

# Griffith University

## Mental Health Project

### Newsletter

Issue 3

This project is funded by the Australian Government Department of Health as part of the Fifth Community Pharmacy Agreement Research and Development Program managed by the Pharmacy Guild of Australia. Ethics approval has been obtained from the Griffith University Human Research Ethics Committee (PHM/08/11/HREC).

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The Mental Health Project now has CPD accreditation for GPs. Please distribute this information to any local GP practice, GPs with a special interest in mental health or Medical centres you work with.

The Royal Australian College of General Practitioners (RACGP) QI & CPD activity: *clinical audit for depression – the challenge of adherence*

The Mental Health and Community Pharmacy Project team invites general practitioners in QLD, Northern NSW and WA to participate in a QI & CPD activity: *a clinical audit to review two important areas of mental health practice:*

1. How you currently identify and manage people at risk of non-adherence to antidepressants.
2. How you use services offered by other providers such as psychologists / psychiatrists (i.e. via the mental health treatment plan), pharmacists (i.e. medication support services) and consumer resources (e.g. beyondblue and National Institute for Health and Clinical Excellence).

RACGP has approved this accredited QI & CPD activity for 40 category 1 points which can be included in Mental Health CPD (in the 2014-2016 triennium). If you are interested in taking part in this RACGP accredited QI & CPD activity and have further questions please contact the Mental Health Project team.

## Changing the pharmacy experience

Teresa Proctor is the manager at Meadowlands Pharmacy in Carindale.

Teresa attended the Mental Health and Community Pharmacy workshop in Brisbane last November and said it was a highly beneficial experience.

"So far we're seeing around six customers who've agreed to come into the pharmacy on a weekly or fortnightly basis and the arrangement is going well for both them and us. In a quiet area of the pharmacy we work out together simple strategies to manage their medicines. Generally feedback has been positive, with everyone stating that they benefit



from being able to talk about how to get the best from their medications."

Local Carindale resident, Guy Dorries, 57, has been involved in the Mental Health program for almost a year and says it has provided him with comfort and support during a period of ill health.

"In total I am currently taking 13 medications for conditions including

chronic lung disease, high blood pressure and depression," says Mr Dorries. "I have also had a recent spell in hospital, so I am pleased to be taking part in the program and getting some extra support.

The staff at the Meadowlands Pharmacy know my wife and I very well, as they do my GP, so going in to have a consult is very helpful, particularly as I am taking so many different drugs. Teresa and the team are always very good at suggesting alternative generic drugs which may be cheaper, or advising me about potential contraindications.

They also suggest helpful ways of remembering how to take my medication and I can't argue with that!"

## Tips for Recruiting

1. Leave the training resources in an obvious place in the pharmacy
2. Ensure all the pharmacy staff are aware of the project and have access to the resources and materials
3. Know the benefits of the intervention so it is easy to explain to the customer
4. Even staff not involved in the intervention can refer suitable candidates
5. Keep a record of all the customers you approach and actively follow them up
6. Try to complete steps 1 to 4 in one session. This makes it easier to progress through the intervention
7. Work out the best way of doing this with the consumer, for example, let the consumer fill out as much as they can on their own, then go through it with them or fill it out together in the pharmacy

## Recruitment Update

It is great to see so many of you helping your consumers through the medication support plan. We are now over the half way mark for recruitment! As indicated there are still many pharmacies working with 1 to 3 consumers. **If every pharmacy increased recruitment by two consumers the target of 500 consumers will be reached.** Thanks for your support and congratulations on getting this far.

PHARMACIES TRAINED

100 %

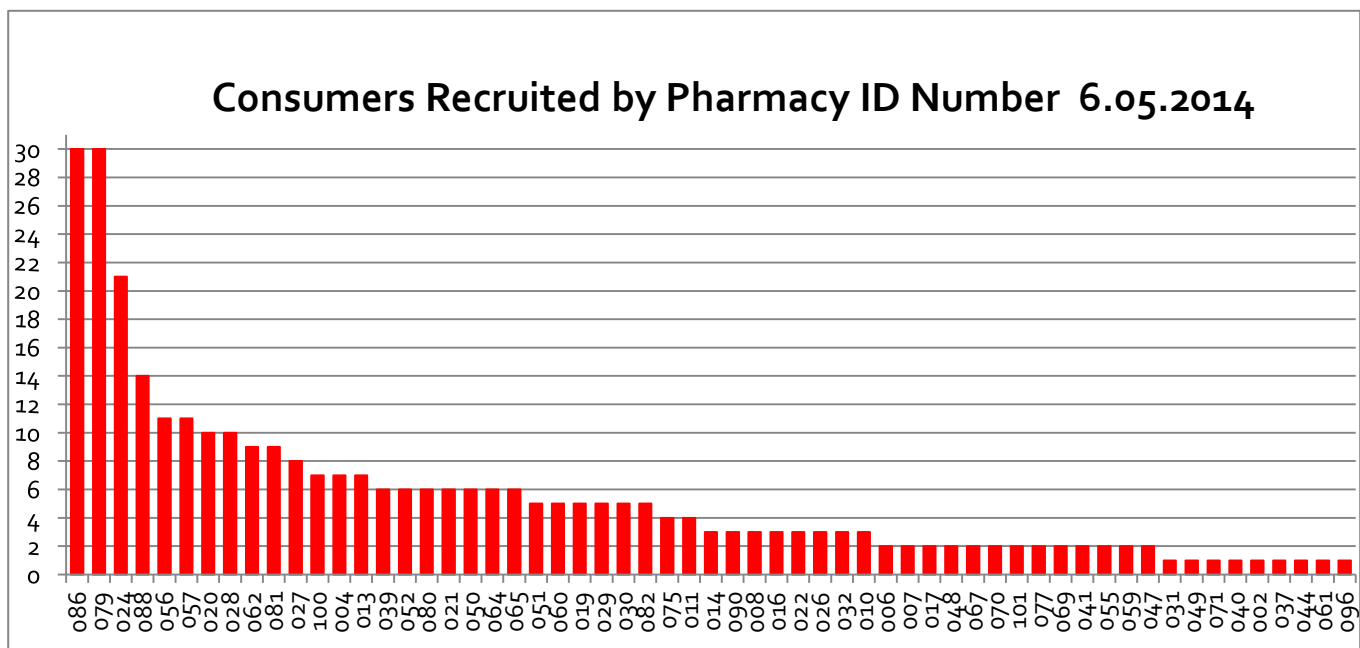
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CONSUMERS RECRUITED

65 %

326

500



As indicated below there are 167 consumers nearing completion. Please advise the team when these consumers have completed the Final Health Review and we will collect the necessary paperwork.

