

Complex Interventions in Mental Health Nursing in Slovakia

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INTRODUCTION

Complex interventions in mental health nursing in Slovakia typically refer to the multi-faceted approaches and strategies used to address the diverse needs of individuals with mental health disorders. These interventions often combine clinical care, social support, and rehabilitation, aiming to provide holistic and person-centered care. Some of the key aspects of complex interventions in mental health nursing in Slovakia include: Integrated Care Models, Psychosocial Interventions, Person-Centered Care, Crisis Intervention, Psychiatric Nursing Education and Training, Challenges and Future Directions. These interventions are designed to address the diverse needs of patients, improve their quality of life, and facilitate their reintegration into society. However, challenges such as resource limitations, stigma, and workforce shortages remain, which will need to be addressed in the future to enhance mental health services.

RESULTS

Community Mental Health Services as a part of key aspect of new National Action Plan on Mental Health for 2024-2030 in Slovakia has been focusing on the development of community-based mental health services to reduce the reliance on institutional care. Nurses often play a central role in these services, providing direct care, education, and support to patients and their families in the community.

AIM

The poster informs about about the complex interventions in mental health nursing in Slovakia which are include in National Action Plan on Mental Health for years 2024 – 2030.

METHODS

Analysing informations from new national document National Action Plan for Mental Health we explore key core competencies for Mental Health Nurses for implementation National Program for Mental Health in Psychiatric nursing care.

DISCUSSION

Psychiatric Nursing Education and Training-education in Mental Health - Nurses in Slovakia receive specialized education and training in mental health, which equips them with the skills necessary to manage a wide range of mental health conditions. This training includes both theoretical knowledge and practical experience in settings such as psychiatric hospitals, community care, and outpatient clinics. To keep up with emerging trends and research in mental health care, mental health nurses are encouraged to engage in continuous professional development, including attending workshops, conferences, and additional training in evidence-based practices. The National Action Plan on Mental Health in Slovakia is a multi-faceted document influenced by national priorities, international frameworks, and WHO guidelines. For the most specific and up-to-date information, consulting the Ministry of Health of Slovakia, WHO, or European Commission reports would be a good starting point. Additionally, reviewing academic and policy research on mental health in Slovakia can provide deeper insights into the ongoing development and effectiveness of these plans. On August 21, 2024, the Government of the Slovak Republic approved the new National Mental Health Program and the Action Plan of the National Mental Health Program for 2024-2030. This strategic program focuses on the development of the mental health care system in Slovakia.

The material brings several measures, the implementation of which is intended to lead to systemic and sustainable changes. The goal is to ensure humane, modern and accessible care for all residents of the Slovak Republic. By 2030, it is planned to create and regulate conditions, mechanisms, measures and tools that will support mental health at the level of individuals, communities and the entire population.

National Action Plan For Mental health in Slovakia 2024 - 2030

Priority areas include:

Support, prevention and early intervention in the field of mental health for all accessibility, coordination, quality and sustainability of care destigmatization, inclusion, respect for rights and consideration of the needs of vulnerable groups, professional training, education and human resource management, research, evaluation and ongoing development of the services provided The National Mental Health Program defines the basic values and principles on which policies and services in this area should be built. The program also analyzes the current state and proposes specific measures to improve the availability and quality of the services provided. The material prefers the principles of a systemic, holistic and supra-sectoral approach to the issue of mental health, with the aim of adequately reflecting the needs of the Slovak population and the requirements of service providers in this area, with an effort to ensure the same access to mental health care as to physical health care. The novelty of this program is its focus on supra-departmental and multidisciplinary care, which is based on the cooperation of experts from different fields. The program focuses on the person as a whole, not just on their diagnosis, and supports the principle of graduated care - from informal help to highly specialized professional institutional care.

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