ROLE OF PHC IN THE CMH
The National Forensic service is primarily located in the Central Mental Hospital.

We provide a national forensic service, with court liaison, in reach service in the prisons, day centre, hostel accommodation and we serve and inpatient cohort of 94 patients.
The Primary Healthcare Centre
Started With

- Acting CN M2 post in Primary Healthcare
- Vision to develop a primary healthcare system within the CMH.
- Started with an office and a clinic room
- A GP service once a week for 90+ patients.
  And that was it in 2006.
Challenges

- Meeting Mental Health Guidelines for Primary Healthcare.
- Goal posts changed ever year before we eventually got it right for the Mental Health Commission.
- Acquiring equipment, budget constraints.
- Promoting the profile of the Primary Healthcare Department with the CMH and outside Agencies.
Trial and error with the Mental Health Commission until 2010, we are now 100% compliant since then.

Developing relations with the hospital manager. (Budget for Equipment)

Speaking at all staff induction programmes both medical and nursing.

Disseminating information on units (Times of clinics etc)

Promoting healthcare initiatives with staff and patients throughout the campus.

Liaising with MDT’s and establishing an equal stake hold on the team.
Under our integrated Care Plan, Primary Healthcare is Pillar 1 of 7 pillars of care.
Currently we have two GP’S who attend the hospital on a Tuesday from 2pm – 4pm, and Wednesday morning from 09:30 am- to 12 midday.

The GP’S role is to review every patient in the hospital every six months for a full physical review.

The GP’s also see patients for other medical conditions on a needs basis.
Role of the Practice Nurse

- Is that all patients are registered with the National Screening Programmes,
- Bowel Screening, Cervical Screening, Retina Check, Breast Check.
- Flu Vaccines.
- ECG’s
- Venopunture/ Clozaril Clinic
- Staff Hepatitis screening along with Dr. Steevens Occupational Health.
We also have the following outside agencies attending the hospital:

- Optician on a needs basis
- Podiatrist 6 weekly
- Community Physiotherapist needs basis
- Diabetic Team every three months
- Community Dietician every three months
- Also liaise with Hospice service as needed.
- WANE programme.
The WANE programme.
(Weight and Nutritional Educational Programme)
Set up in response to our growing obesity problem within the hospital.
Due to the effects of some antipsychotic medication some of our clients develop metabolic syndrome. (Symptoms: Type 2 diabetes, obesity, hypertension, abnormal cholesterol and triglyceride levels).
The WANE programme addresses good diet and exercise rather than focusing on weight.
It is run over an 8 week period.
Results are positive and need further analysis.
The Future

Practice nurse to enhance her skills in further training (ANP in practice nursing.)

Future projects include,

Further research (We have partaken in a body of research with Prof. O’Shea entitled “The Prevalence of Obesity and Metabolic Syndrome Among Inpatients at a Forensic Psychiatric Hospital in the Republic of Ireland”, the results of which were published in the Journal of Endocrinology.)

Going forward we intend to continue in this vein, evaluating the WANE programme that we are currently running.
We are currently in negotiation with SVUH respiratory clinic and hope to have quarterly respiratory clinics within the CMH.

All of this activity has grown the department and we envisage having a second whole time member of staff in the near future.
Thank you all for listening.