

INSPECTORATE OF MENTAL HEALTH SERVICES

CATCHMENT TEAM REPORT

INSPECTION 2013

HSE AREA	Dublin Mid Leinster
CATCHMENT AREA	Longford Westmeath
MENTAL HEALTH SERVICE	Longford Westmeath
POPULATION	127,520
NUMBER OF SECTORS	3
NUMBER OF APPROVED CENTRES	2
SPECIALIST TEAMS	Psychiatry of Old Age (POA) Rehabilitation Community Alcohol and Drugs Service (CADS)
DATE OF MEETING	20 March 2013

Summary

- Despite the current economic climate, the mental health service in Longford/Westmeath was continuing to develop.
- A new 24-hour nurse staffed community residence for the catchment area was currently under construction.
- Replacement facilities to accommodate the residents from St. Edna's ward were nearing completion.
- Renovations were being completed on a building on the St. Mary's Hospital campus to house the Department of Later Life Psychiatry, including its Day Centre/Day Hospital.
- The Rehabilitation team continued to remain inadequately resourced and staffed.

SERVICE DESCRIPTION

St. Loman's Hospital, Mullingar was built in 1847. At the time of the 2012 inspection there were four remaining units open in the hospital: St. Brigid's Ward, St. Marie Goretti Ward, St. Edna's Ward and an integrated male and female admission unit comprising 24 beds. Acute beds had been reduced by ten to allow for a new build on the west side of the admission unit. St. Marie Goretti and St. Brigid's Wards closed on 6 June 2012 and residents were transferred to the new approved centre, Cluain Lir on the St. Mary's Hospital campus. Cluain Lir was a 42 bed Psychiatry of Later Life unit consisting of two wards. Six of the beds were for acute admissions and the remaining 36 were for functional/organic illness in old age. The new building/renovations work to the admissions unit was due to be handed over from the builders in March 2013 but was behind target. There were plans for the acute unit to move to the new 20-bed unit to allow a similar process to occur on the east side of the building. When the new acute ward opened, plans were for St. Edna's Ward, the only ward remaining in St. Loman's Hospital proper, to close and the remaining residents within to be transferred to the 20-bed unit on the west side of the premises. The approved centre had a condition by the Mental Health Commission on its registration as an approved centre that required the residents from St. Edna's Ward must move into the new facilities by 31 December 2013.

The following works/renovations were ongoing at the time of this catchment area meeting: a new 24-hour nurse staffed community residence for the catchment area; buildings to be renovated on the St. Mary's Hospital campus to house a new CADS headquarters as the current building was unsafe; renovations to be completed on another building on the St. Mary's Hospital campus to house the Psychiatry of Old Age, including its day hospital; and plans were underway for a new purpose-built primary care facility in Athlone which would also house the community mental health services.

PROGRESS ON RECOMMENDATIONS FROM THE 2008 CATCHMENT REPORT

1. A fully staffed rehabilitation team should be appointed to progress the resettlement of residents to more appropriate accommodation.

Outcome: This had not been achieved.

2. Funding should be provided to implement in full the development control plan for the hospital.

Outcome: This had been achieved.

3. The physical conditions in all wards must be of an acceptable standard as long as the hospital remains open.

Outcome: St. Edna's Ward, the last remaining ward in the old building, was in the final stages of closing.

DEVELOPMENTS 2012-2013

- Five new health and social care professional posts had been secured from the 2013 National Allocation.
- The transfer of the day centre in the Athlone sector had taken place from old rented accommodation to a new refurbished HSE owned building.
- Building had commenced on a new purpose 24-hour nurse staffed community residence in Mullingar.
- Dialectical behaviour therapy (DBT) was now available in all sectors.
- A more coherent rehabilitation and recovery model was being developed within current resources.
- A new generic assessment tool was developed by an inter-sector group and was currently due for piloting.
- Three nurses were in the process of completing cognitive behaviour therapy (CBT) training.
- A phlebotomy service was being developed by nursing staff at both inpatient and outpatient level.
- Relevant personnel were part of the group developing the national dementia strategy for implementation.
- The service was currently renovating the building for the new St Edna's Unit due for opening in December 2013.
- A multidisciplinary inter sector group representing the three sector areas (established 2012) was currently developing a common assessment tool to be used across the catchment area by all Community Mental Health Team (CMHT) members. It was anticipated that training for all CMHT members would commence in November 2013.

TOTAL STAFFING *(Comparison with 2008)*

Entries for 2013 are stated as at the date of the 2013 catchment area meeting

Medical Staff (WTE)	2008	2013
Total Number of Psychiatrists	8	7.5
Total number of Senior Registrars	0	0
Total Number of NCHDs	10	11

Nursing Staff (WTE)	2008	2013
DON	1	1 (Acting)
ADON	5	3 (Acting)
Nurses in in-patient units	113.1	77.5
Nurses in community residences	37	37
CMHN	16.95	14
Day services	13.9	11.4
Dedicated therapists	-	0
Other	-	2 (PCLN)

Health and Social Care Professionals (WTE)	2008	2013
Occupational therapist	3	5.3
Psychologist	4	3.3
Social Worker	3.5	3.6
Addiction counsellor	5.52	5.8
Other	-	-

WTE – Whole Time Equivalent

NCHD – Non Consultant Hospital Doctor

DON – Director of Nursing

ADON – Assistant Director of Nursing

CMHN – Community Mental Health Team

PCLN – Psychiatric Consultation Liaison Nurse

Approved Centres:

Approved Centre Name	Number of Beds	Teams Responsible
St. Loman's Hospital	44	General Adult and CADS
Cluain Lir	42	Psychiatry of Later Life

CADS – Community Alcohol and Drug Service

RESIDENTIAL FACILITIES

Entries for 2013 are stated as at the date of the 2013 catchment area meeting

24 hour residences

Name of Residence	Number of Beds	Number of Staff	Rent
Glenavon, Athlone	12	11	HSE owned
Hillcrest, Longford	8	13 (includes Ashford)	HSE owned
Edgewater, Mullingar	12	13 (includes Glandore)	HSE owned

Medium Support Residences

Name of Residence	Number of Beds	Number of Staff	Rent
Ashford House, Longford	15	See Hillcrest	HSE owned
Glandore, Mullingar	8	See Edgewater	Rented Privately €2,750 per quarter

Low Support Residences

Name of Residence	Number of Beds	Number of Staff	Rent
Ards, Mullingar	5	Staff deployed from community residences as necessary.	HSE owned
Meadowview, Mullingar	5	Staff deployed from community residences as necessary.	HSE owned
1 Campbell's Lane, Longford	3	Staff deployed from community residences as necessary.	€100 p.w. Rented via Longford Co Council
15 Campbell's Lane, Longford	3	Staff deployed from community residences as necessary.	€100 p.w. Rented via Longford Co Council
Ardnacassa, Longford	3	Staff deployed from community residences as necessary.	HSE owned

GENERAL ADULT MENTAL HEALTH SERVICES

Sector Name: Team 1, Athlone

Population: 28,750

Entries for 2013 are stated as at the date of the 2013 catchment area meeting

Post	Grade	WTE	Comment
Consultant psychiatrist		1	
Senior Registrar		0	
NCHD	SHO	1	
ADON	(Acting)	0.4	
Community Mental Health Nurses		2	1 vacancy
Other Nursing Staff (specify)	CNM2 RPN	2 2	
Occupational therapist	Senior	1	
Psychologist	Senior	1	
Social worker	Senior	1	
Addiction counsellor		0	
Other (specify) Multi-task attendants		6	

NCHD – Non Consultant Hospital Doctor

ADON – Assistant Director of Nursing

SHO – Senior House Officer

CNM – Clinical Nurse Manager

RPN – Registered Psychiatric Nurse

Facilities	Number	Location	Comment (include whether shared, suitability & condition)
Sector Headquarters	1	Ré Nua District Hospital, Athlone	New building under construction at Clonbrusk, Athlone
Day Hospital	1	St. Martin District Hospital, Athlone	Not fully functioning (unable to admit acute patients 9-5 as not a suitable building for this purpose)
Day Centre	1	Day Centre, Grace Road, Athlone	To transfer to Loughloe House August 2013

Developments:

- Development of Deciders Skills Programme.
- Continuation and further development of Stain Glass project day centre.
- Development of a Wellness Recovery Action Plan (WRAP) Café Programme as part of the expansion of WRAP services.

Plans:

The service planned to expand its day centre services within existing resources through a group approach. The service planned to move into a new primary care setting in 2014, to augment cognitive behaviour therapy (CBT) services to include a relative support group and to develop a general support group for adult psychiatry service.

Sector Name: Team 2 Longford

Population: 33,040

Entries for 2013 are stated as at the date of the 2013 catchment area meeting

Post	Grade	WTE	Comment
Consultant psychiatrist		1	
Senior Registrar		0	
NCHD	SHO	1.7	
ADON	(Acting)	0.4	
Community Mental Health Nurses		3	
Other Nursing Staff	CNM2 RPN	2 0.6	
Occupational therapist	Senior	0	Post holder on extended leave and position unfilled
Psychologist	Senior	1	
Social worker	Senior	0.6	
Addiction counsellor		0	
Other Psychotherapist		0.6	(0.4 clinical + 0.2 teaching)

NCHD – Non Consultant Hospital Doctor
 ADON – Assistant Director of Nursing
 SHO – Senior House Officer
 CNM – Clinical Nurse Manager
 RPN – Registered Psychiatric Nurse

Facilities	Number	Location	Comment (include whether shared, suitability & condition)
Sector Headquarters	1	Community Mental Health Centre, Dublin Road, Longford	Purpose built. Opened 1992, space limited.
Day Hospital	1	Located in sector headquarters as above	Not fully functioning
Day Centre	1	Located in sector headquarters as above	Limited capacity

Developments:

- There was a new psychiatrist-run day centre clinic to better integrate the day centre with the work of the rest of the team.
- The nurse-led phlebotomy and depot clinic was a new development in 2013.
- A team coordinator had been appointed to coordinate referrals.
- The service made intense efforts to liaise with agencies such as the Homeless Action Team Employability Midlands and the Simon Community. Furthermore, the service sometimes invited general practitioners to its site to have joint meetings concerning common patients and very good and trusting working relationships had been instigated with the GPs in the area.

Plans:

Balint work, in which members of the MDT discuss psychodynamic factors in relation to patients, was planned for the multidisciplinary team, beginning in 2014.

Sector Name: Team 3 Mullingar

Population: 65,730

Entries for 2013 are stated as at the date of the 2013 catchment area meeting

Post	Grade	WTE	Comment
Consultant psychiatrist		1.8	
Senior Registrar		0	
NCHD		1.8	(normally 2.8 but 1 WTE on Mat leave)
ADON		1	
Community Mental Health Nurses		4	
Other Nursing Staff (specify)		2.8	(CNM2 X 1.8 and RPN X1)
Occupational therapist	Senior	1.3	
Psychologist	Senior	1.5	
Social worker	Senior	1.8	(0.8 = new development post of which 0.2 is in rehabilitation)
Addiction counsellor		-	

NCHD – Non Consultant Hospital Doctor

ADON – Assistant Director of Nursing

CNM – Clinical Nurse Manager

RPN – Registered Psychiatric Nurse

Facilities	Number	Location	Comment (include whether shared, suitability & condition)
Sector Headquarters	1	Community Mental Health Centre, Green Road, Mullingar	Space limited
Day Hospital	1		(Not termed "Day Hospitals" in catchment area but "Community Mental Health Centres" Not fully functioning
Day Centre	1	Ashbrook, Lough Sheever Business park, Robinstown, Mullingar	

Developments:

- Additional 0.7 WTE social worker appointed 2013.
- DBT Groups extended and expanded to wider catchment Area.
- Wellness Recovery Action Planning (WRAP) & Groups had rolled out across catchment area by members of the CMHT in partnership with service users.
- A comprehensive clinical audit of the sector day centre had been undertaken.
- Team Building training facilitated by the HSE-Dublin Mid-Leinster Performance and Development Department in summer 2013.

Plans:

One whole time equivalent (WTE) occupational therapist post was awaited as part of 2013 national allocation. Plans for the new primary care building which would incorporate CMHTs and day hospital was due to commence construction in 2014.

Mental Health Services for Older People

Description of service

The Psychiatry of Old Age service provided a domiciliary based service for those over the age of 65 with functional mental illness who have not previously had contact with the general adult service or who had not had such contact for many years. The service also assessed persons of any age with dementia who had behavioural or psychological symptoms of dementia. All new referrals were generally seen within two weeks.

The medical members of the team provided a liaison service to the Midland Regional Hospital, Mullingar. The service had consistently received over 120 referrals a year from the general hospital and staff reported that these patients were generally seen within a couple of days. The service had in-patient facilities in Cluain Lir, a recently opened purpose-built facility. There were two wards: St. Brigid's and St. Marie Goretti's, which were named after the two wards that had closed in St. Loman's Hospital in Mullingar. There were four acute admission beds in St. Brigid's and the remaining beds were for patients with severe enduring mental illness and patients with behavioural and psychological symptoms of dementia who could not be managed in a community setting. Members of the team had been heavily involved in the Laois/Offaly, Longford/Westmeath Dementia Strategy Group. Cognitive behavioural therapy, anxiety management and non-specific counselling was provided for patients with functional disorders. Cognitive stimulation therapy and Sonas therapy were offered to patients with dementia. Day hospital assessment support was available to patients regardless of diagnosis where appropriate but this was rarely taken up by patients living more than fifteen miles away due to travelling time.

Population over 65: 15,300

Entries for 2013 are stated as at the date of the 2013 catchment area meeting

Facilities: Cluain Lir	Beds
Acute	6
Continuing Care/Dementia	36

Post	Grade	WTE	Comment
Consultant psychiatrist		1.5	
Senior Registrar		0	
NCHD	SHO	2	
ADON		0.5	
Community Mental Health Nurses		5	
Other Nursing Staff		2	(CNM2 and CNM1)
Occupational therapist	Senior	1	
Psychologist			One day per month
Social worker			On request

NCHD – Non Consultant Hospital Doctor
SHO – Senior House Officer
ADON – Assistant Director of Nursing
CNM – Clinical Nurse Manager

Facilities	Number	Location	Comment
Sector Headquarters	1	St. Loman's Hospital	New build/renovation on St. Mary's campus
Day Hospital	1	St. Loman's Hospital	New build/renovation on St. Mary's campus
Day Centre	1	St. Loman's Hospital	New build/renovation on St. Mary's campus

Developments:

- The establishment of a Regional (Longford/Westmeath and Laois/Offaly) Steering Committee to roll out the National Dementia Strategy had taken place.
- A series of presentations had been made by the consultant psychiatrist of Old Age to nursing home staff, including managers, on behavioural and psychological symptoms in dementia and their management.
- A presentation had been made of the results of the clinical trial comparing cognitive stimulation therapy and Sonas therapy in patients with dementia at several national meetings of learned societies.
- Increased training was provided to trainees on the Midland Vocational GP Training Scheme. Fourth year GP trainees regularly spend a half day per week special interest session with consultant psychiatrist of Later Life.

Plans:

Psychoeducation, carer support and counselling were offered to family members/carers of dementia sufferers and it was planned to start an outpatient support group for family members of dementia sufferers in early 2014.

REHABILITATION

Description of service

The current service was not compliant with *A Vision for Change* but the service reported it was doing its best within existing resources. The clinical director provided a 0.5 WTE commitment to the patients on St Edna's unit, the two high support community residences (Longford, Mullingar) and two medium support community residences (Longford, Mullingar). The Athlone consultant psychiatrist continued to manage the one high support community residence in Athlone but there was strategic oversight by the clinical director.

The clinical director worked closely with the two ADONs who between them managed the Athlone/Longford and Mullingar community residences. The community residence nurses reported to the relevant ADON and the clinical director worked closely with the ADONs.

There was notional sector occupational therapist, psychology, social work input. However, with the new 2013 allocations it was anticipated that there would be a designated 0.5 WTE Psychologist, occupational therapist and social worker allocated to these patients. There was a clinical team meeting on a weekly basis between medical, nursing staff and patients. There was a user group on St Edna's unit. There were quarterly management meetings between medical and nursing staff. It was hoped that this would become truly multi-disciplinary after the formal allocation of health and social care professionals.

Population: 127,520

Entries for 2013 are stated as at the date of the 2013 catchment area meeting

BEDS	Number
Acute	These figures were requested by the Inspectorate but not received
Continuing Care	
Rehabilitation	

Post	Grade	WTE	Comment
Consultant psychiatrist		0.3	
Senior Registrar			
NCHD	SHO	0.3	
ADON		0.2	
Community Mental Health Nurses		-	
Other Nursing Staff		-	
Occupational therapist		-	
Psychologist		-	
Social worker	Basic Grade	0.2	
Other		-	

NCHD – Non Consultant Hospital Doctor
SHIO – Senior House Manager
ADON – Assistant Director of Nursing

Facilities	Number	Location	Comment (include whether shared, suitability & condition)
Sector Headquarters			None
Day Hospital			None
Day Centre			None

Developments:

- No developments were reported.

Plans:

The service was developing user groups in the community residences.

LIAISON PSYCHIATRY

Description of service

Liaison psychiatry was provided to Midland Regional Hospital Mullingar (MRHM) by two WTE PCLNs (Psychiatric Consultation Liaison Nurses). This service was provided within office hours only. Approximately 90% of referrals were seen on the same day. Approximately one third of the 600 seen on a yearly basis had deliberate self-harm issues. The PCLNs had access to a 0.2 WTE NCHD in liaison psychiatry. All were supervised by a consultant psychiatrist from the Mullingar sector.

Entries for 2013 are stated as at the date of the 2013 catchment area meeting

Post	Grade	WTE	Comment
Consultant psychiatrist		0.8	
Senior Registrar		-	
NCHD	SHO	0.2	
ADON		-	
Community Mental Health Nurses	CNS	2	
Other Nursing Staff		-	
Occupational therapist		-	
Psychologist		-	
Social worker		-	

NCHD – Non Consultant Hospital Doctor

SHO – Senior House Manager

ADON – Assistant Director of Nursing

CNS – Clinical Nurse Specialist

Developments:

- There were no developments reported.

Plans:

As per the clinical programme on deliberate self harm (DSH), the liaison psychiatry service planned to develop this service as follows: The psychiatric consultation liaison nurses (PCLNs) would be asked to provide a follow-up service for the DSH population by phone/text/appointment if this was indicated. More serious conditions would be referred to the appropriate team.

OTHER TEAMS (Community Alcohol and Drugs Service):

Description of service

The Community Alcohol and Drugs Service provided a team based service to the Longford/Westmeath area. The team consisted of 1 WTE consultant psychiatrist, 1 WTE NCHD, 2 addiction Counsellors of whom 1 WTE is Acting Team Leader, team support – 1 WTE Primary Care Addiction counsellor. The community premises were located in Mullingar with satellite clinics in Longford and Athlone. In 2012 there were 812 new referrals, 5,238 sessions, 64 in-patients and 24 outpatient alcohol detoxifications at St. Loman's Hospital, Mullingar.

Entries for 2013 are stated as at the date of the 2013 catchment area meeting

Post	Grade	WTE	Comment
Consultant psychiatrist		1	
Senior Registrar	0		
NCHD	SHO	0	
ADON	DON	0.2	
Community Mental Health Nurses	CNS	3.8	
Other Nursing Staff			
Occupational therapist			Referrals on request
Psychologist			One day per month (Longford Sector)
Social worker			Referrals on request
Addiction Counsellor		2	
Multi-task attendant		1	
General practitioner (GP)			A methadone clinic is run from a GP practice

NCHD – Non Consultant Hospital Doctor
 SHO – Senior House Manager
 DON – Director of Nursing
 ADON – Assistant Director of Nursing
 CNS – Clinical Nurse Specialist

Facilities	Number	Location	Comment
Sector Headquarters	1	INCA, Bishopsgate Street, Mullingar	New Community Alcohol and Drugs Service HQ
Day Hospital			Base in Community Mental Health Centres in Longford, Athlone and Mullingar
Day Centre			None

Developments:

- No developments were reported.

Plans:

Plans for team base in Mullingar to be moved to renovated premises on the St. Marys campus, Mullingar.

CHILD AND ADOLESCENT MENTAL HEALTH TEAMS

Population under 18 years: 35,159

Number of Sectors: Longford/Westmeath

Approved Centres: 1

Number of Beds: 0

Day Hospitals: None

Other Facilities: None

Description of service

There was no liaison service available. There was access to in-patient beds in the regional CAMHS service. There was no day hospital.

TOTAL STAFFING OF CAMHS TEAMS

Entries for 2013 are stated as at the date of the 2013 catchment area meeting

Post	Grade	WTE
Consultant psychiatrist		2
Senior Registrar		1
NCHD		1 (1 locum + 1 SHO)
ADON		-
Community Mental Health Nurses		0
Other Nursing Staff		3.02
Occupational therapist	Senior	1
Psychologist	Basic Grade	1
Social worker		1
Speech and Language therapist		1
Child care workers/Social care workers		1
Other	Administration staff	2.45

NCHD – Non Consultant Hospital Doctors

SHO – Senior House Officer

ADON – Assistant Director of Nursing

Developments:

- No developments were reported.

Plans:

No plans were submitted to the Inspectorate.

MENTAL HEALTH AND INTELLECTUAL DISABILITY SERVICE

There was no HSE service available

SERVICE USER INVOLVEMENT

The regional advocate felt his opinions and suggestions were taken on board by senior personnel of the service and he felt involved in the current development of the service. The Regional Advocate also attended the catchment management team meetings on a three monthly basis.

GOVERNANCE

Locally there was a catchment management team (CMT) comprising clinical director, director of nursing, hospital administrator, psychology manager, occupational therapy manager, social work manager and chaired by the community services manager.

Others were co-opted onto the CMT as required.

The regional advocate attended the CMT every quarter.

Each sector service, including psychiatry of old age, community alcohol and drugs service (CADS) had a local senior management team (SMT) consisting of consultant psychiatrist, assistant director of nursing, senior occupational therapist, senior social worker and senior psychologist. This team met approximately two monthly.

There were regular meetings between the CMT and each SMT.

CONCLUSION

Despite the current economic climate, the mental health service in Longford/Westmeath continued to develop. A new 24-hour nurse staffed community residence was currently under construction in Mullingar. Buildings were being renovated on the St. Mary's Hospital campus to accommodate a new CADS headquarters as the current building was unsuitable and the Psychiatry of Old Age Department, including day hospital facilities. Plans were also underway for a new purpose-built primary care facility in Athlone which would also house the community mental health services.

When the new acute ward opened, plans were for St. Edna's Ward, the only ward remaining in the old building of St. Loman's Hospital, to close and the remaining residents within to be transferred to the 20-bed unit on the west side of the premises. In this regard, the approved centre had a condition imposed on its registration as an approved centre by the Mental Health Commission that the residents from St. Edna's Ward must move into the new facilities by 31 December 2013.

It was good to see that the regional advocate felt involved in the development of the service.

It was disappointing to note that despite the positive momentum from institutionalised care to care in the community, the rehabilitation team had not been properly resourced and staffed.

RECOMMENDATIONS 2013

1. All clinical teams should be staffed in accordance with the recommendations of *A Vision for Change*.
2. The rehabilitation team must be fully developed, resourced and staffed.