

Level of Depression among Chronic Disease Clients Using Mental Health Model

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Abstract: Objectives is to identify the level of depression among chronic disease clients using mental health model, and to associate the level of depression with selected demographic variables. The research design used was descriptive path- analytic design. The study conducted at OmayalAchi community health centre, the sample comprises of 100 chronic disease clients, they were assessed for level of depression using structured knowledge questionnaire. The results showed that majority 67 % had mild level of depression, 29% had no depression, 4% had moderate level of depression and none of them had severe level of depression. By using these results a wellness clinic was started in the centre and referral services were followed

Key Words: Depression, Chronic disease clients, Mental health model.

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I. Introduction

A chronic disease is an illness that lasts for a very long time and usually cannot be cured completely. Depression is one of the most common complications of chronic disease. The disease may affect a person's mobility and independence, and change the way a person lives, sees himself or herself and relates to other. For these reasons, a certain amount of despair and sadness is normal which leads to depression. **Nael Kilzieb (2008)**²⁷ report on comorbidity of depression with chronic disease was estimated to be 95% which includes heart disease and hypertension. Thus depression is an illness in itself and combined with other medical issues makes for a truly challenging situation. So the Mental Health Model framed provides a pathway to integrate the Primary Health Care and Mental Health Care.

Statement of the problem:

A study to assess the level of depression among chronic disease clients using mental health model at OmayalAchi Community Health Centre, Arakkambakkam, Chennai.

Objectives

1. To identify the level of depression among chronic disease clients using mental health model.
2. To associate the level of depression with selected demographic variables.

Research hypothesis

RH₁: There is a significant association of the level of depression with selected demographic variables at $p < 0.05$ level.

II. Materials and methods

Research design selected for this study is descriptive path analytic design. The study was conducted in the OmayalAchi Community Health Centre, Arakkampakkam, Chennai, with proper permission from centre incharge. The sample for the study were 100 chronic disease clients from chronic out patient department of OmayalAchi Community Health Centre.

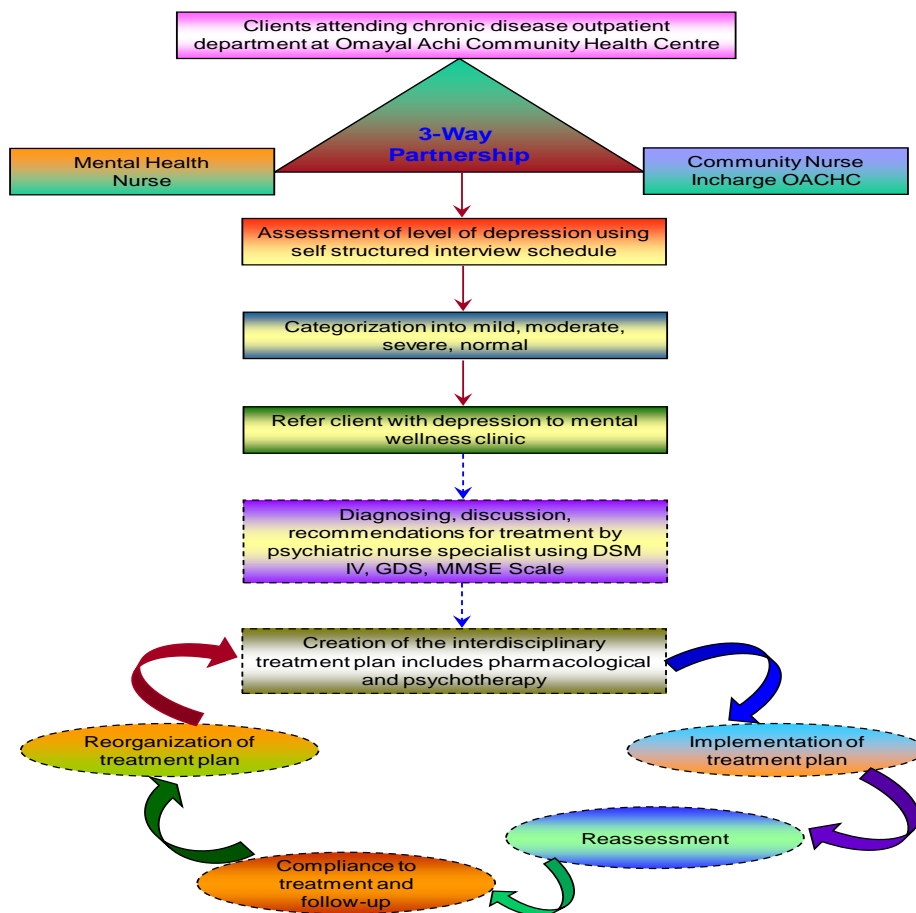
The tool for the study is mental health model to integrate the mental health wellness clinic and community health centre. The investigator assessed the level of depression using self structured interview schedule in the model and categorized into normal, mild, moderate, severe depression. The steps includes,

Step I : Identifying the chronic disease clients from chronic outpatient department by the mental health nurse.

Step II : Assessment of chronic disease clients by mental health nurse and the community health nurse in charge of OmayalAchi Community Health Centre showing a Three – way partnership (client, mental health nurse, community health nurse incharge).

- Step III :** Mental health nurse identifies the level of depression among chronic disease clients using self structured interview schedule.
- Step IV :** Mental health nurse categorize the clients into normal clients and clients with mild, moderate, severe depression.
- Step V :** The mental health nurse refers the identified depressive clients to mental wellness clinic.
- Step VI :** The psychiatric nurse specialist in the mental wellness clinic diagnose the depressive clients by using DSM IV, Criteria Gediatric Depression Scale, mini mental status examination scale and recommends for treatment.
- Step VII :** The psychiatric nurse specialist creates an interdisciplinary treatment plan for diagnosed depressive clients includes pharmacological and non-pharmacological measures.
- Step IX :** The psychiatric nurse specialist reassess the chronic disease clients after implementation of treatment plan and find the compliance to treatment, follow-up, discharge, then reorganized the treatment plan.

FIG.1: MODIFIED MODEL FOR THE INTEGRATION OF MENTAL HEALTH CLINIC AND COMMUNITY CARE PROGRAM



III. Findings

The results showed that majority 67 % had mild level of depression, 29% had no depression, 4% had moderate level of depression and none of them had severe level of depression. The identified depressive clients were sent to referral services to mental health wellness clinic. Normal clients were focused on psychoeducation of depression. Association with demographic variables showed gender and type of family had significant association with level of depression.

IV. Discussion:

As evidenced based practice is evolved, the nurses can apply mental health model in Primary Health Centre. They can use interview schedule for identifying the psychiatric disorder and use referral service in order to have a collaborative practice.

V. Conclusion:

The present study assessed the level of depression among chronic disease clients using mental health model. The results revealed that, majority of chronic disease clients had depression hence the mental health model was applicable to identify psychiatric disorder among chronic disease clients to integrate the primary health centre and mental health clinic.

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