

Improving Mental Health In Rural Communities With Resource Kits

Nicole King RN-MSN Program

Xavier University Poster, November 2021

Purpose

- The purpose of this project is to improve patient education and improve care for patients in the rural community who are diagnosed with a mental illness.
- Providing patients with a tangible resource kit will optimize the quality of care they will receive.
- Most often, patients rely on general practitioners to provide mental health care or refer to psychiatry.
- Implementing a resource kit for patients will facilitate a smoother streamline of care, giving



Figure 1. Continuum(11/13/21). Patient Education. Retrieved from <https://www.carecloud.com/continuum/patient-education-resources-improve-care-and-grow-your-practice/>

Problem

- According to NAMI (2021), 2,385,144 people in Ohio live in a community with insufficient mental health professionals.
- According to The National Institute on Drug Abuse (2021), 1 in 4 individuals with a severe mental illness also has a substance use disorder.
- There is a gap in care with referrals, leaving the patient at a higher risk for relapse or exacerbation of mental illness.
- Without having the proper training and available resources, it is difficult for the practitioners in the office to provide optimum care.
- Literacy, language, and cultural needs will be identified through research to



Figure 2. Quality Compliance Systems. (November 13, 2021). Mental Health. Retrieved from <https://www.qcs.co.uk/well-being-at-work/>

Background

- According to Roberts (2020), living with mental illness causes a higher risk of developing chronic illness, such as heart disease or diabetes, leading to premature death.
- Lack of tangible resources, low income, transportation, insurance, and mistrust are just a few barriers keeping patients struggling with mental illness from seeking help.
- Based on Health Resources & Services Administration (HRSA), millions of people with potentially treatable mental disorders are left stranded because of a lack of access to evidence-based treatment from mental health specialists (Hughes, Gorman, Ren, Khalid, & Clayton, 2019).
- A Cochrane review has shown that verbal and written information can improve patient satisfaction and health literacy, more than just verbal information (Posch et al., 2020).
- Health education materials need to be well designed and able to capture the audience's attention.
- Sharma, Akhtar, Singh, and Mehra (2019), report that printed information, education, and communication materials improve learning, display critical messages, motivate, and reinforce verbal communication.

Methods

- A completed document of the project proposal will be submitted to the IRB for approval.
- Participants will be selected randomly from collaboration with the Nurse Practitioner.
- Patient participation will be measured by percentage. 50% or higher percentage with selected patients participating in the questionnaire and direct observation will be considered successful.
- This proposal includes patients completing two surveys to gather their perspectives on the usefulness of pamphlets.
- The first pamphlet will be from NAMI, and the research team will create the second.
- Following the first survey, selected patients will be observed during clinical visits held in the office.
- During observation, the team will identify the patient's goals and concerns regarding mental health treatment.
- Once the team has completed the first survey and observations, the team will regroup and decide which information will be most pertinent to the second pamphlet.
- Finally, the pamphlet will be presented to the same group of participants to get their responses.

Framework

- John Hopkins nursing evidence-based practice model will be guiding this scholarly project proposal.
- The model uses a three-step process called PET: practice question, evidence, and translation (John Hopkins Nursing EBP, 2021).
- Internal and external factors mixed with practice, education, and research are evaluated to find a solution.

Outcomes

- An educational pamphlet will be created based on patient's feedback and goals.
- By designing the pamphlet based on participants goals this will increase quality assurance.
- Including patients' preferences in the pamphlet will improve treatment adherence.
- The practice will see an increase in compliance with patients.
- Patients will adhere to medication treatments and follow through with scheduled appointments.
- Patients will report increased trust in family practice.
- Participants will report the second survey reflected their goals.

Conclusions

- Data will show that patient and provider shared decision-making is optimal.
- Uncovering the community's unique needs will give the primary care office a better opportunity to serve mental illness.
- Findings will determine the validity and relevance of the content being implemented. It will be concluded that patient and provider communication will be enhanced with educational material.
- The barriers that prevented patients from seeking mental services will start to disappear.
- The office will have improved communication with patients, flexible options for treatment, and a more streamline approach with outside referrals.

Relevance To

- Nurses have an important role when it comes to mental illness improvement.
- Nurses are on the frontlines building relationships and trust through continuum of care.
- The project proposal will explore a cost-effective and simple idea that will change lives for the better.

References

Continuum. (11/13/21). *Patient Education*. Retrieved from <https://www.carecloud.com/continuum/patient-education-resources-improve-care-and-grow-your-practice/>

Quality Compliance Systems. (November 13, 2021). *Mental Health*. Retrieved from <https://www.qcs.co.uk/well-being-at-work/>

Hughes, C. M., Gorman, J.M., Ren, Y., Khalid, S., & Clayton, C. (2019). Increasing access to rural mental health care using hybrid care that includes telepsychiatry. *Journal of Rural Mental Health*, 43(1), 30-37. doi.org/10.1037/rmh0000110

John Hopkins Medicine. (2021, September 12). *John Hopkins evidence-based practice model*. <https://www.hopkinsmedicine.org/evidence-based-practice>

National Institute on Drug Abuse (2021, October 9). *Common comorbidities with substance use disorders research report. Part 1: The connection between substance use disorders and mental illness*. <https://www.drugabuse.gov/publications/research-reports/common-comorbidities-substance-use-disorders/part-1-connection-between-substance-use-disorders-mental-illness>

Posch, N., Horvath, K., Wratschko, K., Plath, J., Brodnig, R., & Siebenhofer, A. (2020). Written patient information materials used in general practices fail to meet acceptable quality standards. *BMC Family Practice*, 21(23), 1-6. Doi.org/10.1186/s12875-020-1085-6

Roberts, R. (2020). Improving the physical health of rural people living with mental illness. Springer Nature Singapore, 1-27. doi.org/10.1007/978-981-10-5012-1_42-1

Sharma, S., Akhtar, F., Singh, R.K., & Mehra, S. (2020). Validation of health education material for youth: A step to ensure implementation fidelity in community-based interventions. *Healthcare*, 8(8), 1-12. Doi:10.3390/healthcare8010008

Abstract

The purpose of this project is to improve patient education and care for patients in the rural community who are diagnosed with mental illness. Without proper training and available resources, it is difficult for practitioners in rural communities to provide optimum care without sufficient resources. The general setting for the project will take place in a primary care office located in a small rural town. This project will focus on patients seeking mental health support for anxiety, depression, or more severe. John Hopkins nursing evidence-based practice model will be guiding this scholarly project proposal. Two surveys will be completed, one at the beginning of the project and one in the final stages. Both are directed towards the patient's opinion of an educational pamphlet based on mental illness. Following the project, the primary care office will encourage patients to use the pamphlets for further reference as needed. Results will be based on data analysis and patient participation, and results could vary depending on limitations. The results will conclude that educational material tailored by the patient will be very effective. It will be personalized and appropriate for each situation, otherwise termed patient-centered. The result will be an incentive for clinicians and patients to work together to improve the quality of care and patient satisfaction. Further research is always warranted to keep improving health care processes. Possible research could branch out into other small rural offices or clinics, leading to change in the health care system on a larger scale.

Keywords: Mental health, rural, educational materials