



Curtin University



Cockburn Wellbeing

A pathway from tertiary mental health to primary health care

Tammy Ward and Karen Heslop

Cockburn Wellbeing



- Established as a mental health research clinic in 2017 in partnership between Curtin University School of Nursing, Fremantle Hospital Mental Health Service and Cockburn Integrated Health Service.
- Funded by research grants and NP Medicare rebates and in-kind funding from the Curtin School of Nursing.
- Aims
 - “To improve mental health and physical health outcomes of people experiencing mental disorders and/or alcohol and substance use disorders”*,
 - “To determine the role Nurse Practitioners with specialist mental health and AOD training have in supporting people with mental illness in primary care”*.



Cockburn Wellbeing



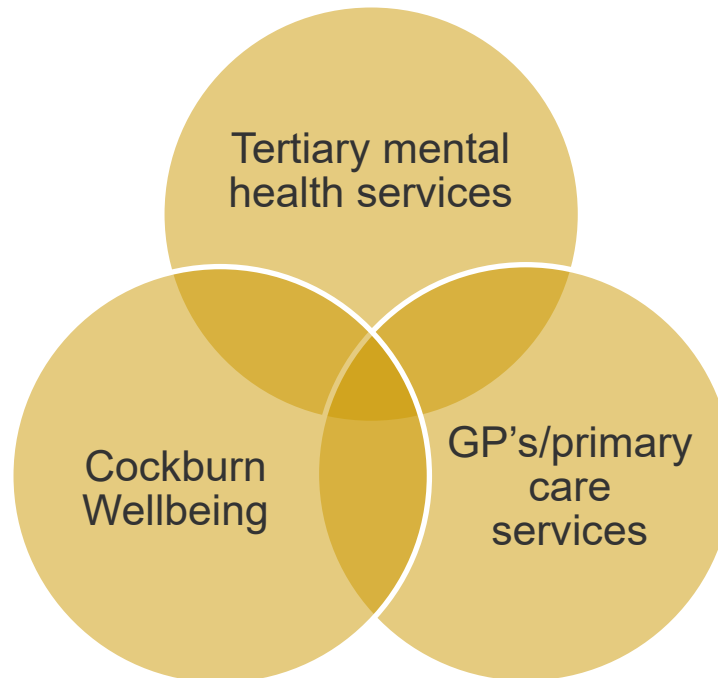
- Situated within Cockburn Integrated Health located at Cockburn Health and Community Facility building in Success, WA.
- Staffed by Nurse Practitioners (mental health and drug and alcohol specialists), mental health nurses and researchers (Curtin University).



Model of Care

‘Shared care’ to ‘transition of care’ model.

Target group – people with mental illness who need ongoing treatment and management but who do not require tertiary mental health services.



Services offered



- Mental health support services
- Depot clinic and future clozapine clinic
- Alcohol and Other Drug (AOD) support service
- Healthy Lifestyle Service (partnership with Cockburn Integrated Health) – Provides clinical placements for nursing students and client access to low cost and free community services and programs to improve health.
- Support a community Needle and Syringe program – partnership with Cockburn SuperClinic Pharmacy and WA health Department of Infectious Diseases (harm minimisation).
- Staff and student led research



Research

- (2023) *“The student led Cockburn Healthy Lifestyle Program: Improving physical and mental health outcomes”*. Cockburn GP Super Clinic Limited
- (2022) *“Moving beyond shared care models: A Nurse Practitioner model of care to support the successful transition clinically stable mental health clients to primary care services”*. WA Primary Health Alliance
- (2021) *“Same-visit hepatitis C testing and treatment to accelerate cure among people who inject drugs (QuickStart): a cluster randomized control trial (trial site)”*, The Macfarlane Burnet Institute for Medical Research
- (2021), *“Does routine cardio-metabolic screening in a community drug and alcohol service reduce the risk of cardio metabolic disorders for people who use alcohol and other substances?”* Murdoch Psychiatry
- (2020) *“The Cockburn Wellbeing HCV Continuous Care Clinic – improving health outcomes of people with mental illness and or drug and alcohol use by identifying and treating HCV”*, Gilead Sciences *“Cockburn PWID (Patients Who Inject drugs) HCV Micro-elimination Project”*. AbbVie Pharmaceuticals
- (2018) *“MH-SMILE: Improving health outcomes of adults with mental health problems”*. Healthway WA Health Promotion Intervention Research Grant.
- (2018) *“Implementing alcohol and other drug screening and brief intervention into Cockburn primary care services”*. Western Australian Primary Health Alliance - Alcohol and Other Drug Workforce Development Grant
- (2017) *“Pathways of care from public mental health to primary care”*, WA Primary Health Alliance Innovation and Evidence Grant.

Nurse Practitioner (NP) role.



- Cockburn Wellbeing was established Nurse Practitioner led clinic (to provide mental health specialist services within primary care services).
- Nurse Practitioner, registered nurses who have undergone further training enabling an extension to their scope of practice.
- Registered RN and endorsed and a NP through Australian Health Practitioner Agency.
- NP's can prescribe medication (Prescriber no.), refer for diagnostic testing, access Medicare (Provider no.) and diagnose and refer within their scope of practice.
- NP's work in a variety of specialities across a treatment settings.



Mental health and Alcohol and Other Drug services



- Referrals: GP, Psychologists, tertiary services, self-referral, Cockburn Healthy Lifestyle Service.
- Not a crisis service.
- Initial intake assessment to review suitability to services offered.
- Mental health assessment, risk assessment, psychoeducation, medication management, individual support and referral as required.
- Drug and alcohol assessments, brief intervention, motivational interviewing, individualised support and referral for withdrawal and rehabilitation, medication management, hepatitis C management.
- Bulk billing, although clients are required to pay for their prescribed medication.
- Three day a week service, rooms at Cockburn Integrated health, supported by administration/reception and utilising Best Practice software.



Depot service

- Model of care, memorandum of understanding (MOU) with South Metropolitan Health Service, Fremantle Mental Health, to develop a pathway out of tertiary care, that was effective, safe and affordable.
- My experience as a community mental health nurse, chronic mental health issues, a lot of people who were stable but still having to engage with tertiary mental health. Focus on those most adherent with medications depots/clozapine.
- Trial 2022: Choice of client vital. No relapses of serious mental illness recently, willing to engage with Cockburn Wellbeing, willing to pay for medication, degree of insight, no recent history of aggression, meet the indication for treatment under the pharmaceutical benefits scheme.
- Challenges client factors that we had found were the cost of the medication, transport to the Cockburn site, fear of stepping away from tertiary services (clients and their families), too disorganised.

Depot service

- Stable on long-acting antipsychotic intramuscular injection.
- Referral completed by tertiary health service to CBW.
- Initial appointment arranged with NP. If accepted shared care under MOU minimum 3 months, can be longer if required.
- NP completes prescription, arranges next appointment for depot.
- Clients are orientated to the building, introduced to the pharmacists, advised of cost of medications, prompted to collect medications from pharmacy before they attend CBW appointment.
- NP advises MH service of attendance and mental state via email.
- Notified of discharge from the tertiary service, discharge summary sent to CBW and to GP by tertiary service.
- CBW continue with management of client (Depot prescription and administration, metabolic screening 3 monthly), shared care with GP ongoing.
- CBW provide 6 monthly updates to GP.
- GP provides physical health care.
- Non engagement, deterioration of mental state: discuss with GP and refer to mental health service.
- We have been very well supported by Fremantle when the rare need to refer has occurred.

Clozapine Clinic

- Shared care for Clozapine has been included in the MOU. Fremantle Mental Health Service will discuss their own shared care process.
- CBW proposal: Clozapine clinic staffed by GP and NP (both employed by CBW) or for CBW to share care with an established practice of GPs to support the clients transition to the community. Bulk billing clinic, we envision if this was a co located service that the clients could be seen either on consecutive days, or same day by NP and GP.
- GP register with Clopine connect, review and validate blood results every 28 days face to face. GP manages physical health issues.
- NP role to register as Clopine coordinator for CBW. NP to check that bloods completed within the required time for the appointment with GP. NP performs mental state review, including side effect profile and health screening as scheduled every 28 days. NP provides pathology form. Liaises with GP, MHS and pharmacy as appropriate. Ensures client has a booked appointment and attends 6-month review with psychiatrist at the mental health service.
- NP CBW would be responsible to managing referral back to MH service if blood results were of concern, if there was an interruption in therapy, doses needed to be altered, non-adherence etc. Supported by the MOU.

Cockburn Wellbeing – ‘A value add’



- *We believe that CBW engagement with this process would add an additional layer of support to clients and their families and reduces the burden of solely managing these clients on the nominated GP.*



CBW and mental health recovery



- We are currently completing a client survey about the services provided by CBW.
- Anecdotally good feedback about the clinic, partnership with GP, the structure of the clinic from the clients. Other people have said they enjoy being able to have a coffee afterwards, like having the pharmacist to talk too, not having to go to the hospital, that going to the hospital can be quite upsetting or a reminder of when they were unwell.
 - Improving quality of life.
 - A sense of hope.
 - Improving independence.
 - Developing a therapeutic relationship based on trust and understanding.
 - Treating people as individuals.
 - Reduce stigma associated with serious mental health.
 - In the future: Peer support embedded into the clinic with clients and our nursing students.
- Cockburn Wellbeing is invested in supporting people in their recovery journey and about providing a choice to those receiving treatment for their mental health.



Referral process



- Referral form
- email: cockburnwellbeing@curtin.edu.au
- Phone: 9266 2883

Cockburn Wellbeing Referral Form

Mental Health Support Alcohol and Drug Support

Clients can be referred to Cockburn Wellbeing Mental Health Clinic by their GP, mental health service or appropriate support agency in the Cockburn area for screening and management of physical, mental health or Drug and alcohol concerns. *Please note we do not offer psychology or psychiatric services.*

Client Name: _____ DOB: _____

Contact Phone: _____

Address: _____

Medicare Number / IRN / Expiry: _____

Client GP Name and Location: _____

Please outline the specific reasons for referral to the Cockburn Mental Health Clinic (tick as appropriate).

<input type="checkbox"/>	Mental Health Assessment	<input type="checkbox"/>	Lifestyle support
<input type="checkbox"/>	Psychosocial Support	<input type="checkbox"/>	Chronic disease management
<input type="checkbox"/>	Drug and Alcohol issues	<input type="checkbox"/>	Medication management
<input type="checkbox"/>	AOD Pharmacotherapy	<input type="checkbox"/>	Cardio-metabolic monitoring
<input type="checkbox"/>	Discussion around harm <u>minimisation</u>	<input type="checkbox"/>	Cardiac/blood pressure issues
<input type="checkbox"/>	Tobacco/Nicotine cessation	<input type="checkbox"/>	Nutritional support
<input type="checkbox"/>	General physical health screen		

NB: Please notify us of any relevant health history below and attach accompanying documentation if appropriate.

Primary mental health concern/diagnosis:

Reason for referral:

Relevant health/medical history:

Medications (if any):

Contact details of referrer:

Name: _____ Organisation: _____

Phone: _____ Email address: _____

Email form to: cockburnwellbeing@curtin.edu.au

Phone: 9266 2883

Address: Cockburn Integrated Health, Suite 8, Ground Floor, 11 Wentworth Parade, Success, WA 6164.



**THANK YOU FOR
YOUR ATTENTION
ANY QUESTIONS?**