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Uloga medicinske sestre u radu mobilnog psihijatrijskog tima

/ The Role of the Nurse in a Mobile Psychiatric Team

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Mobilni psihijatrijski tim čine doktor medicine specijalist psihijatrije, psiholog, medicinska sestra / prvostupnica sestrinstva te osoba s iskustvom oporavka od mentalnih poteškoća (*peer worker*). Rad tima organiziran je kroz terenske posjete korisnicima u njihovim domovima. Prvi razgovori o uključivanju u program kućnih posjeta započinju već tijekom hospitalizacije korisnika. Uloga medicinske sestre / tehničara u mobilnom timu uključuje kontaktiranje osoba s mentalnim poteškoćama i članova njihovih obitelji radi dogovora prvog kućnog posjeta. Prilikom dolaska u dom korisnika članovi tima predstavljaju se korisniku i članovima obitelji te ih upoznaju s ciljevima i načinom rada mobilnog tima. Korisniku se uručuje informirani pristanak na potpis, kao i evidencijska dokumentacija za praćenje realiziranih posjeta. Tijekom kućnog posjeta razgovor se vodi zasebno s korisnikom, a potom i s članovima

The mobile psychiatric team consists of a medical doctor specializing in psychiatry, a psychologist, a nurse/bachelor of nursing, and a person with lived experience of recovery from mental health difficulties (peer worker). The team's work is organized through field visits to service users in their homes. Initial discussions about inclusion in the home-visit program begin already during the user's hospitalization. The role of the nurse / technician in the mobile team includes contacting people with mental health difficulties and members of their families to arrange the first home visit. Upon arrival at the user's home, team members introduce themselves to the user and family members and explain the goals and working methods of the mobile team. The user is given an informed consent form to sign, as well as documentation for recording and monitoring the visits carried out. During the home visit, the conversation is conducted first with the user alone, and then with members of their family. Special

njegove obitelji. Posebna se pozornost posvećuje redovitom uzimanju propisane terapije, odlascima na kontrolne preglede te primjeni depo pripravaka kada su indicirani. Također se procjenjuje razina osobne higijene korisnika i higijene životnog prostora. Dio korisnika živi samostalno te zbog prirode bolesti može imati poteškoća u održavanju osobne higijene i urednosti domaćinstva. Medicinska sestra / tehničar pruža edukaciju i savjetovanje o važnosti redovitog uzimanja terapije, održavanja osobne i prostorne higijene te uključivanja u društvene aktivnosti i socijalne kontakte, koji imaju važnu ulogu u procesu oporavka i očuvanja mentalnog zdravlja. Tijekom posljednje godine mobilni psihijatrijski tim redovito posjećuje i domove te udomiteljske obitelji koje skrbe o osobama s mentalnim poremećajima. Udomiteljima se pružaju stručne informacije i podrška vezana uz pravilnu primjenu terapije, prepoznavanje ranih znakova pogoršanja psihičkog stanja te odgovarajuće postupanje u kriznim situacijama.

attention is paid to regular use of prescribed medication, attendance at follow-up appointments, and administration of depot preparations when indicated. The level of the user's personal hygiene and the cleanliness of the living space are also assessed. Some users live independently and, due to the nature of their illness, may have difficulties maintaining personal hygiene and keeping their household in order. The nurse/technician provides education and counseling on the importance of taking medication regularly, maintaining personal and environmental hygiene, and engaging in social activities and contacts, which play an important role in the recovery process and in preserving mental health. Over the past year, the mobile psychiatric team has also been making regular visits to homes and foster families that care for people with mental disorders. Foster caregivers are provided with professional information and support regarding the correct use of medication, recognition of early signs of deterioration in mental state, and appropriate actions to take in crisis situations.