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Mongolian Mental health Nurse Training:
Post-graduate diploma curriculum development and implementation
(MoMeNT)

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INTRODUCTION AND AIMS OF THE PROJECT



This is the first newsletter for the Mongolian Mental health Nurse Training (MoMeNT) Project). This is an innovative nurse-led project funded by the European Union through the Erasmus 'Building Capacity in Higher Education' funding stream. This programme engages 6 Higher Education Institutes and is led by Professor Fiona Nolan at the University of Essex (UK). The five other partners are the Mongolian National University of Medical Sciences

(MNUMS), Etugen University, and Enerel Medical Institute (EMI), all of which are in Mongolia, Turku University of Applied Science (TUAS) in Finland, and Utrecht University of Applied Science in the Netherlands.

This is a 3 year programme with funding of 1 million euros which aims to improve care for people with mental health problems in Mongolia through developing a specialist training programme in mental health for registered nurses.

This project aims to support the modernisation, accessibility and internationalisation of Mongolian higher education by developing a post-graduate diploma for mental health nursing.

In order to achieve this aim, we will:

- benchmark existing good practices in mental health nurse training.
- develop, test and adapt a post-graduate diploma curriculum for mental health nursing.
- ensure embedding and sustainability of the programme through:
 - o Enhance the teaching abilities of Mongolian faculty staff, as well as those in the EU
 - o Generate productive, cohesive and sustainable relationships between partners
 - o Obtain course accreditation through the Mongolian National Council of Education Accreditation.
 - o Effectively disseminate project information, evaluations and report through popular and academic press, other media conferences and specific events.



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HIGHLIGHTS OF THE FIRST YEAR



Kick off meeting

(January 2019, UB)

Following confirmation of funding in **August 2018**, we held a pre-project ZOOM-meeting at October 31, 2019.

The project officially started on **12th November 2018**. We had several Zoom meetings, as required with the project plan, to prepare for the Kick off Meeting in which took place from 7th to 10th January 2019 in Ulaanbaatar.



Eight partners from Europe attended the meeting - 2 from the UK, and 3 each from the Netherlands and Finland. It was the first-time visiting Mongolia for 7 of this group of 8.



In this cold January it was a warm welcome to meet the team members. We definitely achieved our objectives of team building and relationship building between organisations during this period.



The EU delegation visited each of the partner HEIs and received a warm welcome on each of their visits to the Mongolian National University of Medical Sciences (MNUMS), Enerel Medical Institute (EMI) and Etugen University. In addition, we visited a clinical site of the National Centre of Mental Health in Ulaan-Bator.



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London Meeting (May 2019)

This was the 2nd of 7 planned management meetings which will take place during the project and was attended by representatives from all 6 partners. The meeting took place over 2 days and consisted of lectures and workshops.



Over a further 3 days the project lead (FN) accompanied the Mongolian team of 15 people on visits to clinical sites and one visit to the University of Essex. This group of 15 comprised of 2 psychiatrists and one nurse from the National Centre for Mental Health in Mongolia, 9 lecturers of nursing, 2 university managerial staff, and an interpreter.



This was the first time Mongolian mental health clinicians visited mental health services in the UK. The previous visit to mental health services conducted in 2013 was by a trade delegation comprising senior civil servants and politicians- this visit was the one of the foundational activities for this project.



After each session attendees worked with the members of the project team from Mongolia, the Netherlands, Finland and UK to review the information provided by the speaker/facilitator in terms of:

- a) Relevance to the Mongolian context
- b) Contribution to the project aims
- c) Action needed to embed the learning in the project



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Ulaanbaatar meeting (October 2019)

The 3rd management meeting out of the total of 7 took place in Ulaanbaatar on 7th and 8th October.

There had been a change of project coordinator, which resulted in a lull of activity over the summer, but our fantastic new coordinator, Batzaya Batjargal, joined the project on 23rd September.



This provided an opportunity to review the activities over the past 9 months and plan further up to the 4th meeting in March 2020. Also, participants discussed pilot course curriculum content, pilot participants and project dissemination issues.



33 project members from 6 main partners and 2 associate partners (National Centre for Mental Health in Mongolia and Mongolian Nursing Association) attended in the meeting.



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ACTIVITIES IN WHICH EMPLOYEES OF THE PARTNER EU HEIS ENGAGED



Moment partners travels to Mongolia

Fiona Nolan conducted a 21-day visit to Mongolia in February-March, during which she travelled to Erdenet mining company. Erdenet is located within Orkhon province (or aimag in Mongolian language) and Fiona had a productive meeting with the regional directors, during which plans for future research were

discussed. Orkhon is an associate partner and strong supporter of the Moment project, building on a relationship with their hospital services since 2015. Discussion with Erdenet vice-president Batmunkh Bat-Erdene resulted in an agreement to collaborate with Fiona as part of a larger programme to survey workforce wellbeing which is anticipated to start later this year, pending ethical approval from the Ministry of Health.

Fiona returned to Ulaanbaatar for 2 weeks in June, conducting interviews for the new project coordinator and visits to clinical services. She also presented the evaluation components of the project to 12 members of the MNUMS School of Nursing academic council, who provided constructive criticism on the research protocol and design, paving the way for the next stage in the requisite approval process, which is to present to the Ministry of Health.

LINKED ACTIVITIES IN WHICH EMPLOYEES OF THE PARTNER EU HEIS ENGAGED



Depression Management and Suicide Prevention

This MoMeNT project resulted in several additional events. In May 2019, Marlou de Kuiper and Ferdy Pluck (both UAS Utrecht), organized a course Suicide Prevention and Depression Management for Nursing staff and students in UB. More than 20 people participated in this one-week course. The course was in cooperation with MNUMS.



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In June 2019 Edwin Hagenbeek (UAS Utrecht) paved a visit to the MNUMS satellite campus in Erdenet, where he received a warm welcome from all staff, including nurse director Ms. Chimgee Erdenechimeg of Erdenet Hospital.

1st Mongolian Mental Health Conference

Wednesday 9th October, UB

This could be described as the single most important event that has happened in Mongolia around mental health nursing since this programme was initiated in 2012. Seven delegates from the EU attended, representing the Netherlands and the UK, and one experienced mental health nurse from Australia, Wendy Scott.



The conference was organised by the Mongolian Nurses Association (Moment project associate partner) and the Ministry of Health, confirming their support and highlighting mental health nursing as a specialist area of practice.



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A surprise of the day was the award of **Honorary Lifetime Membership of the Mongolian Nurses Association** to Prof. Nolan, in recognition of her work to promote and develop nursing in Mongolia. This was a great honour, as she is the only foreign recipient of such an award. The MNA represents all registered nurses in Mongolia, and the president, Ms Nyamsuren, has been a supporter of the Moment work from the start.



The Moment project has been instrumental in getting the global campaign of Nursing Now to reach Mongolia, where it was adopted in September 2019. The conference provided a platform to publicize the project, as seen in the photo above. <https://www.nursingnow.org/join-the-campaign/>



5th Mongolian International Nursing Conference and 90th anniversary celebrations- Thursday 10th and Friday 11th October

- The 3rd management meeting in UB had been timed to coincide with this event, so the EU partners were delighted have the opportunity to participate. It was the 90th anniversary of the establishment of the School of Nursing in the Mongolian National University of Medical Sciences, so it was an auspicious event.



DISSEMINATION PRODUCTS

A repository of PowerPoint files, blogs, and all other dissemination documentation is being collated and will be available publicly soon through an internet platform.

2019 Moment Conference presentations

United Kingdom:

Fiona was an invited keynote speaker at the UK Royal College of Nursing (RCN) “25th International Mental Health Nursing Research Conference 2019” in 12-13 September, London. In addition, she presented aspects of the programme in Ireland at Trinity Health and Education International Research Conference: Wednesday 6 and Thursday 7 March, and in the Faroe Islands at the Nordic Mental health Nursing Conference, September 19-21, 2019

Fiona was interviewed for the Mental Elf (<https://www.nationalelfservice.net/mental-health/>) in relation to global mental health with specific reference to the Moment project-<https://soundcloud.com/national-elf-service/fiona-nolan?in=national-elf-service/sets/mhnr2019>



2019 visits to Mongolia:

1. January 6th-19th: For Moment project kick off meeting, and European Social research Council (ESRC) funded project planning
2. February 8th-March 2nd (Funded by the European Social Research Council)
3. May 26th -7th June: To conduct interviews for the Moment project coordinator in Ulaanbaatar, and progress research ethics approval for programmes
4. October 6th -17th: For 3rd Moment management meeting + participation in the 1st Mongolian Mental Health Nursing Conference & the 5th MNUMS International Nursing Conference
5. November 13th-20th: Invited keynote presentation on the Moment programme at the Mongolian National 90th Anniversary Conference to celebrate the establishment of the National Centre for Mental Health on 18th and 19th a panel of the Dean of the School of Nursing, Naranbaatar, project coordinator Batzaya and Fiona interviewed over 40 registered nurses working in mental health settings who applied to be considered as pilot students to assist in developing the post graduate course.
6. Neil Brimblecome visited Mongolia in February –March 2019, using grant funding from the Burdett Trust for Nursing to support the ongoing work.



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Turku University of Applied Sciences:

- Posting 2 blogs for internal use at TUAS
- Several presentations about the content of this project in for TUAS research groups and the cultural group.
- Representing the MoMeNT project during a meeting with international affairs meeting with Mongolian delegation in Turku
- Thesis about: mental health problems in Central Asia

Etugen University:

- The rector of Etugen University, Professor Batsereedene, and her team in the school of nursing presented the project 6 times in 2019 to the wider university

University of Applied Sciences, Utrecht:

- The Moment project participants presented an Internal report about Kick of Meeting and MoMeNT project
- Presentation to UAS Utrecht 1st years master students about MoMeNT-project
- Presentation to UAS Utrecht Management team about MoMeNT-project
- Report in Newsletter Institute for Nursing studies at UAS Utrecht.
- Presentation in several lectures about mental health projects at UAS Utrecht
- Presentation at International Summer school courses about MoMeNT
- Presentation for Chinese student delegation from Shenzen University

PLANS FOR THE FUTURE:

In year 2 of this 3-year project, the following activities are planned

- a) The core components of the mental health nurse training course will be decided and the EU partners will send materials to support these topics to Mongolian partners for review. The course will be prepared based on these materials and shaped in accordance with Mongolian legal and organisational requirements.
- b) The 4th and 5th of 7 management meetings are planned to take place in UB in March and October 2020. The end of 2020 will see the first visits to the EU of Mongolian colleagues. Nurses and psychiatrists who are employed in delivering mental health care in Mongolia will spend placements of 2 weeks in clinical areas to observe practice, working under supervision of clinical mentors. Mongolian nursing lecturers who will be involved in delivering some components of the mental health nurse training course will spend their placements in universities, to observe teaching methods and environments.
- c) The links between Mongolian mental healthcare workers and university lecturers, and EU clinical and educational organisations will continue to strengthen.