

Scientific Department of Psychiatric Nursing and Mental Health of ABEn

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In Brazil, as well as around the world it is remarkable the discussion of the model change of Mental Health care offered to people who, at some point in life, need specialized care in the area. These reflections bring challenges for everyone involved in this process: managers, health carers, human resources trainers, service providers, besides users of the health system and their families.

The 10.216/2001 law legitimized redirection of actions in the area of Mental Health, putting forth a new assistance reality, oriented to the psychosocial model in which services are provided, community-based, a clear practices transition movement offered as only in hospital settings. It is based on a person's inclusion movement and features assistance in conceptual foundations of social reintegration.

These changes have influenced the Psychiatric Nursing practice requiring from the professional an assertive position on the assistential care paradigm defended by the National Mental Health Policy. Consequently, it is necessary that nurses reorganize their work processes and rethink their role, given the need to develop convergent actions with the psychosocial purpose, engaging, with competence, therapeutic projects built with the other professionals in the healthcare team, in the perspective of practical interdisciplinary.

The idea of interdisciplinarity brings itself to overcome the sharing of knowledge, not abandoning the specific skill of each profession, but seeking to integrate them in order to better understand the complexity of the area and allow the transformations in attendance despite the numerous difficulties that arise in the assistential Brazilian scenario.

Given the changes in practices and knowledge in the Mental Health field it is also expected that Nursing professionals engage in developing their skills and engage in interdisciplinary context, evoking the psychosocial care model comprising a horizontality relations and collective practices, always with the user involvement and family. Their actions should prioritize light technologies, focused on relational knowing, which highlighted the welcoming of users, establishing bonds of trust and the appreciation of interpersonal relationships between users and their families, besides the policy participation in decisions involving the mental health field.

The nurse insertion in Psychosocial Care Centers (PCCs) is provided in the 336/02 Ministerial Decree which carries the mandatory presence of this professional as a team member, with the need of a graduation in Mental Health especially for PCCs type II, III and PCCs AD.

It is noteworthy that, in this context of paradigm changes, it is increasingly discussing the Mental Health not only as a specialty, but as a cross-sectional area in the disease process of the human being, demanding of professional knowledge, skills and attitudes in the conduction of full care health.

Based on this background and in view of the request of nurses working in the area of management, care and human resources training, ABEn created the Scientific Department of Psychiatric Nursing and Mental Health. Regimentally, it will consist of nurses associated with operations in health care, public administration, education and research in the field of Psychiatric Nursing and Mental Health. Among its objectives, it aims to defend the interests of society and Nursing in the context of Public Policies and the Unified Health System with emphasis on Mental Health.

This initiative provides an opportunity for possibilities to broaden the discussion of issues that unsettle the category, as well as enables the exchange of knowledge between mental health and other areas of the Nursing performance, especially in times of intense changes in Mental Health and Psychiatric care.

In this perspective, ABEn as a cultural, scientific and political entity, through SDPNMH, it can promote and support initiatives aimed at nursing qualification, in order to promote excellence in the provision of a specialized care. It is therefore an urgent need that the nurse ensure his career action space in Mental Health services and that he engages in this ABEn initiative, through their representatives, in order to strengthen the Specialized Care in Psychiatry and Mental Health.