



University of HUDDERSFIELD

University of Huddersfield Repository

Kemp, Donna J.

Should we ask: whose care plan is it anyway?

Original Citation

Kemp, Donna J. (2014) Should we ask: whose care plan is it anyway? *Mental Health Nursing*, 34 (3). p. 3. ISSN 2043-7501

This version is available at <http://eprints.hud.ac.uk/id/eprint/28591/>

The University Repository is a digital collection of the research output of the University, available on Open Access. Copyright and Moral Rights for the items on this site are retained by the individual author and/or other copyright owners. Users may access full items free of charge; copies of full text items generally can be reproduced, displayed or performed and given to third parties in any format or medium for personal research or study, educational or not-for-profit purposes without prior permission or charge, provided:

- The authors, title and full bibliographic details is credited in any copy;
- A hyperlink and/or URL is included for the original metadata page; and
- The content is not changed in any way.

For more information, including our policy and submission procedure, please contact the Repository Team at: E.mailbox@hud.ac.uk.

<http://eprints.hud.ac.uk/>



Donna Kemp
Care programme approach
development manager, Leeds

Should we ask: whose care plan is it anyway?

It is data collection time for the Care Quality Commission's National Service User Community Survey. This national postal survey provides a snapshot of the views and experiences of people accessing mental health services.

The participating NHS organisations are provided with their own data compared with the national results. The questions within the survey reflect national standards and best practice within mental health, and are amended periodically to reflect changing priorities.

So, the survey is useful in gathering a national picture of the experiences of people on the care programme approach (CPA) and for those not on CPA, but what does this picture look like?

The 2013 results, in relation to care planning, told us that 41% of people had been given or were offered a copy of their care plan in the last year, and of these, 32% said they definitely understood what was in it and 55% of people said their views were definitely taken into account when deciding what was in their care plan.

Of course, there are organisations where the results were better or worse. Regardless, are these results good enough?

People should be involved in developing their care plan, that it should be completed in partnership, be written in a way that people understand, and they should recognise themselves in their care plan – their goals, their networks and supporters. They should own their care plan and services should have a copy.

People accessing mental health services tell us how important it is to be treated as an equal, to be listened to, to be given choice and to be involved in decision making. Research and national guidance tells us that people want to be and should be involved in making decisions about their care, support and treatment.

This is not confined to mental health; those with long-term physical health conditions will be having care coordination and care plans too. I do wonder if there will be evidence of parity of esteem when patients report on their experience within physical health.

The role of mental health professionals within this cannot be overlooked – yes, there are likely some flaws to a postal survey with variation in samples drawn across organisations but all organisations are limited by this.

For some mental health professionals, developing a care plan in collaboration with the person and ensuring the person has a copy is not new; for others it represents a shift in attitude and practice. Perhaps we should ask ourselves 'whose care plan is it anyway?' **MHN**

News 04

New drive to end deliberate face-down restraint • Call for urgent action to address mental health inequalities • Dementia Friends initiative to change perceptions • Number of people sent out-of-area for mental health beds rises

Unite/MHNA update 06

A round-up of activity by professional officer Dave Munday

How to write for *Mental Health Nursing* 08

Are you thinking about writing for this journal? These guidelines will start you off in the right direction and help to ensure the process runs smoothly and successfully

Speak Up! *Take Shelter* shows a more complex view of ill health 11

Rowan Llewellyn-Williams reflects on a film that features mental illness in the main character

Information governance and record keeping in mental health practice: shared responsibility and collaborative practice 12

Jane Beach and Jennifer Oates explore the issues and importance of information governance and record keeping in the wake of the Health and Social Care Act 2012

Metaphors and therapeutic encounters in mental health nursing 16

James Turner outlines the use of metaphors in mental health nursing and the techniques and models that have been developed to help clients in therapeutic encounters

Reflections 21

- Join Unite/MHNA – inside back cover/back cover



Cover image: tosaytheleast. Used under Flickr Creative Commons

EDITOR Phil Harris – mhneditor@gmail.com

EDITORIAL BOARD

- Mike Ramsay, chair of editorial board; lecturer in nursing (mental health), University of Dundee
- Mandy Bancroft, director of widening participation and recruitment, University of the West of England
- Terez Burrows, team leader, Wathwood Medium Secure Unit, Nottinghamshire
- Steve Hemingway, senior lecturer in mental health, University of Huddersfield
- Dan Hussey, health practitioner, liaison and diversion, Wakefield Youth Offending Team
- Alun Jones, adult psychotherapist, North Wales NHS Trust
- Steve Jones, senior lecturer, Edgehill University, Faculty of Health, University Hospital Aintree, Liverpool
- Donna Kemp, care programme approach development manager, Leeds and York Partnership NHS Foundation Trust
- Nicky Lambert, senior lecturer, Middlesex University
- Dave Munday, professional officer, Health Sector, Unite the Union
- Emily Prescott, student representative, Edge Hill University
- David Rushforth
- Barbara Woodworth, clinical specialist in liaison psychiatry, Cheshire & Wirral Partnership NHS Foundation Trust.

PUBLISHER Ten Alps Creative on behalf of the Mental Health Nurses Association © MHNA 2014 ONE New Oxford Street, High Holborn, London WC1A 1NU

ADVERTISING OFFICES Claire Barber, Ten Alps Creative, ONE New Oxford Street, High Holborn, London WC1A 1NU • claire.barber@tenalps.com • 020 7878 2319

SUBSCRIPTIONS MHN is free to members of the Mental Health Nurses Association. Annual subscription (six issues/one volume) for non-members £72.45 / £108.75 Institutions (VAT and postage incl.) No part-volume orders accepted.

Orders (cheques payable to MHNA) to: MHN subscriptions, Abacus e-Media, Chancery Exchange, 10 Furnival Street, London EC4A 1YH



ISSN 1353-0283 (online version ISSN 2043-7051)