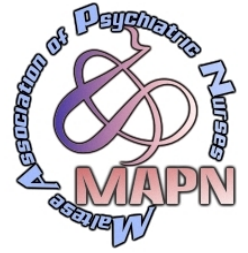


# New Frontiers

Leading the way in Psychiatric Nursing



## The Aims & Objectives of MAPN

- |   |   |   |
|---|---|---|
| <ul style="list-style-type: none"> <li>• Promote &amp; Facilitates information about Psychiatric Nursing and mental health within the Maltese islands.</li> <li>• To represent the special interests of Psychiatric Nurses in Malta and team up with the stake holding nursing organizations / associations.</li> <li>• To improve &amp; recognize the roles &amp; standards of Psychiatric Nurses in Malta.</li> </ul> | <ul style="list-style-type: none"> <li>• Effectively co-operate between the multidisciplinary team, institutions, agencies and associations involved in the care of mentally ill patients.</li> <li>• To reinforce nurse leadership in mental health.</li> <li>• To organize conferences, congresses &amp; continuing education opportunities for nurses who have interest in mental health and other related professionals.</li> </ul> | <ul style="list-style-type: none"> <li>• To provide a link with similar national/international associations within Europe and the rest of the World.</li> </ul> <hr/> <p><b>Concepts of MAPN:</b></p> <p><b>Awareness</b></p> <p><b>Education</b></p> <p><b>Recognition</b></p> |
|---|---|---|

April 2007

Volume 1, Issue 1

Inside this issue:

Editorial	1
Your Executive Council	2
Good Turn Out at Seminar	2
Film Success	3
Profile Connie Magro	3
From the President	4
Future Events	4

## Editorial



Dear Colleagues

Welcome to the first issue of New Frontiers, the newsletter of the Maltese Association of Psychiatric Nurses (MAPN). It is with great pride that I take up this role as editor of the first issue. I consider the newsletter another step forward in the history of psychiatric nursing in Malta after having set up the association and launched it.

MAPN's initiatives have been so far cited on the blog and more recently on

the official website. Nevertheless, the council has deemed it fit to produce a new publication which can further bring psychiatric nursing related developments, opportunities and experiences closer to you. In this first issue a summary of MAPN's initiatives will be outlined.

The two main activities of the association so far were the documentary film; 'Out of the Shadow' and the half-day-seminar; 'Psychiatric Nursing – The Change Agent in Mental Health'. In both activities there was a good turnout of members, nurses from other areas of care, other professionals in healthcare and nursing educators. The positive response has been very encouraging indeed.

We also have prepared a column, the first in a series, called the 'Profile', where we get closer to people who contribute to mental health care. Connie Magro is a well known figure who has been working in mental health for a number of years. Ms Magro has been considered the mother

figure or even the role model by many nurses and even other professionals working in Mount Carmel Hospital. Ms. Magro will be retiring from the public services in the coming months but she will stay in the public eye as she holds prominent places in voluntary services locally.

We have been working hard on this publication and we welcome any comments and feedback which the readers may have on its contents. We also aim to start a healthy debate among those in the mental health field thus reaching out to new frontiers in mental health care. Our ultimate aim is to provide a bulletin which is both interesting and useful.

**Carmen Galea**  
**Editor.**

*'This newsletter*

*aims to start a healthy debate*

*..... thus reaching out to new frontiers in mental health....'*



## Your Executive Council



From Left: **Antonio Magro (Treasurer), Denise Cutajar (Vice Treasurer), Charmaine Borg (Secretary), Kevin Gafa (President) & Angelo Abela (PRO)**

**Stephen Demicoli (Not in photo) is the international advisor for MAPN**

*“Indeed history has now taken a turn for the better... nurses are now choosing to specialise in mental health”*

**Jesmond Sharples DNS**



[www.horatio-web.eu](http://www.horatio-web.eu)

## Good Turn Out at Seminar



The seminar, 'Psychiatric Nursing - The Change Agent in Mental Health' was held at the John Paul II in the picturesque village of Attard on the 23<sup>rd</sup> January. The event, a first for MAPN, was a big success for the council who worked hard to achieve a high standard throughout the seminar. Mr. John Degiorgio (Acting Manager Nursing Services) chaired the seminar.

Various speakers gave their contribution. Mr. Edward Borg, Chief Executive Officer of MCH, outlined the role of management in giving the opportunity for nurses to continue developing professionally while Dr. Joseph Saliba (Director of Psychiatry) further commented that the title chosen for the seminar was quite bold but encouraged psychiatric nurses to rise to this challenge and prove themselves.

Mr. Martin Ward, (Course Coordinator in Mental Health Nursing) discussed the importance of having the right person for the right job. He outlined the importance of team work and said that different members of the multidisciplinary team should complement each other and not compete. Ms Josanne Drago Bason (Deputy Course

Coordinator in Mental Health Nursing) and Ms Carmen Galea (Registered Mental Nurse) presented a researched paper with the title, 'The Journey of Psychiatric Nursing in Malta' which gave a detailed history of Maltese mental health nursing.

After the coffee break Ms May Caruana (Community Mental Health Services Manager) and Ms Therese Runza (Outreach Team Leader) gave a detailed discussion about the great strides which were made in recent years in the community mental health services. On the same theme, Mr. Pierre Galea (Comm. Psych. Nurse) outlined the role of the community mental health nurse in the United Kingdom and the system used in community care.

Three different workshops led by Ms. Connie Magro, Ms. Rose Galea and Ms. Charmaine Borg generated further discussion among those present. The seminar concluded with a short speech by Mr. Kevin Gafa` President of MAPN where he reminded those present of future MAPN activities, namely, the publishing of this first issue of the MAPN newsletter, the development of the official website and other projects which were still being planned.

Mr. Gafa` ended his speech by announcing the festival for international psychiatric nurses which would be held in Malta by Horatio, the European Association for psychiatric nurses in November 2008. Indeed the occasion was a big success, where a good number of nurses from the primary care, other areas and members of other professions were present. Well done indeed!

## Out of The Shadow—Success

The Maltese Association of Psychiatric Nurses together with the Mental Health Association (MHA) presented the documentary film, 'Out of the Shadow', directed by Susan Smiley.

The film was intended for an audience of academic staff, professionals and students undergoing their studies in healthcare. The first viewing was on Wednesday the 15<sup>th</sup> of November at the Institute of Healthcare's conference room.

Filmed over five years, Out of the Shadow chronicles the filmmaker's mother, Millie, who suffers from paranoid schizophrenia. With grace and compassion, this intimate film illustrates the painful complexities of severe mental illness and the woefully inadequate public health system set up to deal with it. Determined to get better care for their mother, Susan and her sister Tina

became Millie's legal guardians. As they work together to improve her future, the sisters must come to terms with their family's tumultuous past. For years, the family's ignorance and shame kept Millie's behaviour shrouded in a veil of secrecy. It was after 20 years of transience and inadequate care, Millie finally has a chance to reclaim her life. The film is an epitome of the stress and frustration experienced by mentally ill individuals and their relatives in coping with a situation of mental illness.

An introductory speech was made by the president of the MHA who introduced the film by outlining the difficulties and crises' encountered by the family of a person suffering from severe mental illness. Ms. Magro also highlighted the need for concern to be expressed by health professionals towards the needs of relatives of persons suffering from mental

illness.

Mrs Kate Gonzi, Honorary President of the MHA, addressed the audience about the importance of the relatives in supporting their mentally ill family member. She further commented that concerns of relatives should be addressed by the hospital authorities and praised both associations for the initiative and good turnout at the event. Another guest speaker, Mr. Alan Spence gave an account of his personal experience of mental illness and as a user of the local Mental Health Services.

The film was well received by the audience, who commented positively on the issues and concerns which rose and the ensuing discussion.



## Profile : Connie Magro

*MQR, SRN, RMN, Dip Psych Nurse . Chairperson of the Mental Health Association, Chairperson of the Mental Health Commission*

**Position:** Departmental Nurse Manager on the Admission Wards, of Mount Carmel Hospital, Attard.

**What is the best thing about your work?** I can be a catalyst for change. My work keeps me very active due to its demands and I need to be on the alert. I tend to use a lot of problem solving. Thus the challenges it provides make me grow and mature.

**What is the worst thing?** At times decisions cannot be taken on my own due to bureaucracy.

**What job would you like to do if you were not a nurse?** I was born to be a nurse so there is no alternative.

**Of which nursing role are you most proud of?** All nursing roles are noble so I am proud to be a **Nurse**

**What was your first post?** I was a staff nurse at WS1, St Lukes Hospital.

**What is the best job you ever had in nursing?** I consider all my nursing posts as equal. I adapt to the ward I am. Each job was considered as a new challenge and a new learning experience .

**What is the most challenging job you have ever had?** I consider life as a journey full of challenges all important for our growth.

**What word (s) do you use most at work?** More than words I use a smile. I believe that the non-verbal communication is more effective.

**Which three terms would your colleagues use to describe you?** Charismatic, role model and a happy person.

**What would improve your working life?** I think that we nurses should be allowed to take more decisions in our work and team work would improve my working life.

**What is the strangest request a patient has ever made of you?** When I was a Nursing Officer in the Acute Ward, a patient came up to me and asked me how I lived my sex life. This of course presented an opportunity for an opening to a discussion rather than focusing on my private life.

**How do you relax?** I walk every morning. I enjoy swimming, reading and gardening. I really relax during family gatherings. When I come to think of it I find that there are so many things which can relax me.



**Connie Magro**



The Newsletter of The Maltese Association of Psychiatric Nurses

Editor: Carmen Galea

Address:  
'Le Soleil' Flat 1,  
Imriekeb Street  
Marsascala, Malta, MSK3535

Phone: +356-99825731

E-mail: [mapsychnurses@gmail.com](mailto:mapsychnurses@gmail.com)  
[newfrontiers@map-n.com](mailto:newfrontiers@map-n.com)

VISIT OUR SITE  
[WWW.MAP-N.COM](http://WWW.MAP-N.COM)



**Kevin Gafa`**  
**MAPN President**

### Future Events:

**11th May:** MAPN First Anniversary Celebrations.

Seminar on Huntington's Disease in mid **May**, more information on the web site

### 27th/28th October:

Introductory course on CBT run by Mr. Harry Dodd (*Consultant Cognitive behavioural psychotherapist*)

## From the President:

In her classic work, Hildegard Peplau (1952) defined the role of a Psychiatric Nurse as being a resource person, a teacher, a leader in national and international situation, a surrogate parent and a counsellor. The framework of psychiatric nursing care as described long ago by Peplau should serve as an example to all other nurses working in the health sector.

MAPN aims to define, describe, strengthen and help lead nursing in mental health care away from its traditional *modus operandi*. Much has changed already. A large percentage of the 100 or so members of MAPN do not directly work in the mental health setting. The modern nurse understands that mental health just cannot be ignored. It matters not whether one is an orthopaedic nurse, a scrub nurse, a theatre nurse or a paediatric nurse since true holistic care is only seen when mental health issues are taken into account.

A year ago MAPN was just an idea but for many it was also a dream. Today the association has become a point of reference for mental health nursing. We started collecting the membership fees in November 2006 and in six months we have maintained a good momentum thus becoming the largest association representing nurses in Malta. The newsletter is another important step towards the consolidation of our beliefs in an association which is directed by the need for education, recognition and awareness.

Together with the secretary of the MAPN, Ms. Charmaine Borg, I will be attending Horatio's (European Psychiatric Nurses Federation) international congress in the Netherlands in the coming days. A report of the activity will be published in the August issue. In the meantime we are working on the organisation of special celebrations for the 1st anniversary of MAPN on the 11th of May. Keep an eye on the web site for more information

I conclude by thanking all of the members of the association who have responded to our many requests for assistance and who often worked

during their own free time. My deepest gratitude also goes to those who are directly involved in the setting up of the newsletter, blog and official website.

Last but not least I would like to thank the main sponsor, MEDICARE Ltd., who believed in our association. MEDICARE Ltd. will also be providing financial support in forthcoming events held by MAPN.

*Kevin Gafa` - President*

## recruitment

Medicare's portfolio includes: Health Management Consultancy ~ Health Screening ~ Medical Staff Provider ~ Training Courses ~ Health Maintenance ~ Occupational Health & Safety Consultancy ~ Paramedic Onsite Teams ~ Air Ambulance

As part of its expansion programme **Medicare** is seeking to recruit

**QUALIFIED NURSES & NURSING AIDES**

**NURSING CO-ORDINATORS**

**HEALTH & SAFETY OFFICERS**

to meet our current and future workload.

Attractive, flexible conditions and remuneration will be offered to the right applicants. Recent IHC graduates and female staff looking for a back-to-work opportunity are encouraged to apply

The Managing Director  
Shamrock House  
Dingli Circus  
Sliema. SLM 1915  
Malta

Tel: 21338265 - 99463738

[medicareagency@waldonet.net.mt](mailto:medicareagency@waldonet.net.mt)



### Join MAPN:

Send cheque payable to MAPN on the above address

Name: \_\_\_\_\_

Address: \_\_\_\_\_

E-mail: \_\_\_\_\_

Mobile: \_\_\_\_\_ Grade: \_\_\_\_\_

General Nurses: Lm3 Annually p/a  
Psychiatric Nurses: Lm5 Annually p/a