

# Griffith University Mental Health Project Newsletter

Issue 4

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/o8/11/HREC).

## CONTACT US

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## Reimbursements have increased

As pharmacy staff work with more consumers their confidence, knowledge and skills with the medication support plan improves. To promote increased involvement we would like to reimburse those working with more than five consumers and even more so for those working with more than 10 consumers.

### Reimbursements are now:

**1-5 consumers : \$50 for each consumer**

**6-10 consumers : \$75 for each consumer**

**11+ consumers : \$100 for each consumer**

*NB. This includes working with the consumer and submitting data not just recruitment.*

## KEY DATES

**31 July 2014**

Anticipated final date for recruiting new participants to medication support intervention. To be confirmed as we monitor participation.

**31 October 2014**

All consumer folders to be returned to us by this date

## Still waiting for your group 2 CPD certificate and honoraria payment for attending the Mental Health training workshop?

Perhaps you haven't sent back your quiz. All workshop participants must complete a short assessment quiz before we can process your group 2 CPD certificate for the Mental Health training workshop day (6 hours) and process your honoraria payment for those who were eligible. Contact us if you need the quiz resent or to check if we have received your completed quiz.

## OUR FIRST COMPLETER

On the 10<sup>th</sup> of March we interviewed our first "Completer" who had worked with 10 consumers through the medication support intervention at their community pharmacy. Overall, the pharmacist was very happy to have taken part in the project, and thought the Medication Support Service was outstanding. She enjoyed the different perspectives provided by the various presenters at the workshop and thought they were beneficial. At the pharmacy, knowing the benefits of the intervention made it easy to explain to the customers, and to invite them to participate. Other staff were aware of her involvement in the project and were supportive in implementing the service in practice. The pharmacist was armed with knowledge, a positive attitude and had supportive staff, particularly the owner.

When the pharmacist approached the first consumer, explained the project and extended an invitation to participate, the customer's positive response confirmed that the service was important, and this encouraged the pharmacist to recruit more participants. She found that working with consumers was not as difficult as first thought, and said it helped to be upfront about the time needed for each step of the intervention. The consumers that were recruited were struggling with medication issues, life style and pain management issues. Talking to consumers, agreeing on goals, and making plans to reach those goals meant experimenting with different options. The customers provided feedback on what did and didn't work for them, and changes were made where necessary. The pharmacist could see the improvement in the wellbeing of the customer. Other health professionals (GPs and psychiatrists) were also supportive of the medication support service, mainly because the customers had spoken highly of the service they had received from the pharmacy, encouraging inter-professional collaboration that will benefit consumers.

## Resource of the month

Find mental health resources at:

[www.mindhealthconnect.org.au](http://www.mindhealthconnect.org.au)

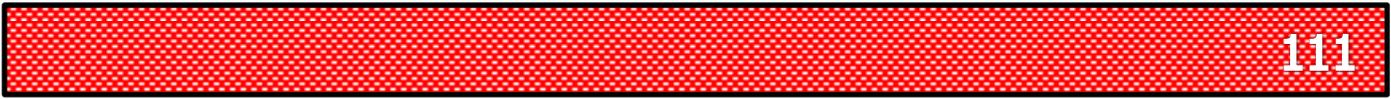
Providing mental health and wellbeing information, online programs, helplines and news, bringing Australia's leading mental health providers together in one place.

# Recruitment Update

We are well over the half way mark for recruitment and need to keep up the momentum to reach our target of 500 consumers completing the intervention. There are still many pharmacies working with 1 to 3 consumers so if we can increase recruitment by two consumers at every pharmacy we can get across the line.

PHARMACIES TRAINED

100%

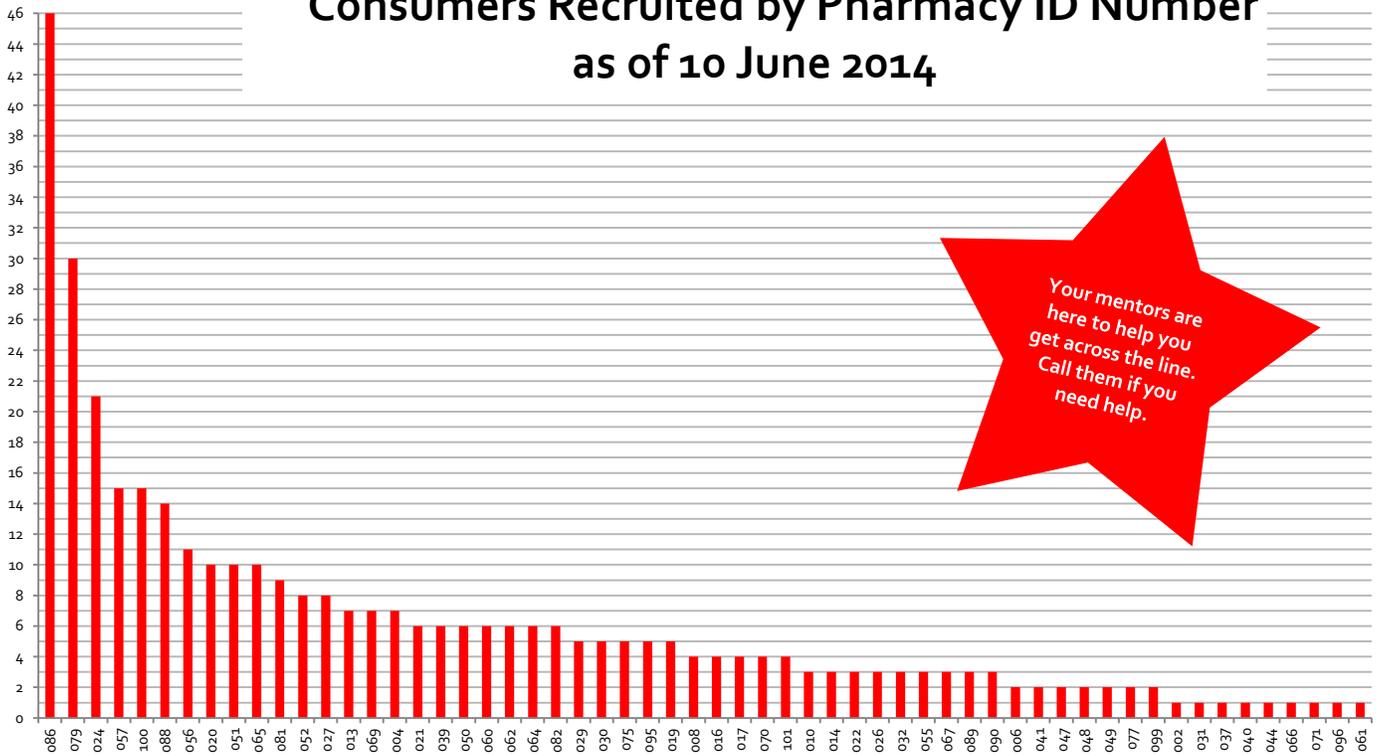


CONSUMERS RECRUITED

82%



## Consumers Recruited by Pharmacy ID Number as of 10 June 2014



As indicated below there are 263 consumers nearing completion. Please advise the team when these consumers have completed the Final Health Review and we will collect the necessary paperwork.

