



Johnson, AM^{1.}, Volcevsk, S^{2.}, Razaghi, K^{2,3.}, Endrawes, G^{2,3.}, Karki, N^{1.}, Perumbi Pathrose, S^{2,3.}, Mathew, P^{1.}, Ohannessian, S^{2.}, 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 symptoms rather than hygiene.

Barrier 3: Systemic concerns

- Limited training opportunities for nurses to support hygiene.



Strategy 1: Consumer focused

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

Strategy 2: Systematic supports

- Availability of the mental health act to consider self-neglect.