Digital Innovations for Mental Health & Well-being Education and Research in the School of Nursing and Human Sciences DCU

Briege Casey
Digital Mental Health Service (DMHS) Types

- Access to real-time patient data (‘connected health’) for practitioners
- Information and advice for people with MHPs e.g. NHS choices in the UK, [http://www.hse.ie/eng/services/list/](http://www.hse.ie/eng/services/list/) Mental health charities e.g. Mental Health Ireland, Aware, Spun Out
- One-to-one therapy, delivered online via video calling, text messaging, emailing, videoconferencing to support remote synchronous and asynchronous delivery of therapy. The evidence is currently strongest for structured CBT-type interventions, (Andrews et al 2010)
- Peer support delivered online through discussion forums.
- Guided self-help, generally based on CBT or mindfulness
- Some services use gaming elements, wearable technologies or smartphone apps.
- Many offer a combination of these aspects depending on target group
WHO USES DIGITAL MENTAL HEALTH SERVICES?

• Many people with MHP access online sources for help.
  – NHS Choices recorded more than 2 million visits to its mental health pages in April 2014 alone
  – Mind reported 5.8 million website hits in 2012–2013.
• GPs/therapists are often worried that digital tools exclude older and poorer people. However
  – Age profile has increased in the last 5 years as familiarity with technology has improved
  – data from the US suggest that 70% of young homeless people use online services
  – Use of the internet by people with no educational qualifications at all is rising faster than for any other group
• If people are not signposted to high quality, evidence-based services there is a danger that search engines will lead them to places that are unhelpful or even dangerous.

(Harding et al 2015)
Considerations

- Safety in online environment/quality of service
- Confidentiality and security of information
- Defined recovery/psychotherapeutic model that supports self-management and personalised care. Evidence base?
- Measuring Clinical Effectiveness?
- Cost effectiveness?

Bauer et al 2017
DMH Research

Research questions

• Research re effects of digital technology on mental/social health
• Research re the effectiveness of DMHS interventions

Research methods

• Research recruitment through social media internet group rooms, “hard to reach groups” (Thornton et al 2016)
• Digital media as research tool e.g. cameras, wearable technology
DMH Research at SNHS

An exploration of the utilisation of online mental health self-help programmes and associated technology by people with mental health problems in their everyday lives: A mixed-methods study.

**Principal Investigator:** Manuela Ascari, PhD candidate
[https://omhshp.wordpress.com/](https://omhshp.wordpress.com/) Website for Study

**Phase 1**

“I share therefore I am” Young Adults Experiences of Self-Disclosure on Facebook

**Principal Investigator** Colman Noctor
Research concerning DMHS practice among people with dementia

• Promoting long-term brain health in Midlife - preventing or delaying the onset of dementia
  – www.inmindd.eu

• E-Space
  – Utilising technology to improve dementia screening tools

• Technology and Data
  – Feasibility of a National Dementia Registry
  – Assistive technology for diagnosis and as support to maintain independence in the home (www.demcare.eu)

• New EU H2020 CAPTAIN project (to start late 2017)
  – Personalised virtual ‘at home’ coach for health and well-being of older adults
Education and DMHS

- Practitioners unprepared for the realities of living in cyberculture and the issues that affect mental health in the digital world which clients bring to sessions.
- The importance of global education in the development of a profession moving online.
- The importance of training for practitioners who wish to provide online counselling and psychotherapy.
- Participation in online courses continually increasing and online training perceived to be as effective as face-to-face training.

(Anthony 2015)
Digital education in mental health

• Online courses using blended technologies, e-learning platforms, webinars/chatrooms, online assessment

• Experiential learning - Virtual Patients/virtual environments e.g. Second Life (interactive computer simulations of real-life clinical scenarios promoting students' independent knowledge development, critical thinking, reflection and problem solving ability).

• Modelling of the therapeutic relationship via emails, simulated chats and recorded audio and video sessions; student support forums; clinical supervision forums

(Oudshoorn and Sinclair 2015, Karlsson et al 2016)
Digital mental health education at SNHS Loop Reflect

• Learning Portfolio being introduced to 1\textsuperscript{st} year MSc Nursing and Healthcare Practice students 2017/20

• A learning portfolio platform available to all DCU students and faculty.

• Digital portfolio makes learning visible through the creation of a personalised and reflective living showcase of academic, professional, and personal achievements.

• Can be shared with peers, teachers, employers and others supporting life-long and life-wide learning. https://reflect.dcu.ie/
Online simulation in Certificate in Homeless Prevention and Intervention programme

Getting animated about Support Planning and Motivational Interviewing

Welcome to this blog. It has been especially designed to complement the activities you are undertaking in Block 2 as well as support you with Assignment 2. I hope that you will use this resource to learn more about goal planning/support and motivational interviewing approaches among people experiencing homelessness. You are also invited to share ideas and practices and experiment with some of the resources you will find here.
Dementia Elevator Education

• Online training (www.dementiaelevator.ie)
  – Awareness and Coping Skills for family caregivers
  – Awareness training for Business and Customer Facing organisations (e.g. retail, financial, transport)
  – Health and Social Care Professionals
    • Dementia Awareness programs and Skills training for managers and leaders, GPs and for memory assessment

• Dementia-specific Professional Development (Level 8)
  – Person-Centred Dementia Care (NS466)
  – Everyday Ethics in Dementia (NS4027)
  – Therapeutic Responses to Dementia (NS4028)
  – http://www.dcu.ie/snhs/professional.shtml
  – Working towards level 9 courses for 2018/19 and beyond
Informatics in eHealth Module

New module starts
September 21st 2017
NS5058
Places available enquiries
pamela.hussey@dcu.ie
http://www.informaticsinehealth.com/

Who should apply?
This module is designed to prepare health care professionals to effectively contribute to the role of health informatics in eHealth. Adopting a solution focused approach to the National and EU eHealth transformational programme, students will gain a greater understanding of the application of core competencies required to practice in an ICT enabled health and social care environment.

Learning outcomes:
The learning outcomes for the informatics in eHealth module are as follows:

- Describe the characteristics of eHealth use, methods and its impact on health and social care service provision
- Demonstrate knowledge, skills and attitudes on how health informatics and its associated theory can support the delivery of eHealth across the continuum of care. For example: Integrated Care and the Electronic Health Record (EHR)
- Critically review the application and use of eHealth resources and associated technologies in accordance with professional and regulatory standards and workplace policies

- Design and explore studies to address health issues where problem solving analysis could provide eHealth innovations as part of a solution for promoting health and wellbeing
- Evaluate and report on how eHealth resources impact upon health care delivery and patient/client outcome
- Module structure: This DCU accredited, stand-alone module will run over a 12 week semester.

Commencing: Week of September 18th, 2017
Applications will close: Monday, 17th July 2017
Module code: NS5058
Credit/Level: Level 9. 10 ECTS Credits
Cost of module: €865
Application forms are available from:
Faculty of Science and Health,
Dublin City University,
Dublin 9
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References


