



UNIVERSITY OF
KWAZULU-NATAL™
INYUVESI
YAKWAZULU-NATALI

Developing Model to Facilitate the Implementation of the National Mental Health Policy Framework and Integration of Mental Health Care into Primary Health Care Settings

Dr Winnie B. Ngcobo

**SA Mental Health Conference 2023, Emperors Palace, Gauteng
April 2023**



EDGEWOOD CAMPUS



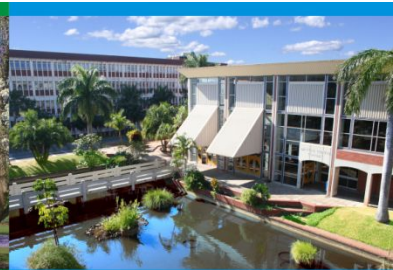
HOWARD COLLEGE CAMPUS



NELSON R MANDELA SCHOOL OF MEDICINE



PIETERMARITZBURG CAMPUS



WESTVILLE CAMPUS

Introduction

- People living with HIV are at a notably increased risk of developing mental health conditions.
- Similarly, people living with mental health conditions can also be at a higher risk for HIV.

Background

- Mental health disorders can both be a cause and a result of hardships and challenges, such as those relating to HIV.
- The integration of mental health services into HIV services is still non-existent across the Sub-Saharan African region
- There is a growing awareness of the broader HIV epidemic's enormous mental health burden.

National Mental Health Policy Framework

- The National Mental Health Policy Framework is a policy in line with the values and principles of the Alma Ata Declaration; mental health is an integral element of health.
- The policy was developed through a consultative process with relevant stakeholders.
- Integrating mental health into HIV services is unarguable

NMHP Framework

- Studies reveal that in well developed countries health care systems are better at dealing with the lower overall burden of diseases.
- In well developed countries the integration of mental health care into HIV services has been initiated successfully with good results.

Conceptual Framework

- Using relevant literature, this study aims to develop a model to facilitate a policy information cascade to ensure the integration of mental health into HIV services with a focus on the National Mental Health Policy Framework.

Research Methods and Design

Study design

- This study is informed by mixed methods, participatory action research (PAR).
- This methodology is an approach which is democratic, equitable, liberating, and life-enhancing.

Settings

- This research was conducted in three district level hospitals that offered primary and comprehensive care for HIV (initiation and ART management) and mental health conditions in the eThekweni district of KwaZulu-Natal, South Africa.

Study Population and Sample

- Participants were purposively selected to participate in the study.
- The sample comprised of primary health care providers providing care to patients living with HIV and mental health conditions in the eThekweni district.
- Eligible participants had to have been working in the primary health care setting for a minimum of two years, over the age of 18 years, and be willing and able to provide informed consent.

Data Collection

- The process of collecting data for developing a model was conducted in four cycles and made use of both qualitative and quantitative data collection techniques.
- Determined the knowledge of health care practitioners regarding the implementation of mental healthcare into HIV management at primary healthcare.
- Workshops were conducted to share the findings with the participants for verification purposes,

-
- Workshops were conducted to share the findings with the participants for verification purposes, and a decision was taken to develop a model that would help to facilitate the implementation of the National Mental Health Policy Framework on the integration of mental health care into HIV services.
 - In cycle four, findings from the first, second and third cycles that were identified and found helpful were used to develop a model.

Model Development

- It was evident that there were no existing models which adequately address how the National Mental Health Policy Framework can be successfully implemented towards integrating mental health into HIV services at primary health care settings.
- During workshops it was evident that health care practitioners had limited awareness about the existence of the National Mental Health Policy Framework.

Process for Generating the Model

- In the process of generating the model, the research team started by describing what the model was trying to represent and to identify, as well as describing the gaps that made the National Mental Health Policy Framework.
- The model was amended several times until the research team and the researcher were all satisfied that it had produced a good model

Model

National

Collaborative Policy Development, Communicate new policy through participatory workshops
Finance accessibly and availability

District

Management to cascade information and training

Sub District

Introduction of the framework to be implemented, Training to take place

Facility

Role clarification, Resource management, Awareness campaign
Person centred approach, Multi disciplinary team, ward based outreach teams

Community

Awareness campaigns, ward based out reach link to primary care centre

Outcomes

Provision of person centred care for mental health and HIV patients

Any Questions or Comments



Thank You