



## What is CTO?

It is the authorised compulsory outpatient treatment for clients with a mental health issue as is deemed imperative to one's treatment, which is taken into regard that the client is in the right social circumstance in the community that allows adequate treatment (Mental Health Act 1992, 1992).

Taha hinengaro [photograph]. (2018). Retrieved 2 May, 2018 from: <https://www.mh101.co.nz/wellbeing/te-whare-tapa-wha>

Author: Lee Yan Neo

### Perceptions of CTOs

#### Mental Health Professionals

According to Romans et al. (2004) in a national survey of NZ psychiatrists, CTOs are highly recommended as most psychiatrists agree that CTOs are suitable interventions leading towards main clinical goals for clients with serious mental illness.

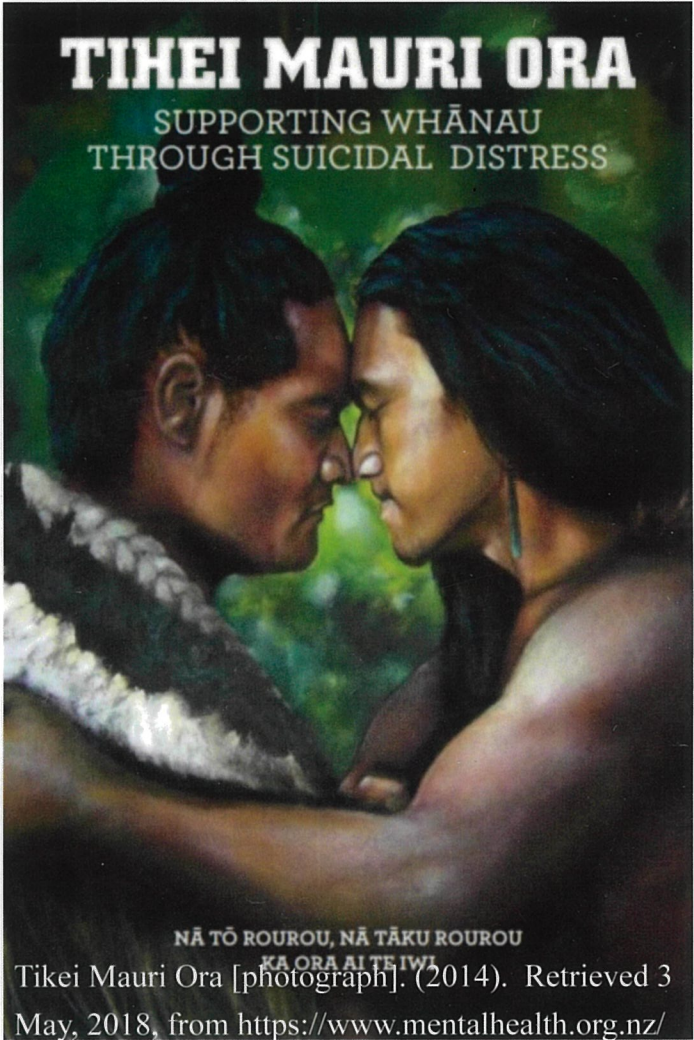
#### Māori mental health clients

Helps with recovery process, independence, forging relationships, a safe space when mental state deteriorates, helps with discharge process to community, but can also be restrictive due to lost of autonomy and rights (Gibbs, et al., 2004).

#### Whanau

View CTOs as a means to ensure their family member's safety, access to treatment and to assist the client in managing their mental illness, but see medications as impinging on client's rights (Gibbs, et al., 2004).

Te Whare Tapa Whā [photograph]. (2017). Retrieved 2 May, 2018 from <https://www.health.govt.nz/our-work/populations/maori-health/maori-health-models/maori-health-models-te-whare-tapa-wha>



# Māori Mental Health

Perceptions by Māori mental health clients, whanau and mental health professionals toward community treatment orders (CTOs).

### References

Romans, S., Dawson, J., Mullen, R., & Gibbs, A. (2004). How mental health clinicians view community treatment orders: A national New Zealand Survey. *Australian and New Zealand Journal of Psychiatry*, 22(4), 836-841. Doi: 10.1080/j.1440-1614.2004.01470.x

Gibbs, A., Dawson, J., Forsyth, H., Mullen, ., & Te Oranga Tonu Tangā (Maori Mental Health Team). (2004). Maori experience of Community Treatment Orders in Otago, New Zealand. *Australian and New Zealand Journal of Psychiatry*, 38, 830-835. Doi: 10.1080/j.1440-16114.2004.01468.x

### Implications and Recommendations for Clinical Practice

Engage with Māori mental health clients in individualise manner.

Allow autonomy of choice between Kaupapa Māori mental health services and mainstream mental health services

Provide appropriate cultural training and support to mental health professionals within mainstream mental health services to contribute to the improvement of experience for Māori clients.



# The PECOT Model

PECOT Category	Information relating to question	Explanation
Population	Māori mental health clients, their whanau and mental health professionals.	Māori has been disproportionately subjected to institutionalisation and their experience of compulsory mental health care has hardly been researched. There has not been a lot of research done in the New Zealand context about the perceptions of Maori clients, their whanau and from mental health professionals.
Exposure (Intervention)	Māori mental health clients who are placed under the compulsory treatment order.	To find out the perceptions of Māori mental health clients, their whanau and mental health professionals towards CTOs.
Comparison/Control	Has not been included due to research scope.	Has not been included due to research scope.
Outcome	To collect qualitative data regarding perceptions of Māori mental health clients, their whanau and mental health professionals towards CTOs.	The general consensus on CTOs among Māori mental health clients, their whanau and mental health professionals is mainly positive that provides some form of stability.
Time	Not applicable	Not applicable

(Toouli, 2007)

## Summary:

The rationale behind choosing a poster presentation to present the above health information is because it is not only a popular way of presenting health information at a conference and in the community, but is also an effective method of knowledge transfer due to its ability to provide concise information on the topic at hand (Llic & Rowe, 2013). The target audience are for both clients and health professionals, thus, a poster is an appealing method to disseminate this information (Schneider & Whitehead, 2013). Posters also provide a relative informality of a presentation of information, allowing an increased opportunity for questions and discussions, opening up the opportunity to network with like-minded people in the community as well as colleagues (Manojlovich, 2008).

## References:

Llic, D & Rowe, N. (2013). What is the evidence that poster presentations are effective in promoting knowledge transfer? A state of art review. *Health Information and Libraries Journal*, 30(1), 4-12. doi: 10.1111/hir.12015

Manojlovich, M. (2008). Posters: A great option for conference presentations!*Occupational Therapy Now*, 10(3), 11-12. Retrieved from <https://search-proquest-com.op.idm.oclc.org/docview/229537248?accountid=39660>

Schneider, Z. & Whitehead, D. (2013). Nursing and midwifery research: *Methods and appraisal for evidence based practice*. Chatswood: Elsevier Australia.