

GLOBAL NETWORK GOLD FORUM EVENT 2018

Sharing of “good practice” examples

Mrs. Isabel Feria

Healthcare Service Name: **Benito Menni Mental Health Services Complex**

Country/Region: Catalonia (Spain)

Self-Audit Score 2017 (Standards 1-8): 132/144

Size/ number of beds: 811

Number of Staff: 884

Specialisation (Departments, diagnosis): Mental Health Care Services, Socio-health Care Services, Service of Attention to People with Intellectual Disability, Services of Attention to the Organic Pathology



ST 7. Community engagement

Benito Menni therapeutic patient's plan include an **over year work focusing on healthy habits on daily life**, cultural promotion, sport to support health organic improvement (organic pathology, smoking dependence, etc).

Focusing on tobacco policies, Benito Menni schedule long term activities for dishabituaton and participates in the activities of the regional tobacco-free week every year (promoted by the Catalan Public Health Department, Catalan Government). For instance, these activities, once a year but not only, are framed during the World No Tobacco Day.

This activities are **planned within the hospital and in the community, and are carried** in coordination with the municipality and other institutions.

All those activities are runned by **specialized professionals** trained on tobacco cessation intervention.

This community engagement orientation allow us to strength liaisons and efforts with the local council and other social/health/NG organizations to work with.

The **Mental Health Tables** is a coordination and collaborative workplace which covers all the agents working in mental health area. This workplace includes the different mental health institutions, federations or patient associations within the geographical area, the council, the diputacion and the government (that is to say the official institutions).

Its main goal is to increase the work carried out by all the people involved in mental health circuit which allows a better detection, coordination and attention to the territorial needs, to develop sensitivity and health promotion initiatives and to promote also actions against mental health stigma. It also works for the promotion and creation of services and programmes addressed to the community and to develop improvement measures in their welfare.

Some examples of this activities are:

- The patients staying in the long-term area (and the ones in the community resources) participate in health habits activities along with the council and some local associations. We have given speeches in libraries about smoking habits, we have also made some art expositions, team sports and walking circuits.
- The staff also takes part in the community giving speeches in official institutions and some of our nurses make group sessions in the community regarding health habits, in which they discuss about smoking habits (mainly with patients from inside the community).

ST 4. Identification, diagnosis and tobacco cessation support

At every patient new hospitalization, the patient evaluation includes a complete toxic habits detection, including tobacco dependence. This measure allows to identificate and offer dishabituaton plan to the patient.

During the stay, the patient also has the opportunity to ask for dishabituaton help on demand.

Our tobacco cessation support, include focusing on:

In acute units:

- Group intervention
- Individual intervention and support
- Nicotine Replacement Therapy
- Specialized professionals
- At medical discharge, community intervention coordination that allow the continue of the therapy.

In the long- term stay areas:

- Group intervention
- Individual intervention and support
- Nicotine Replacement Therapy
- Specialized professionals
- Coordination with internal medicine doctors
- Community based program activities
- Therapeutic activities in hospital
- One step beyond non smoking areas in hospital complex (Àrees sense fum)

Also:

- Upgrade courses on tobacco dishabituaton intervention for our professionals
- Tobacco dishabituaton intervention research
- Promote healthy habits and tobacco dishabituaton and intervention for workers/professionals of the organisation.

