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EDU MENT

Education in Mental Health for Nurses in Home and Residential Care

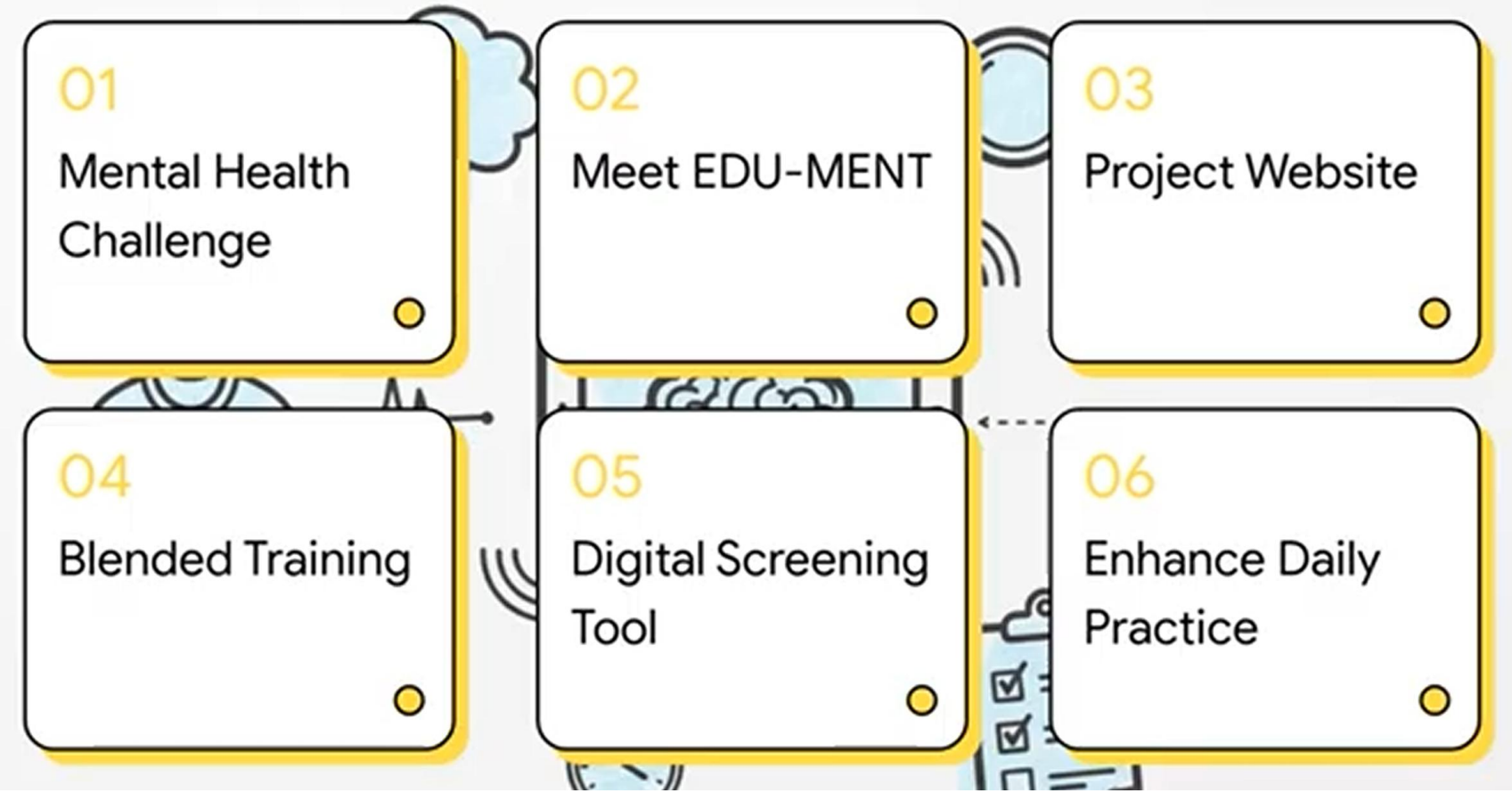
Recognize. Act. Collaborate.

Elevate Your Facility's Mental Health Competencies

Co-funded by the Erasmus+ Programme of the European Union

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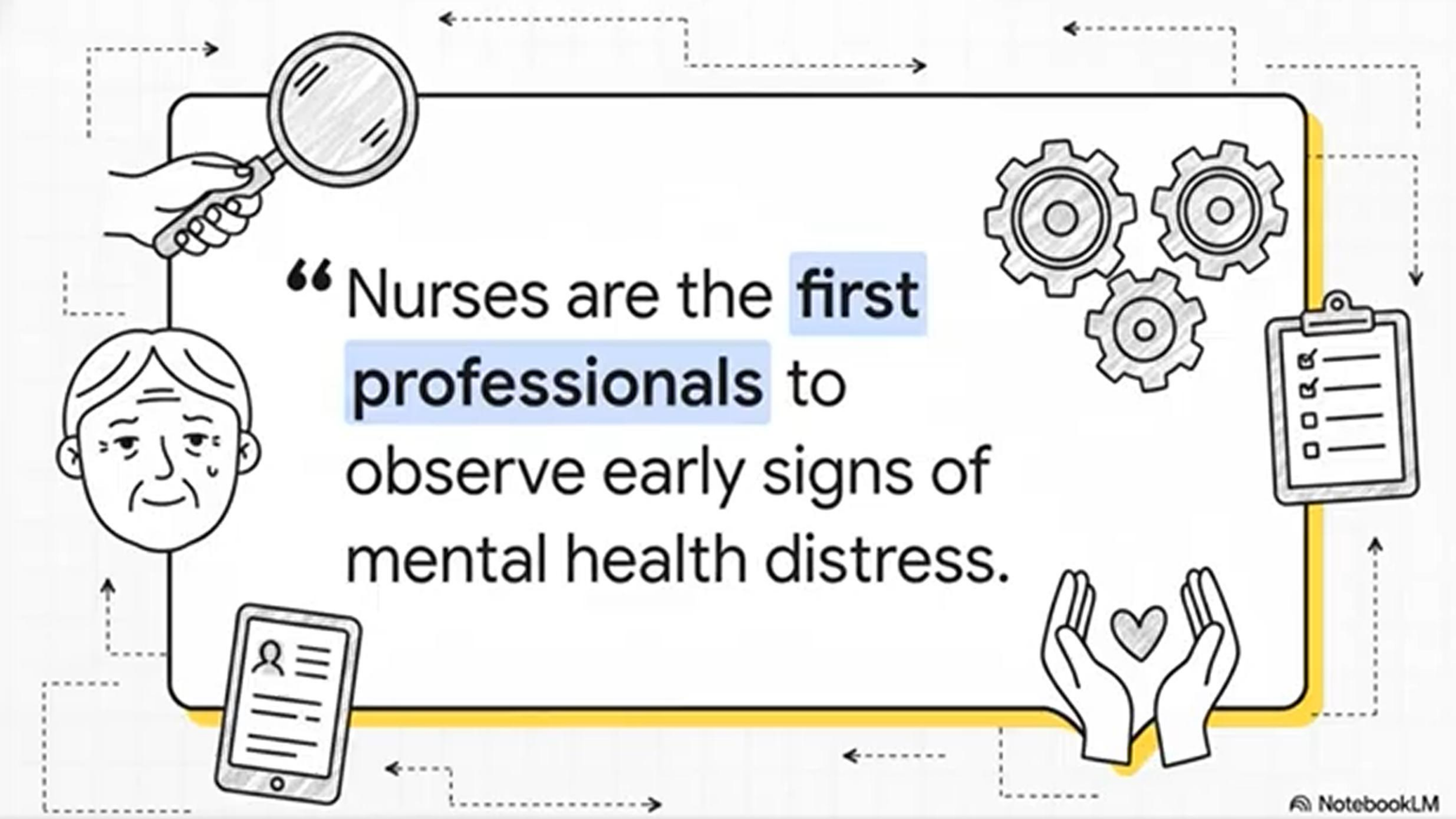
CONTENT



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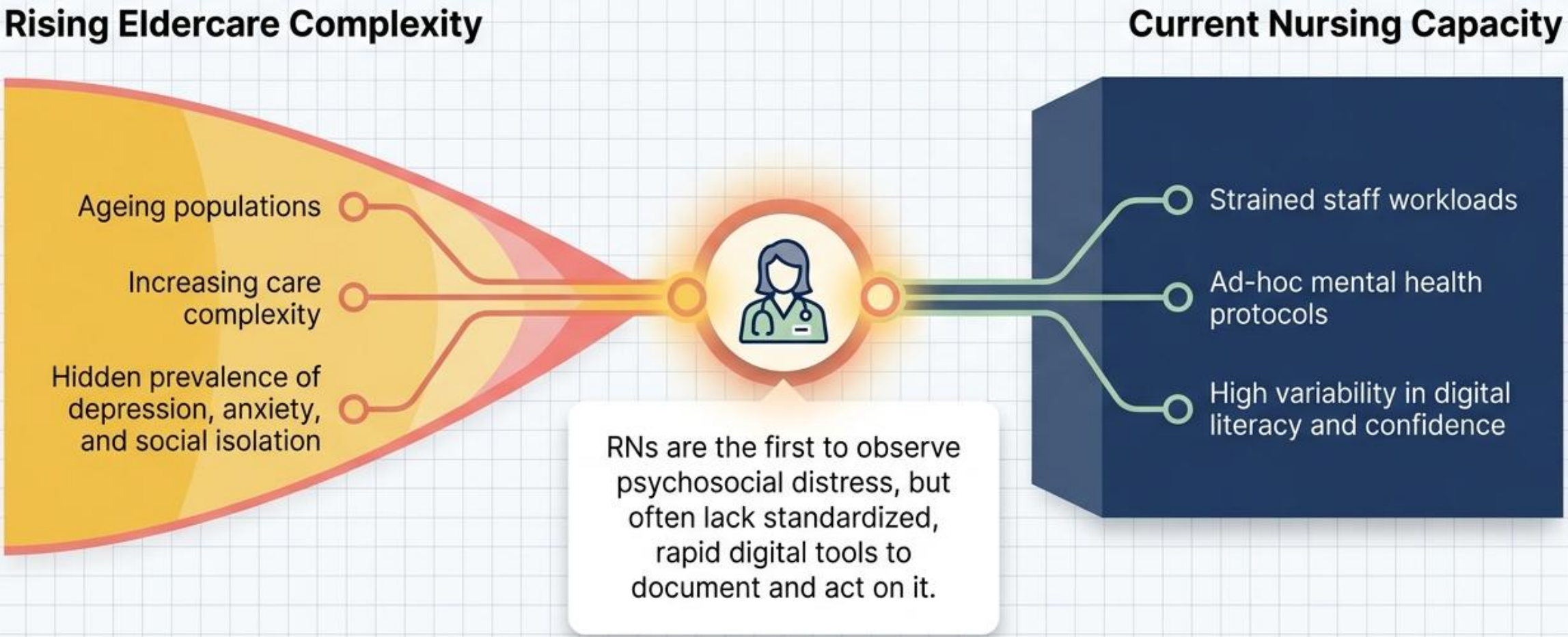
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1
Mental Health
Challenge
The Pressing Need


“Nurses are the first professionals to observe early signs of mental health distress.

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The Complexity of Eldercare is Outpacing Current Screening Capacities

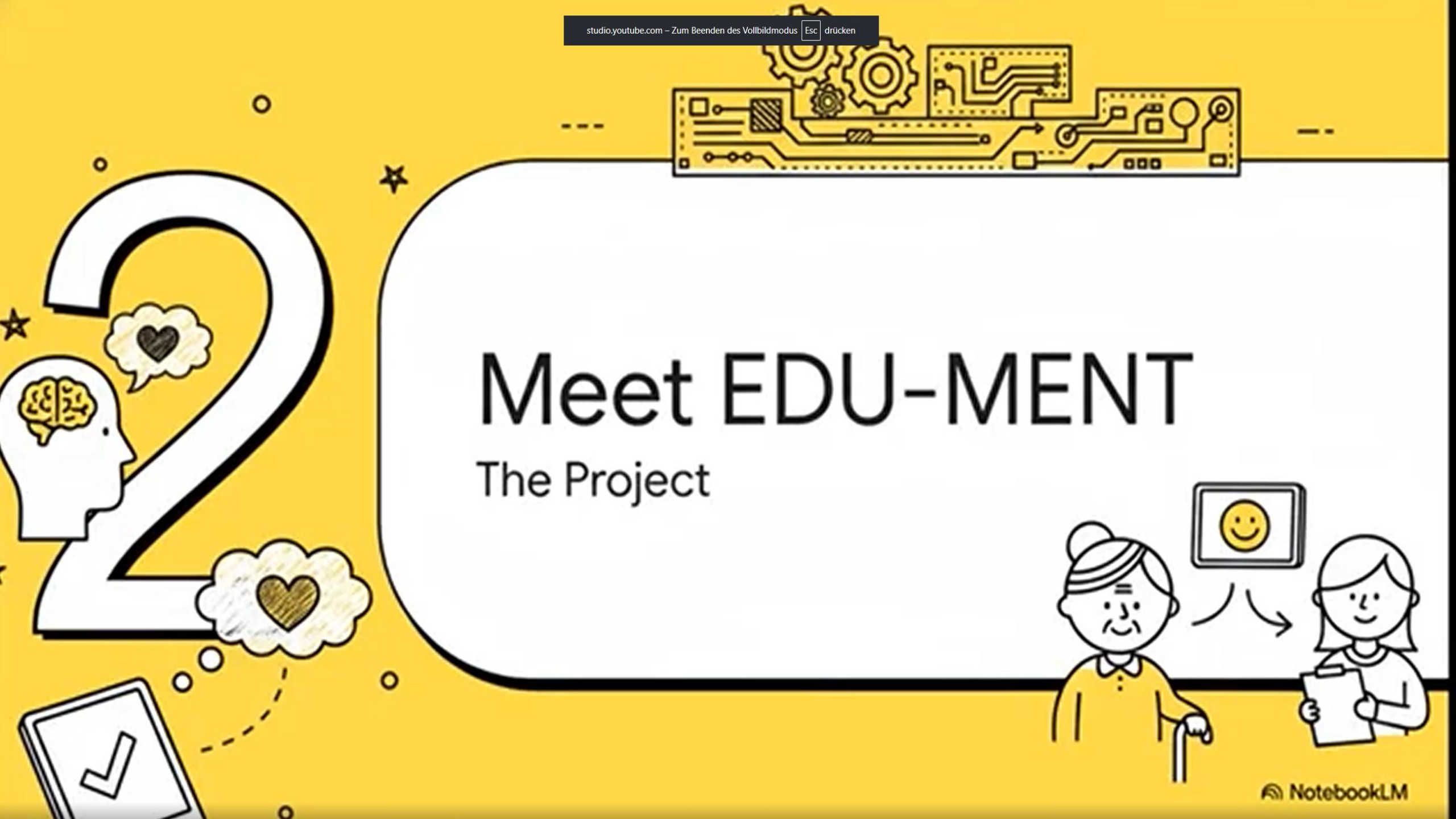


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studio.youtube.com – Zum Beenden des Vollbildmodus Esc drücken

Meet EDU-MENT

The Project



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Software Engineering and Internet Technologies Laboratory

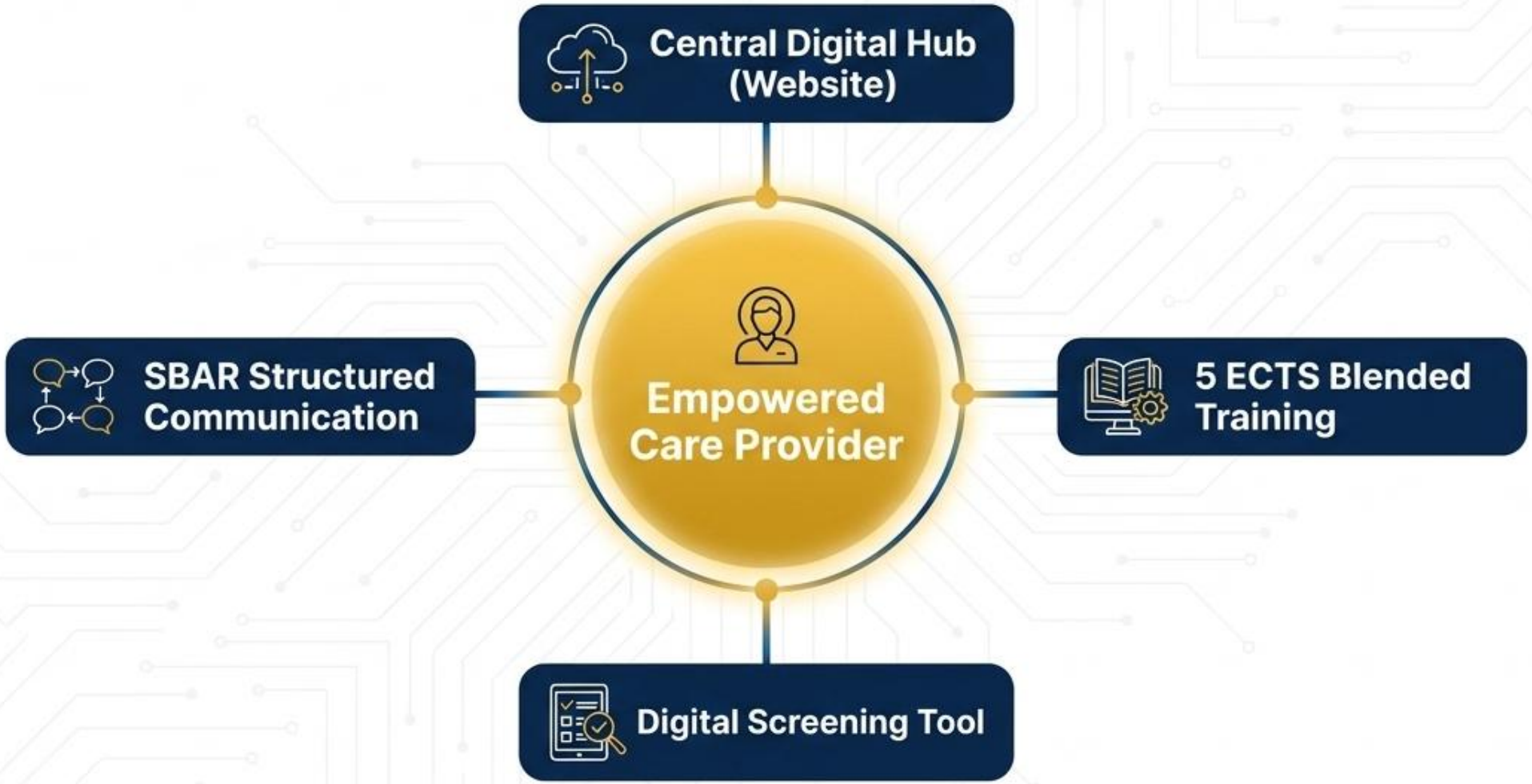
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The Complete EDU-MENT Ecosystem



Taking intuitive bedside care and transforming it into a fully supported, standardized, and evidence-based clinical ecosystem.

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EDUCATION IN MENTAL HEALTH FOR NURSES AT HOME AND RESIDENTIAL CARE

Our aim is to address the three main challenges in the early detection, monitoring and response to mental health issues in home-care and residential care:

- understanding and standardized care
- interprofessional qualification of Registered Nurses (RN)
- operational and organizational qualification

www.edu-ment.eu



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Care Navigators Blueprint

The Novice-to-Navigator Training Pathway

Online Self-Learning

Asynchronous foundation. Complete theoretical modules at your own pace.



80 Hours

Trainer Practice Sessions

Collaborative application. Work through structured practice cases with expert facilitators.



20 Hours

Independent Practice Case

Real-world application. Use the tool on a fully anonymized, actual case from your own daily clinical practice.



25 Hours

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EDU-MENT: FOR TRAINERS



EDU-MENT Train-the-Trainer (TtT): Building Capacity Across Europe

At EDU-MENT, education helps knowledge spread.

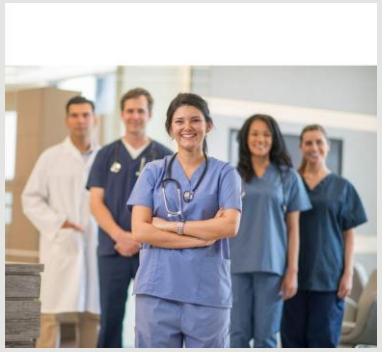
Each participant who completes the blended-learning programme can become an **EDU-MENT trainer** after reviewing the main teaching materials. They can then deliver training in their own workplace or institution.

This means nurses gain not only knowledge, practical skills, digital skills, and mental health tools, but also the ability to train others in their organisations.

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EDU-MENT: FOR TRAINERS



The **TtT model** sustains future EDU-MENT training by:

📖 Equipping future trainers with digital tools and structured learning Resources

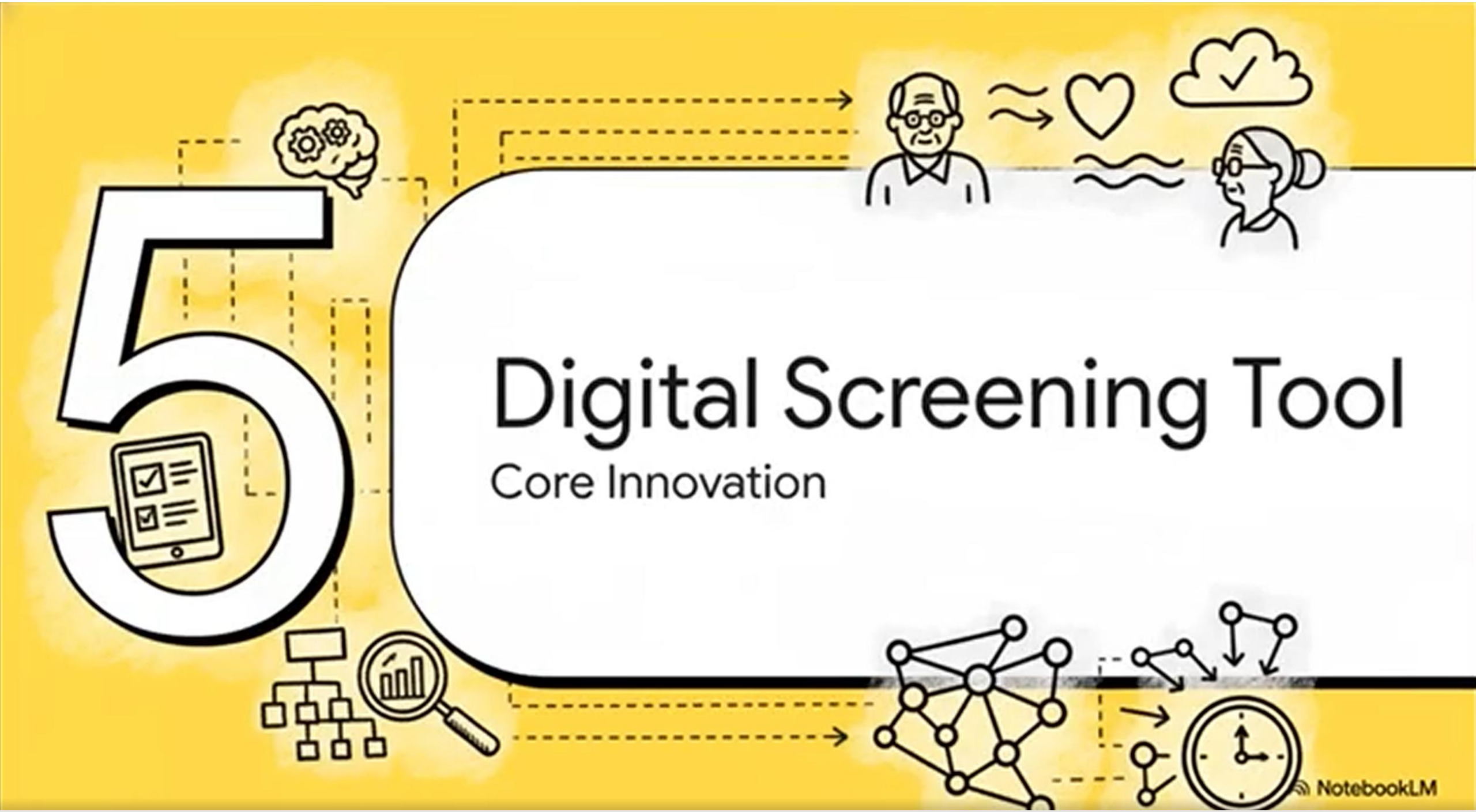
🌎 Supporting adaptation to local care contexts across Europe

🤝 Embedding mentorship and peer learning for sustained professional Growth

💻 Capacitates the delivery of a 5 ECTS blended-learning postgraduate programme through future EDU-MENT trainers.

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5
Digital Screening Tool
Core Innovation
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A 15-Minute Roadmap, Not a Clinical Diagnosis.

Crucial Note: The EDU-MENT tool supports—**it never replaces**—your professional judgment. **It translates your intuition into a structured, evidence-based roadmap.**

In just **10–15 minutes**, evaluate **44 checklist items** across **6 core domains**:



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Screening Tool Dashboard

Patient Details

Patient Alias: Bob99

Patient ID: 24

← Back to Start

Topic A. Demographic Characteristics (38%)

Topic B. Health & Comorbidities (37%)

Topic C. Cognitive & Emotional Function (0%)

Topic D. Sleep & Nutrition (14%)

Topic E. Community & Lifestyle (100%)

Topic F. Personal Space & Environment (100%)

FINAL REPORT

The Diagnostic Action Matrix

Concern Level	Meaning	Next Steps
Low Concern	Routine baseline established.	Stick with routine monitoring and existing care plans.
Moderate Concern	Emerging risk factors detected.	Monitor closely, reassess shortly, and consider targeted supplementary assessments.
High Concern	Significant distress or decline indicated.	Further validated clinical assessment strongly recommended; initiate immediate referral pathways.

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6
Enhance Daily Practice
Everyday Workflow
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Transforming Daily Workflows

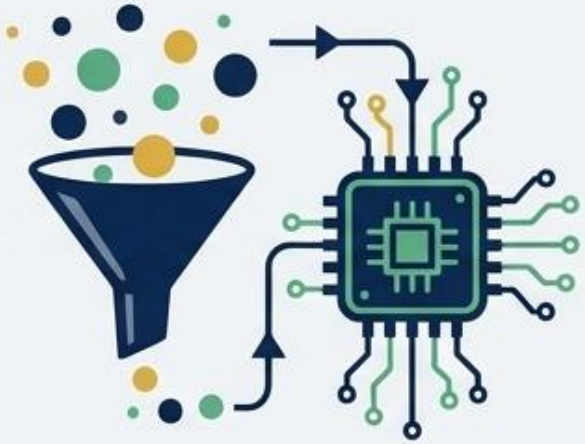
Input → **Process** → **Output**

Intuitive Daily Observations



Unstructured data & heavy cognitive load.

EDU-MENT Digital Integration



Synthesizing observations into into digital frameworks.

Structured Care Plans



Prioritized, evidence-based documentation.

Turn unspoken, scattered observations into **formal, actionable, evidence-based** documentation.

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Standardizing Interdisciplinary Communication

The EDU-MENT report seamlessly populates the SBAR handover technique, ensuring clear communication with doctors and psychologists.

S - Situation

S

Identify client and the **main reason for communication** based on tool triggers.



B - Background

B

Summarize relevant **environmental or safety concerns** identified in the 6 domains.



A - Assessment



A

State the overall EDU-MENT **risk category** (Low/Moderate/High) and **specific tool scores**.

R - Recommendation

R

State **clear time frames** and **exactly what needs to happen next** based on the Action Matrix.



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SBAR TEMPLATE

Here is the SBAR framework adapted to the EDU-MENT screening tool.

SBAR Step	Guidelines	✓
S Situation	Identify yourself and your role.	☐
	Identify the client (ID, age, gender, setting).	☐
	State the **main reason** for your communication (e.g., change in condition, follow-up after screening, safety concern).	☐
B Background	Medical conditions and medications	☐
	Functional status and mobility level	☐
	Social support and living arrangements	☐
	Recent changes or events affecting health and wellbeing	☐
	Environmental or safety concerns from the screening	☐
A Assessment	Overall EDU-MENT risk category (low, moderate, high).	☐
	Main contributing factors (medical, emotional, social, environmental)	☐
	Summarise relevant screening tool scores (PHQ-9, GAD-7, PSS, UCLA Loneliness, etc.)	☐
	Trends (improving, stable, deteriorating)	
R Recommendation	State **what needs to happen next** (e.g., referral, review, change in care plan, mental health support).	☐
	Include **time frames** (urgent, same day, routine follow-up).	☐
	Include contingency plans	
	Ask receiver to repeat back key information, clarify any questions	☐

EDU MENT

Education in Mental Health for Nurses in Home and Residential Care

All resources, like the EDU-Ment Blended Learning and our Digital tool **will remain functional after project lifetime!**

https://edu-ment.eu/

Learn more

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Learn more

Contact us!

www.edu-ment.eu

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