

# Talking with Teens: Evaluation of Adolescent Mental Health Education Sessions

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## Background

- Adolescents with mental health issues often manage multiple medications, yet medication knowledge may be limited.
- The Australian Commission on Safety and Quality in Health Care conducted a scoping review which demonstrated the need for consumers and carers to receive more information about their medications that as a result improved insight on their illness, knowledge and attitudes towards medications.<sup>1</sup>

## Aim

- To evaluate adolescent and carer perceptions of medication education within an Adolescent Mental Health Unit.

## Methods

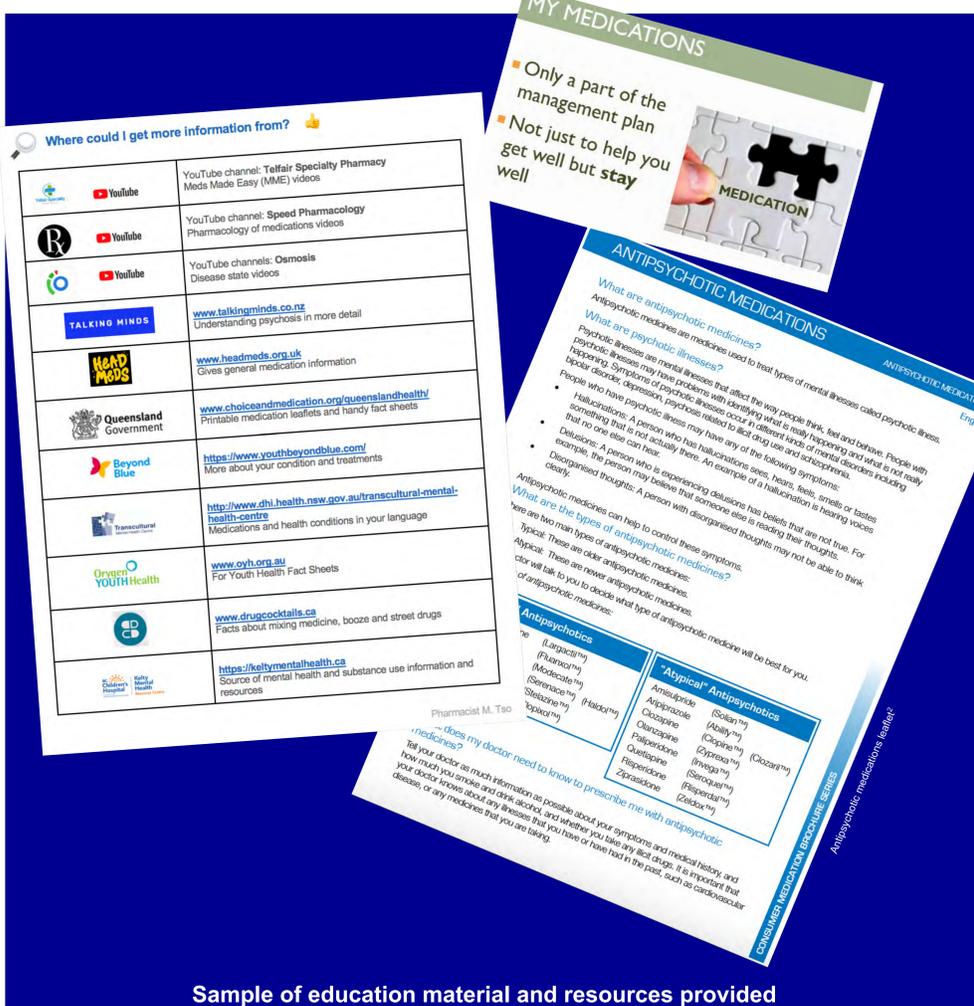
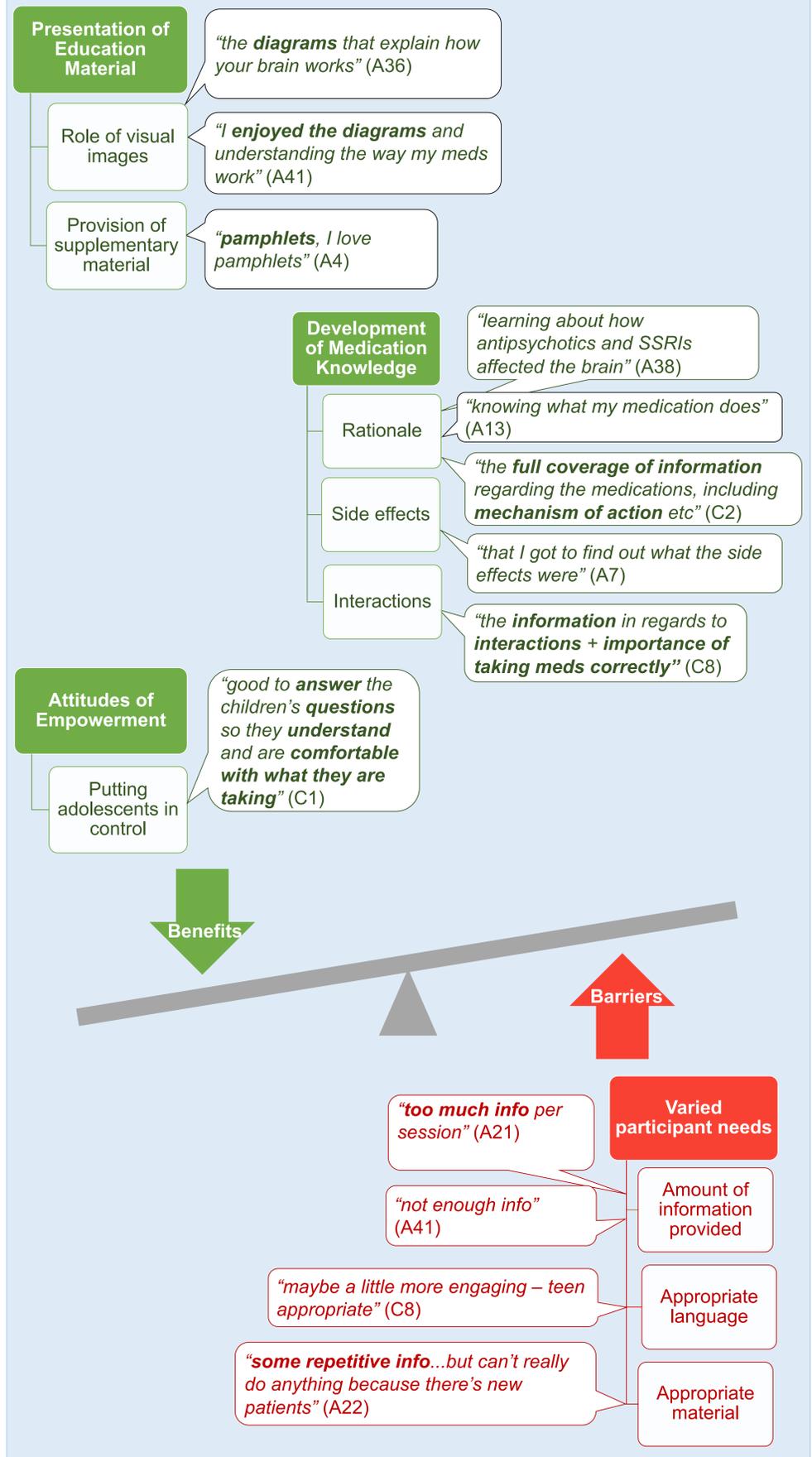
- **The setting:**
  - 9 bed acute adolescent inpatient mental health unit at a large metropolitan teaching hospital.
- **The intervention:**
  - Fortnightly multidisciplinary education sessions.
  - Pharmacist led with clinical neuropsychologist or exercise physiologist collaboration.
  - Interactive question and answer format session: Powerpoint slides, and videos combined with individualised medication leaflets.
  - Topics included:
    - How antipsychotics and antidepressants work in the brain
    - Side effects of commonly prescribed antipsychotics
    - How to manage the potential side effect of weight gain
    - Mixing prescription medication with drugs/alcohol
- **Study participants:**
  - Adolescents (12 to 18 years) and their carers who attended the sessions.
- **Data collection:**

Data was collected using a semi-structured written self-administered form. Participants completed the form immediately after attending the education session.
- **Analysis:**

Qualitative thematic analysis was used to identify common themes of perceived benefits and barriers of the education sessions.

## Results

- 50 participants (46 adolescents, 4 carers) were recruited for the study.
- The analysis identified four themes and nine sub themes.
- The key benefits were presentation of educational materials, development of medication knowledge and attitudes of empowerment.
- Only one barrier of challenges of varied participant needs was identified.



**Acknowledgements:** Redbank House Acute Adolescent Unit and Westmead Department of Pharmacy.

- References:**
1. Australian Commission on Safety and Quality in Health Care. Medication safety in mental health. 2017
  2. Available from Transcultural Mental Health. Antipsychotic medications leaflet. 2009

## Conclusions

- Pharmacist-led medication education sessions was well-received, improved medication knowledge and empowered adolescents with mental health conditions.
- Future research quantifying the impact of these sessions on behaviour, knowledge and adherence is currently being planned.



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