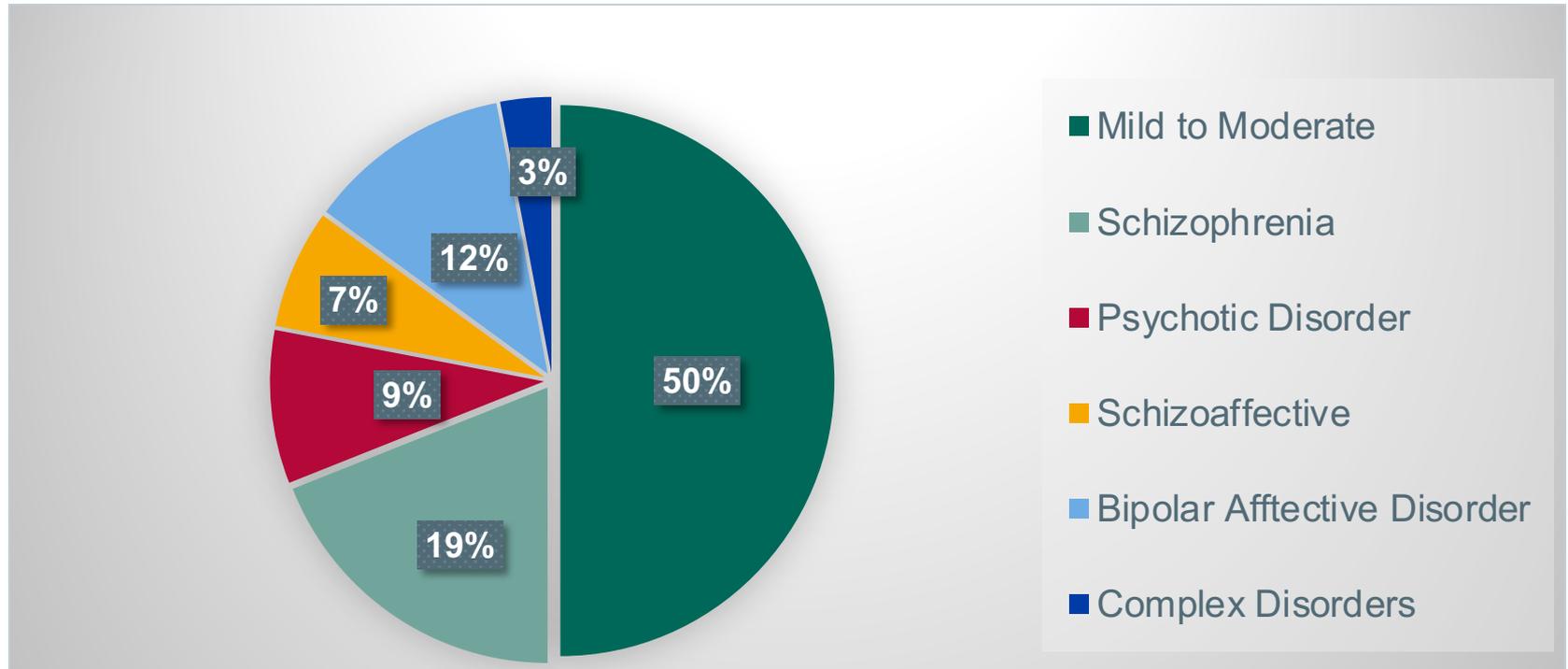


■ Yes

(Cunningham, *et al.* 2023)

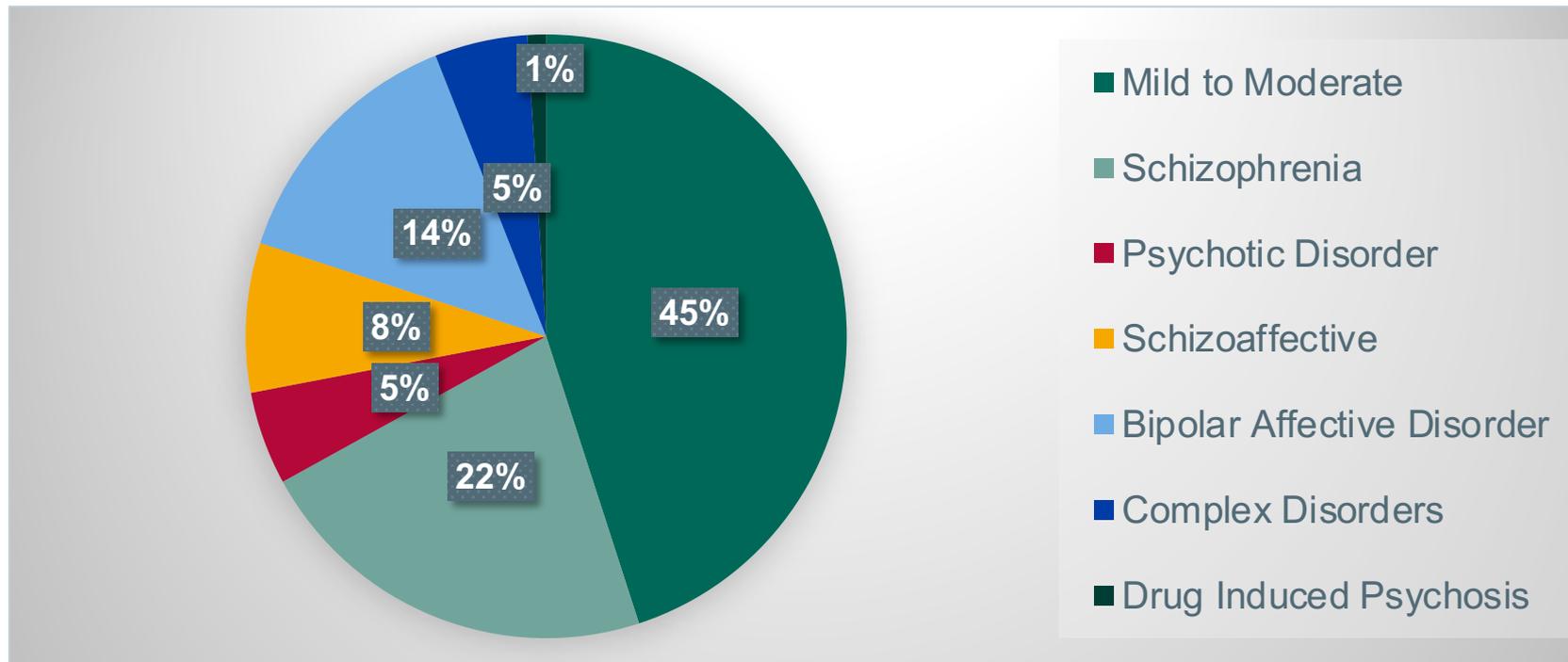


# KPI Three: 2019 - 50% Mild to Moderate



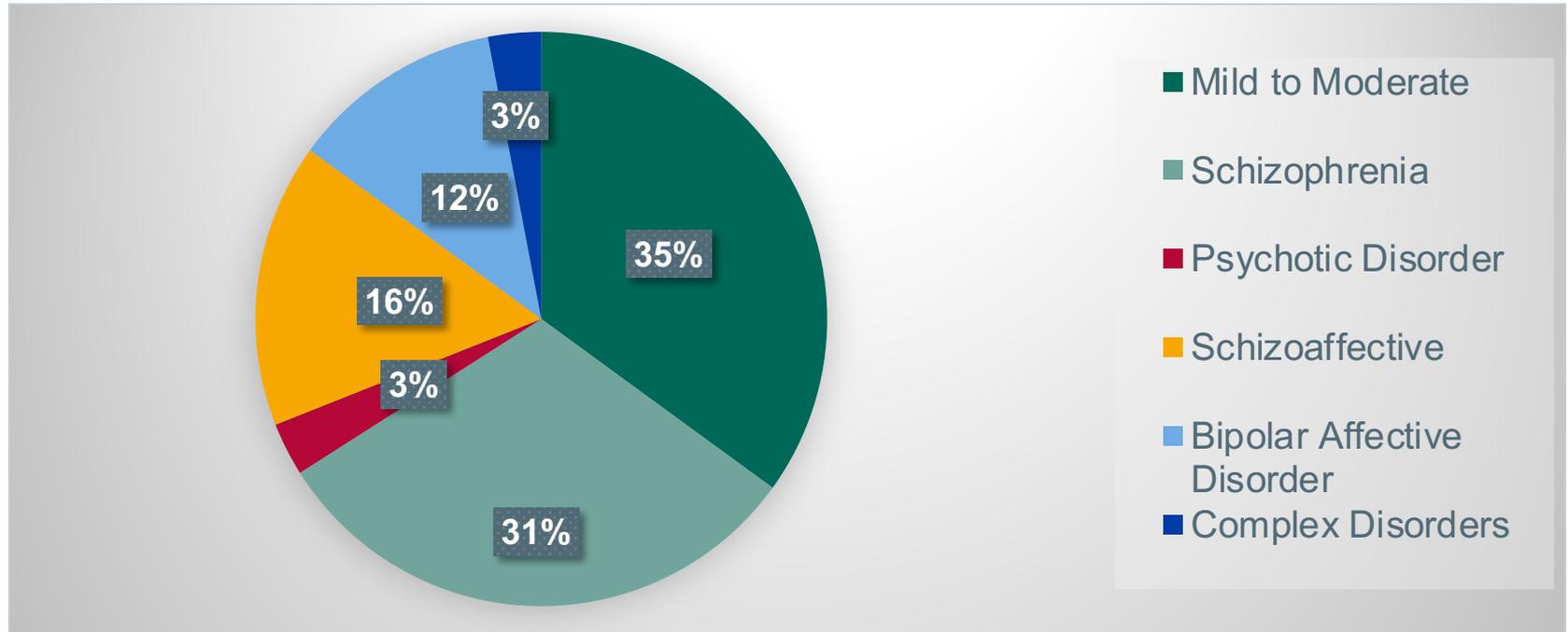
(Cunningham, *et al.* 2023)

# 2020 - 45% Mild to Moderate



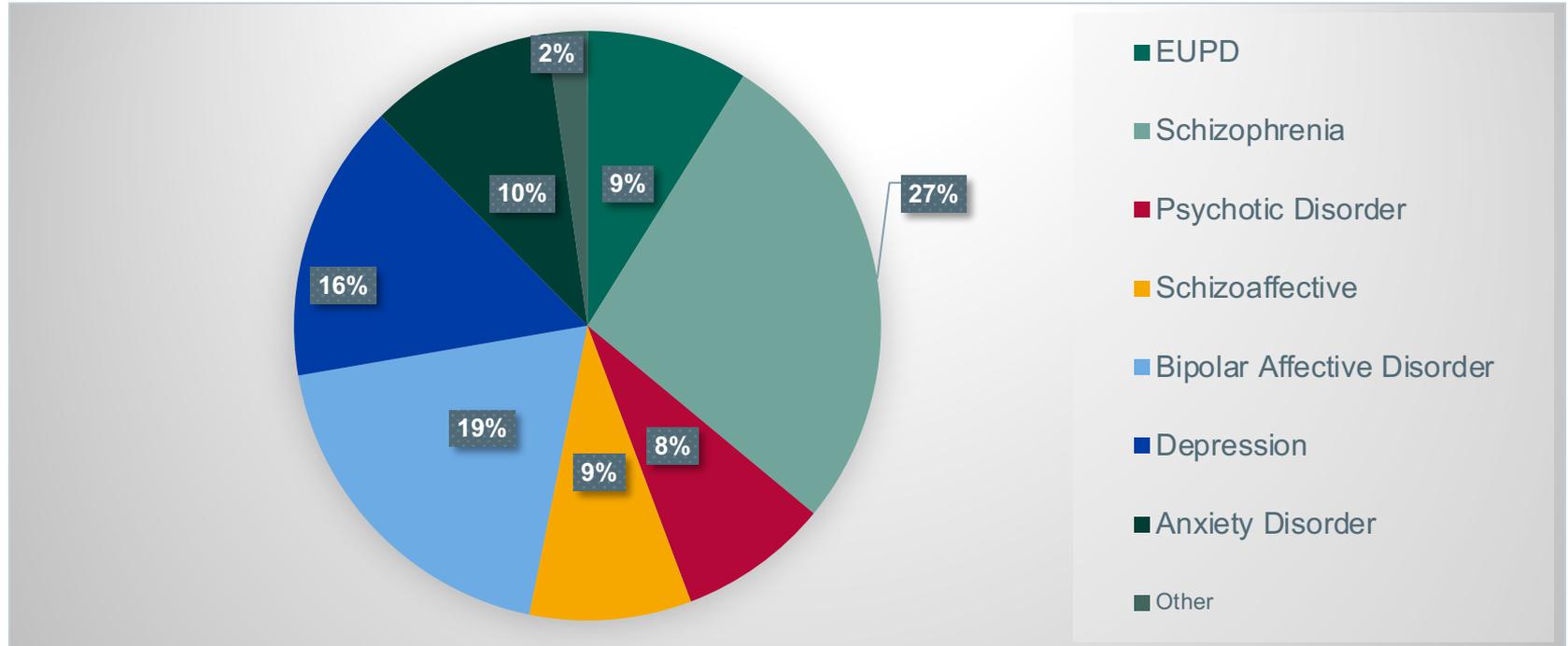
(Cunningham, *et al.* 2023)

# 2021 - 35% Mild to Moderate



(Cunningham, *et al.* 2023)

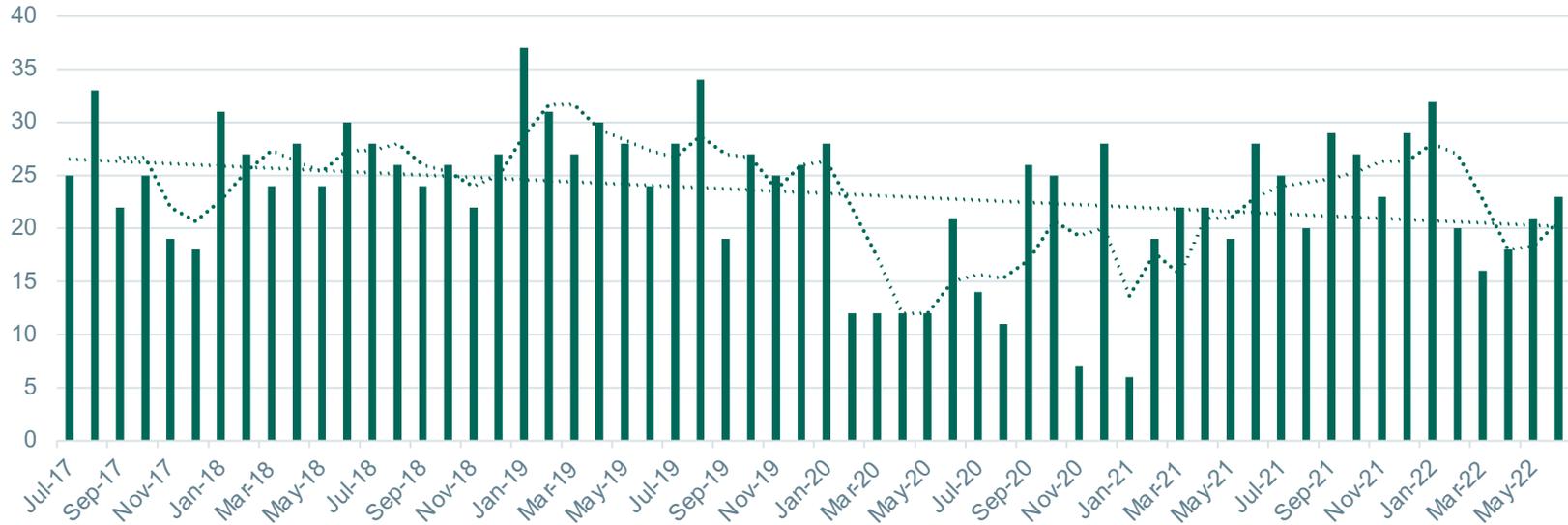
# 2022 - 27% Mild to Moderate



(Cunningham, *et al.* 2023)

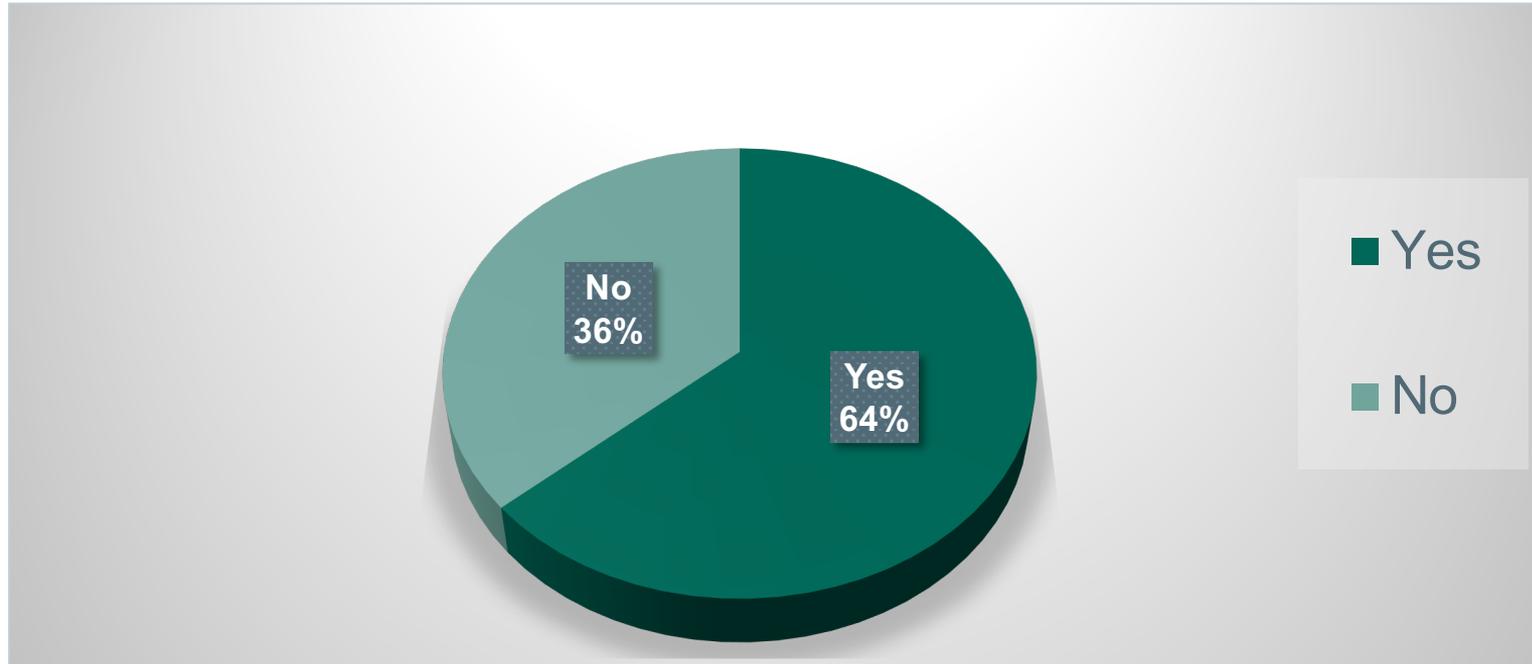
# KPI Four: Inpatient Admissions

## Total Number of Bray Admissions



(Cunningham, *et al.* 2023)

# KPI Five: RANP Prescribing



(Cunningham, *et al.* 2023)

# COVID - 19 and the future

## Neurotic Disorders:

- Generalized anxiety disorder
- Obsessive-compulsive disorders (OCD)
- Mood-related and emotional outbursts
- Panic
- Fear
- Avoidance
- Isolation
- Stigmatisation
- Specific fear of not getting essential items, food, etc- the risk of hoarding
- Unemployment
- Homelessness

(Rodriguez-Quintana *et al.* 2021)

# PARC Project Awards

- ✓ Winners of the Irish Healthcare Awards “Mental Health Initiative of the Year”
- ✓ Shortlisted for the HSE Excellence Awards for Quality Improvement
- ✓ Decider Skills International Research Winners
- ✓ Kevin Plunkett Award X2 from Mental Health Ireland for Innovative Design - Recognition of the increased scope of the mental health nurse with ANP clinical governance structures
- ✓ Published Research on the Decider Skills Website
- ✓ Publication Underway re: RANP Project and Outcomes



# The END



Thank you for Listening! All  
Questions Welcome

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Níos Fearr  
á Forbairt

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