





Johnson, AM ¹., Volcevska, S²., Razaghi, K^{2,3}., Endrawes, G^{2,3}., Karki, N¹., Perumbi Pathrose, S^{2,3}., Mathew, P¹., Ohannessian, S²., Murphy, G^{1,2,3}.

Affiliations: ¹ South Western Sydney Local Health District, Sydney, Australia. ² School of Nursing and Midwifery, Western Sydney University, Sydney, Australia. ³ Translation Health Research Institute (THRI), Western Sydney University, Sydney, Australia.

Background

- Promoting personal hygiene among consumers accessing mental health services can be complex.
- Consumers experiencing hospitalizations were found to practice limited personal hygiene due to distress and reduced motivation.
- Consumers using mental health services experience a higher rate of physical comorbidity complicated by reduced access to adequate healthcare or complex clinical management. These factors can influence one's attention to daily personal hygiene.

Aim

Identify barriers and facilitators which support personal hygiene for consumers using mental health services. All health professionals have a role in supporting the personal hygiene needs of people who use mental health services

Method

 A systematic search of all literature published up until February 2024 was undertaken using six databases.

Preliminary Findings

33 papers in total, ranging from 1997-2023 from 8 countries.
Participants included: Nurses, allied health workers and consumers in mental health in-patient and community settings with a diagnosis of mental illness.

Barrier 1: Consumer focused

- Impact of mental illness and medications.
- Limited access to advice, funds and services.

Barrier 2: Nurse focused

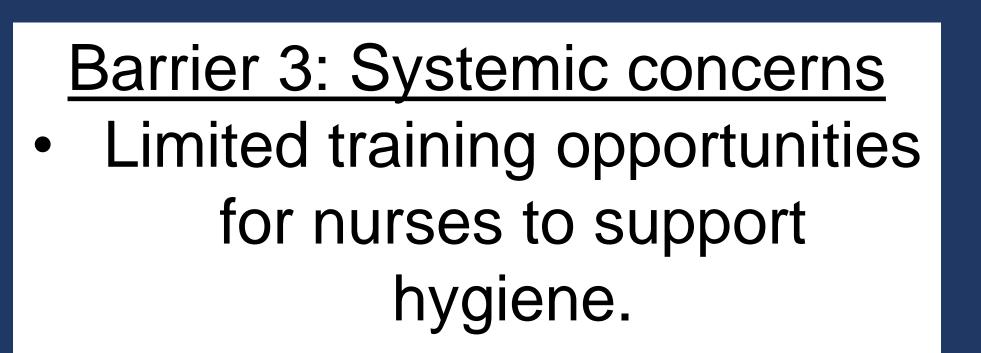
• Focus on mental illness



Strategy 1: Consumer focused

- Manage and reduce symptoms of mental illness
- Consumer motivation
- Positive relationships, feedback & practical supports
- Access to transport and services.

symptoms rather than hygiene.





<u>Strategy 2: Systematic</u>
 <u>supports</u>
 Availability of the mental health act to consider self-neglect.

