

TOOL 5 CHECKLIST FOR INTEGRATING MENTAL HEALTH IN PRIMARY HEALTH CARE (PHC) IN HUMANITARIAN SETTINGS¹⁶

Why use this tool: For planning a mental health response in PHC
Method: Site visit, interviews with PHC programme managers and staff
Time needed: One hour for each facility
Human resources needed: One interviewer

Background

Through an interview with clinic managers and staff (key informants), you assess to what extent important psychological and social considerations are and can be addressed in primary health care clinics.

You should integrate assessments of these indicators in general PHC assessments, where possible.

This tool focuses on PHC but it also applies to other general health care settings. The tool focuses on mental disorders but also covers epilepsy, a neurological condition.

For more extensive PHC checklists, please see:

- the International Medical Corps PHC Mental Health Integration Checklist (in preparation); and
- the WHO mhGAP situation analysis checklist (in preparation).

In the tool DK stands for Don't Know; NA stands for Not Applicable

Name/description of facility:	
Size of catchment area:	
Date:	
Interviewer:	
Visit duration:	
Key informant 1: name, position and phone number/email:	
Key informant 2: name, position and phone number/email:	
Key informant 3: name, position and phone number/email:	

¹⁶ Suggested reference: World Health Organization & United Nations High Commissioner for Refugees. Checklist for Integrating Mental Health in Primary Health Care in Humanitarian Settings. In: *Assessing Mental Health and Psychosocial Needs and Resources: Toolkit for Major Humanitarian Settings*. Geneva: WHO, 2012.

1. HEALTH INFORMATION SYSTEMS INDICATORS	
1.1 Mental disorders are documented in the weekly morbidity report ¹⁷	Yes <input type="checkbox"/> No <input type="checkbox"/> DK <input type="checkbox"/> NA <input type="checkbox"/> Comment:
1.2 According to the health information system, in the last two weeks at this clinic, how many people were seen with the following conditions?	
1.2.1 depression	— DK/NA <input type="checkbox"/> Comment:
1.2.2 epilepsy	— DK/NA <input type="checkbox"/> Comment:
1.2.3 psychosis	— DK/NA <input type="checkbox"/> Comment:
1.2.4 other mental health problem	— DK/NA <input type="checkbox"/> Comment:

2. WORKER COMPETENCY INDICATORS	
2.1 Knowledge of available resources	
2.1.1 Health staff know the referral options to the mental health system. (For example, staff know the location, approximate costs and referral procedures for nearby mental health services.)	Yes <input type="checkbox"/> No <input type="checkbox"/> DK/NA <input type="checkbox"/> Comment:
2.1.2 Health staff know available supports (for example, protection agencies/networks, community/social services, community support systems, legal services) offering protection and/or social support for social problems such as domestic violence and rape.	Yes <input type="checkbox"/> No <input type="checkbox"/> DK/NA <input type="checkbox"/> Comment:
2.2 Within the last two years health staff have received training in:	
2.2.1 communication skills (for example, active listening, respectful attitude)	Yes <input type="checkbox"/> No <input type="checkbox"/> DK/NA <input type="checkbox"/> Comment:
2.2.2 a basic problem-solving, counselling approach	Yes <input type="checkbox"/> No <input type="checkbox"/> DK/NA <input type="checkbox"/> Comment:
2.2.3 offering basic support to people who are bereaved	Yes <input type="checkbox"/> No <input type="checkbox"/> DK/NA <input type="checkbox"/> Comment:
2.2.4 offering psychological first aid (that is, basic psychological and social support for people recently exposed to potentially traumatic events)	Yes <input type="checkbox"/> No <input type="checkbox"/> DK/NA <input type="checkbox"/> Comment:

¹⁷ If mental disorders are documented in the weekly morbidity report, you should ask for copies of this weekly morbidity report for the previous month.

2.3 At least one health care provider at each clinic is competent in identifying and clinically managing:	
2.3.1 depression	Yes <input type="checkbox"/> No <input type="checkbox"/> DK/NA <input type="checkbox"/> Comment:
2.3.2 psychosis	Yes <input type="checkbox"/> No <input type="checkbox"/> DK/NA <input type="checkbox"/> Comment:
2.3.3 epilepsy	Yes <input type="checkbox"/> No <input type="checkbox"/> DK/NA <input type="checkbox"/> Comment:
2.3.4 developmental and behavioural disorders in children and adolescents	Yes <input type="checkbox"/> No <input type="checkbox"/> DK/NA <input type="checkbox"/> Comment:
2.3.5 problems with alcohol use	Yes <input type="checkbox"/> No <input type="checkbox"/> DK/NA <input type="checkbox"/> Comment:
2.3.6 problems with drug use	Yes <input type="checkbox"/> No <input type="checkbox"/> DK/NA <input type="checkbox"/> Comment:
2.3.7 post-traumatic stress disorder	Yes <input type="checkbox"/> No <input type="checkbox"/> DK/NA <input type="checkbox"/> Comment:
2.3.8 acute trauma-induced anxiety that is so severe that it limits basic functioning	Yes <input type="checkbox"/> No <input type="checkbox"/> DK/NA <input type="checkbox"/> Comment:
2.3.9 self-harm/ suicide	Yes <input type="checkbox"/> No <input type="checkbox"/> DK/NA <input type="checkbox"/> Comment:
2.3.10 medically unexplained somatic complaints	Yes <input type="checkbox"/> No <input type="checkbox"/> DK/NA <input type="checkbox"/> Comment:
2.4 Specify what mental health training and clinical supervisions has been received by health staff in the last two years	
General physicians: Nurses: Other staff:	
2.5 What type of clinical supervision arrangements could practically be organised?:	

3. PSYCHOTROPIC MEDICINES

Medicines	Availability in the PHC clinic or nearby pharmacy in the previous two weeks	Specify types available (examples)
3.1 Generic antidepressant medication	<input type="checkbox"/> Always <input type="checkbox"/> Sometimes <input type="checkbox"/> Never	(amitriptyline, fluoxetine)
3.2 Generic anti-anxiety medication	<input type="checkbox"/> Always <input type="checkbox"/> Sometimes <input type="checkbox"/> Never	(diazepam)
3.3 Generic anti-psychotic medication	<input type="checkbox"/> Always <input type="checkbox"/> Sometimes <input type="checkbox"/> Never	(haloperidol, chlorpromazine, fluphenazine)
3.4 Generic anti-epileptic medication	<input type="checkbox"/> Always <input type="checkbox"/> Sometimes <input type="checkbox"/> Never	(phenobarbital carbamazepine, diazepam inj, lorazepam inj, phenytoin, valproic acid)
3.5 Generic antiparkinsonian medicine for the management of side effects from antipsychotic medication	<input type="checkbox"/> Always <input type="checkbox"/> Sometimes <input type="checkbox"/> Never	(biperiden)

4. REFERRAL INDICATORS

4.1 In the last two weeks PHC clinic received mental-health related referrals from:

4.1.1 Mental health specialist care (secondary, tertiary or private care)	Frequently <input type="checkbox"/> Sometimes <input type="checkbox"/> Never <input type="checkbox"/>
4.1.2 Community health workers, other community workers, schools, social services and other community social supports, traditional /religious healers	Frequently <input type="checkbox"/> Sometimes <input type="checkbox"/> Never <input type="checkbox"/>

4.2 In the last two weeks PHC clinic referred mental-health related referrals to:

4.2.1 Mental health specialist care (secondary, tertiary or private care)	Frequently <input type="checkbox"/> Sometimes <input type="checkbox"/> Never <input type="checkbox"/>
4.2.2 Community health workers, other community workers, schools, social services and other community social supports, traditional /religious healers	Frequently <input type="checkbox"/> Sometimes <input type="checkbox"/> Never <input type="checkbox"/>

5. STAFF AND THEIR WORKLOAD

5.1 Approximate number of general physicians working at any given time in the clinic	_____ DK/NA <input type="checkbox"/> Comment:
5.2 Approximate number of general nurses working at any given time in the clinic	_____ DK/NA <input type="checkbox"/> Comment:
5.3 Approximate number of other clinical staff (for example, health officers) at any given time in the clinic	_____ DK/NA <input type="checkbox"/> Comment:
5.4 Approximate number of patients (with any type of health problem) in the previous week in the clinic	_____ DK/NA <input type="checkbox"/> Comment:
5.5 Approximate number of patients (with any type of health problem) seen by general physicians every hour	_____ DK/NA <input type="checkbox"/> Comment:

5.6 Approximate number of patients (with any type of health problem) seen by general nurses every hour	_____ DK/NA <input type="checkbox"/> Comment:
5.7 Approximate number of community health workers in the catchment area	_____ DK/NA <input type="checkbox"/> Comment:

6. WHAT IS THE IMPACT OF THE EMERGENCY/HUMANITARIAN SITUATION ON THE FOLLOWING?

6.1 Number of staff working at any given time at the facility	
6.2 Availability of psychotropic medicines	
6.3 Number of people seeking help for any health problem	
6.4 Number of people seeking help for any mental health problem	

7. SOCIAL INDICATORS

7.1 Health care facility is in safe walking distance of affected community	Yes <input type="checkbox"/> No <input type="checkbox"/> DK/NA <input type="checkbox"/> Comment:
7.2 Furthest distance travelled by patients to access the health facility (in km)	
7.3 The clinic has at least one female health care provider	Yes <input type="checkbox"/> No <input type="checkbox"/> DK/NA <input type="checkbox"/> Comment:
7.4 Each of the local languages is spoken by at least one clinic staff member	Yes <input type="checkbox"/> No <input type="checkbox"/> DK/NA <input type="checkbox"/> Comment:
7.5 Procedures are in place to ensure that patients give consent before major medical procedures	Yes <input type="checkbox"/> No <input type="checkbox"/> DK/NA <input type="checkbox"/> Comment:
7.6 Health care provision is organised in a way that respects privacy (for example, a curtain around consultancy area)	Yes <input type="checkbox"/> No <input type="checkbox"/> DK/NA <input type="checkbox"/> Comment:
7.7 Information about the health status of people and potentially related life events (for example rape, torture) is treated confidentially	Yes <input type="checkbox"/> No <input type="checkbox"/> DK/NA <input type="checkbox"/> Comment:
7.8 PHC care is affordable for all patients	Yes <input type="checkbox"/> No <input type="checkbox"/> DK/NA <input type="checkbox"/> Comment:

8.1 ACCORDING TO THE KEY INFORMANTS, WHAT ARE THE THREE MAIN BARRIERS (WITH PROPOSED SOLUTIONS) TO IDENTIFYING AND MANAGING MENTAL DISORDERS IN PHC?

Barrier	Solution
1	
2	
3	

8.2 ACCORDING TO THE ASSESSOR, WHAT ARE THE THREE MAIN BARRIERS (WITH PROPOSED SOLUTIONS) TO IDENTIFYING AND MANAGING MENTAL DISORDERS IN PHC?

Barrier	Solution
1	
2	
3	

9. RECOMMENDED ACTIONS ACCORDING TO THE ASSESSOR

	BY DATE:	BY WHOM:
9.1		
9.2		
9.3		
9.4		
9.5		
9.6		
9.7		
9.8		
9.9		
9.10		