Minutes of the meeting in Prague: Psychiatric Nursing in V4 countries (Czech Republic, Slovakia, Hungary, Poland)

October 2, 2013

PRESENT:

Tatiana Hrindová
Chairman of Psychiatric Nurses Section of Slovak Chamber of Nurses and Midwives

Dana Jarabová
Vice-President of Slovak Chamber of Nurses and Midwives

Julia Molárová
Board Member of Psychiatric Nurses Section of Slovak Chamber of Nurses and Midwives

Tunde Tuny
Chairman of Psychiatric Nurses Section of Hungarian Chamber of Healthcare Workers

Zoltán Zalatnyi
Member of Psychiatric Nurses Section of Hungarian Chamber of Healthcare Workers

Maria Cisek
President of Polish Nurses Association

Anna Kaminska
Chairman of Polish Psychiatric Nurses Association

Małgorzata Zgiet
Member of Polish Psychiatric Nurses Association

Blanka Novotná
Vice-President of Psychiatric Nurses Section of Czech Nurses Association

Jan Běhounek
Board Member of Psychiatric Nurses Section of Czech Nurses Association

Tomáš Petr
Member of the Presidium of Czech Nurses Association, Chairman of Psychiatric Nurses Section of Czech Nurses Association
The cooperation between psychiatric associations of the V4 countries has been enhanced in the last three years. The development, strengthening and formalising of this cooperation led to the signature of so-called "Budapest Declaration" that clearly defines its main issues.

Despite the fact that the V4 countries have close historical and cultural links, there are certain differences in the way in which the psychiatric care is organised, level of competences, form of education and role of psychiatric nurses in Health system. In order to understand the national differences in above-mentioned matters, the workshop was set up in Prague, resulting in V4 comparison focused on certain aspects:

1. **A brief country characteristics:**
   a) Population
   b) Method of financing health insurance (health insurance, tax system, patient participation etc.)
   c) Unemployment level
   d) Economic growth in the last few years

2. **Organisation of psychiatric care in a country**
   a) Structure of the psychiatric services
   b) Number of nurses, psychiatrists, psychologists per 100,000 inhabitants
   c) Occurrence of the mental illnesses (the most recently available data, increase of mental illnesses over the last period, number of suicides, number of people with dementia etc.)
   d) Financing of care for mentally ill (what percentage of the health budget goes into psychiatry)
   e) Weaknesses and strengths of the current system

3. **Psychiatric nurses**
   a) Form of general nurses and psychiatric nurses education, including the possibility for further specialisation study
   b) Competences of the psychiatric nurses - brief and particular overview
   c) Description of the trade unions, professional organisations and other organisations representing non-medical healthcare workers and psychiatric nurses
d) Nurses salaries (the average nurse salary in relation to the average salary in a country)

e) Weaknesses and strengths of the current system

The following text compiles the information presented at the workshop in Prague on 2 October 2013. It is complemented by the other graphs for more complex point of view on the subject. The data without a source are data from workshop presented and guaranteed by country representatives. The source of other data is provided.

1. Characteristic of V4 countries

<table>
<thead>
<tr>
<th></th>
<th>Czech Republic</th>
<th>Slovakia</th>
<th>Hungary</th>
<th>Poland</th>
</tr>
</thead>
<tbody>
<tr>
<td>Population</td>
<td>10,512,000</td>
<td>5,405,338</td>
<td>9,785,000</td>
<td>38,500,000</td>
</tr>
<tr>
<td>Unemployment</td>
<td>7.5 %</td>
<td>14 %</td>
<td>11 %</td>
<td>14.2 %</td>
</tr>
<tr>
<td>Financing of healthcare</td>
<td>Compulsory insurance</td>
<td>Compulsory insurance</td>
<td>Compulsory insurance</td>
<td>Compulsory insurance</td>
</tr>
<tr>
<td>Expenditure on healthcare % of GDP</td>
<td>7.5 %</td>
<td>8.5 %</td>
<td>7.2 %</td>
<td>7.4 %</td>
</tr>
<tr>
<td>Expenditure from health budget on psychiatric care</td>
<td>2.9 %</td>
<td>5.0 %</td>
<td>4.6 %</td>
<td>3.96 %</td>
</tr>
</tbody>
</table>

2. Organisation of psychiatric care

2.1 Numbers of professionals

The number of healthcare professionals working in the field of psychiatric care is important indicator for the level of psychiatric services. The problem might be obtaining the relevant and comparable data. The following data were presented at the workshop.

<table>
<thead>
<tr>
<th>Number of psychiatrists per 100,000 inhabitants</th>
<th>Czech Republic</th>
<th>Slovakia</th>
<th>Hungary</th>
<th>Poland</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>14</td>
<td>10</td>
<td>6.5</td>
<td>6.8</td>
</tr>
<tr>
<td>Number of nurses per 100,000 inhabitants</td>
<td>Czech Republic</td>
<td>Slovakia</td>
<td>Hungary</td>
<td>Poland</td>
</tr>
<tr>
<td>----------------------------------------</td>
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<td>--------</td>
</tr>
<tr>
<td>40</td>
<td>32</td>
<td>7</td>
<td>25</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Number of clinical psychologists per 100,000 inhabitants</th>
<th>Czech Republic</th>
<th>Slovakia</th>
<th>Hungary</th>
<th>Poland</th>
</tr>
</thead>
<tbody>
<tr>
<td>Not listed</td>
<td>3</td>
<td>2.5</td>
<td>3.5</td>
<td></td>
</tr>
</tbody>
</table>

2.2 The average nurses salaries in euro

<table>
<thead>
<tr>
<th>Average salary /EUR/</th>
<th>Czech Republic</th>
<th>Slovakia</th>
<th>Hungary</th>
<th>Poland</th>
</tr>
</thead>
<tbody>
<tr>
<td>1,054</td>
<td>770 (average salary of healthcare workers)</td>
<td>Not listed</td>
<td>614</td>
<td></td>
</tr>
</tbody>
</table>

2.3. Strategy of the mental health care

In most V4 countries, strategy of the mental health care has been approved at national level.

**Czech Republic**
- Strategy for the Reform of Psychiatric Care approved in 2013- signed by the Minister of Health of the Czech Republic
- The Concept of Psychiatry (2008)- approved by Psychiatric Association ČSL JEP

**Slovakia**
- National Mental Health Programme- approved by Government in 2004

**Poland**
- National Mental Health Protection Programme

**Hungary**
- National Dementia Strategy

2.4 Structure of the psychiatric services
The structure of the psychiatric services in V4 countries differs widely. However, the fact is that the institutional care system predominantly persists with a focus on a hospital bed care and insufficient development of the community health care sector.

**Hungary**
1) Hospital beds – Psychiatric departments, Mental Rehabilitation Institutions, Residences for chronically ill
2) Ambulatory care- psychiatric ambulatory care, day centres/stationary, sheltered housing, clubs

**Slovakia**
1) Hospital beds- Psychiatric Hospitals, Psychiatric Institutions, Psychiatric Department in General Hospitals
2) Ambulatory care- psychiatric ambulatory care, day centres/stationary
3) Agency for Nursing Home
4) Community services

**Poland**
1) Hospital beds – Psychiatric Institutions (51), Psychiatric Departments (47)
2) Ambulatory care- psychiatric ambulatory care, day centres/stationary, home care
3) Community services- clubs, sheltered workshops, residential homes- under the authority of the Ministry of Labour and Social Affairs

**Czech Republic**
1) Hospital beds- Psychiatric Hospitals (20), Psychiatric Department in General Hospitals (31)
2) Ambulatory care- psychiatric ambulatory care (843), day centres/stationary (21)
3) Community services- community psychiatric nurses (13), Crisis Intervention Centres (3)

**2.5 Occurrence of the mental illnesses**

In the following, some indicators of mental health in population in V4 countries are set out.
**Czech Republic**

An average hospitalisation stay is 64 days (in the mental hospitals 84.8 days, in psychiatric department in hospitals 19.8 days). The most common reasons for hospitalisation:

- Addictive substances- more than 25%
- Psychotic disorders- 20%
- Neurotic disorders- 16%

In 2011, 556,456 patients seek psychiatrists- 54% increase on 2000. Women represent 60% of the patients. The most common diagnosis for outpatient care:

- Neurotic disorders- 39%
- Affective disorders- 18%
- Psychotic disorders- 8%
- Addictive substances- 8%
- Organic disorders- 11%

**Slovakia**

Number of persons with new diagnosed mental disorder:

- year 2010- 65,236 persons
- year 2011- 65,465 persons

Suicides recorded in Slovakia:

- year 2008- 971 persons
- year 2009- 795 persons
- year 2010- 880 persons (National Centre for the Health Information)

Number of drug users treated (70% of drug users are treated at the age of 20-34):

- year 2010- 2,266 persons
- year 2011- 2,313 persons

**Hungary**

Number of persons treated for problems due to alcohol use- 475,000

Number of drug users treated- 16,150 per year

Dementia-related diseases- 200,000- 250,000 persons

23.2 completed suicides per 100,000 inhabitants
Poland
The most common reasons for hospitalisation in Mental Institutions were:

- Issue of addiction- 42.5%
- Schizophrenia- 28.5%
- Affective disorders- 8.6%
- Organic disorders- 14.5%

The average hospitalisation stay of persons with schizophrenia was 74 days.

3. Psychiatric nurses

3.1 Psychiatric nurse education

Psychiatric nurse education is very similar. Firstly, professional qualifications in the branch of general nurse must be obtained and then specialisation in the psychiatry. The specialisation study normally takes one and a half to two years. There is possibility in all V4 countries to specialise the most commonly in psychotherapy, but also in others, i.e. rehabilitation, addictions etc.

Poland
After the professional qualification of general nurse is obtained, nurses might specialise in psychiatry by the completion of the specialisation study lasting 18-24 months. There is also possibility for the further specialisation courses focusing on psychotherapy (120 hours) or rehabilitation (150 hours). In practice, nurses with specialisation in psychiatry represent only a very low percentage.

Hungary
Firstly, 3 years of professional qualification study is needed and then specialisation study in psychiatry or therapy is possible (1,100-1,440 hours). In order to reduce the lack of qualified professionals, education with the assistance of the EU funds has been introduced last year. Psychiatric nurses have been included in such a form of education, because of their insufficient number. Education is free of charge and also so-called "incentive contribution" is provided. This is the way how to supplement the number of professionals and thus reduce the average age of nurses that is very high in Hungary.
Czech Republic
To qualify as a general nurse is possible either at Higher Nursing School (Diploma Nurse) or a University (bachelor degree). Study lasts 3 years. There is possibility to continue in master and doctorate study. Specialisation in psychiatry might be obtained by the completion of the specialisation study lasting at least one and a half year (560 hours). Other certification courses focused on psychotherapy, care for the sick with Alzheimer disease or dealing with aggressive patients also exist. Another certification course aiming at psychiatric nurse care in natural patient environment has been prepared (not yet certified). It is supposed to prepare nurses for the community care.

Slovakia
To obtain qualification is possible either at Higher Nursing School (Diploma nurse) or a University (bachelor degree), with a possibility to continue in master study. Psychiatric nursing is postgraduate specialisation programme. There are also certification courses focusing on psychotherapy or care for drug addicts.

3.2 Organisations representing psychiatric nurses

The following Table provides an overview of the professional associations and trade unions representing psychiatric nurses in each country, including contacts on organisations actively participating in V4 collaboration.

<table>
<thead>
<tr>
<th>Country</th>
<th>Organisation</th>
<th>Contact</th>
<th>Institutional</th>
</tr>
</thead>
<tbody>
<tr>
<td>Slovakia</td>
<td>Slovak Chamber of Nurses and Midwives</td>
<td><a href="http://www.sksapa.sk">www.sksapa.sk</a></td>
<td>Civic association supporting education of nurses and midwives</td>
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<tr>
<td></td>
<td></td>
<td></td>
<td>Trade union of Nurses and Midwives</td>
</tr>
<tr>
<td>Czech Republic</td>
<td>Czech Nurses Association- psychiatric section</td>
<td><a href="http://www.psychiatrickasekcecas.estranky.cz">www.psychiatrickasekcecas.estranky.cz</a></td>
<td>The Preparatory Committee for establishing a Chamber of Healthcare workers</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Trade Union of Health</td>
</tr>
<tr>
<td>Poland</td>
<td>Polish Nurses Association</td>
<td><a href="http://www.ptp.nal.pl">www.ptp.nal.pl</a></td>
<td>Polish Chamber of Nurses</td>
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<tr>
<td></td>
<td></td>
<td></td>
<td>Polish Psychiatric Nurses Association</td>
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<tr>
<td></td>
<td></td>
<td></td>
<td><a href="http://www.pspipp.pl">www.pspipp.pl</a></td>
</tr>
<tr>
<td>Hungary</td>
<td>Hungarian Chamber of Healthcare Workers</td>
<td><a href="http://www.mezsk.hu">www.mezsk.hu</a></td>
<td>Hungarian Psychiatric Association- Psychiatric Nurses Section</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Hungarian Nursing Association- psychiatric section</td>
</tr>
</tbody>
</table>
Sources

Above-mentioned data were presented at the workshop of V4 countries, held on 2 October 2013 at Military Hospital in Prague. The meeting was attended and data were presented by representatives from countries:

Tatiana Hrindová, Slovakia
Dana Jarabová, Slovakia
Julia Molárová, Slovakia
Tunde Tuny, Hungary
Zoltán Zalatnyi, Hungary
Maria Cisek, Poland
Anna Kaminska, Poland
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