



Chaitanya Institute for Mental Health, Nepal

Employment Position – Residential Health Assistant

Chaitanya Institute for Mental Health initiated its work in the field of psychosocial rehabilitation to address the mental health challenges in Nepal. Chaitanya's goal is to reintegrate the chronic mentally ill persons back into their families and society. It believes in compassionate care towards the physical and mental well-being of individuals in a therapeutic relationship of trust. It is a leading institution to provide adequate human resources, promote quality mental health care services across the country, increase public awareness of mental health issues and contribute to policy making. It has extensively reached out to, and worked with, various communities; institutions (academic, governmental bodies and non-governmental organizations), and carried out vigorous community outreach programs.

The Institute is seeking a highly qualified and caring professional as a Health Assistant who will play a crucial role in supporting the overall well-being and mental health of the residents. In a Psychiatric Care Home they are expected to follow certain principles of empathy, patience, and a commitment to promoting the well-being of individuals with mental health challenges.

The specific responsibilities of the health assistant in mental health care includes as follows:

- Regularly observing and monitoring the mental and physical health of residents through regular laboratory and other diagnostic tests, check-ups of vital parameters, maintaining weight charts and dietary/food intake of residents.
- Noting any changes in behaviour, mood, or symptoms and reporting them to higher medical and psychiatric staff.
- Dispensing medications according to prescribed schedules for all the residents after every follow-ups or doctor consultations.
- Ensuring residents take their medications as prescribed and reporting any issues or concerns to the medical team or House Doctor/Nurse-in Charge.
- Providing support for residents in daily tasks such as grooming, bathing, dressing, and food intake.
- Assisting with mobility and helping residents maintain personal hygiene.
- Responding to emergencies or crisis situations in a calm and collected manner including carrying out
- Collaborating with other healthcare professionals to manage and resolve crisis effectively.
- Assisting in organizing and facilitating therapeutic activities and group sessions in consultation with the Psychologist/Medical and Psychiatric Social Workers.
- Encouraging residents to participate in therapeutic interventions that promote mental well-being.
- Maintaining effective communication with residents, their families, and the multidisciplinary healthcare team.
- Collaborating with psychiatrists, psychologists, social workers, and other healthcare professionals to ensure coordinated care and treatment plans and implementing these treatment plans.
- Keeping accurate and detailed records of residents' health, behaviours, and responses to treatment including general medicine and psychiatric medicines.
- Documenting any incidents, changes, or concerns in accordance with facility policies.
- Documenting all psychiatric medicines prescribed to residents as per the norms followed to comply with institutional standards and government procedurals.

- Record maintenance and updates about residents on daily/routine basis such as Nursing care, observations notes, files, lab reports, old reports, registers, work books and any other recording systems followed.
- Providing residents and their families with information about mental health conditions, medications, and coping strategies.
- Ensuring a safe and secure environment for residents including while performing night duties, and under vigil/supervision of other junior staffs.
- Monitoring and addressing any potential safety risks or hazards.
- Follow-institutional code of conduct during outside consultation of the residents.
- Offering emotional support and companionship to residents by clarifying questions, being respectful, expression of appreciations, and choosing the right time and place for conversation and high stress moments.
- Ensuring the communication with residents, their families, and any other professionals in and outside of the campus is with clarity, respect, and empathy.
- Ensuring issues are handled respectfully, friendly tone of voice, in neutral and positive language, and should be open to constructive feedbacks and adopt a solution-oriented approach.
- Building trusting relationships to create a therapeutic and supportive environment.
- Staying informed about the latest developments in psychiatric care and mental health treatment.
- Participating in training sessions and workshops to enhance skills and knowledge.

Salary: Salaries and benefits of Chaitanya Institute of Mental Health are competitive compared to other organizations/institutes; remuneration will be commensurate with experience and qualifications.

Qualification and Experience: Graduation or minimum passed in Proficiency Certificate Level (PCL) in Gender Medicine - Health Assistant or Community Medicine Assistant (CMA) from a government certified institution with a minimum of one year of experience in the field of hospital care and emergency. The HA or CMA must possess a valid and current Registered license issued by Nepal Medical Council. A minimum of one to two years of work experience in hospital setting is required for this position.

Additional Requirement: This is a residential position; the Health Assistant is expected to reside in the campus. This class specification lists the major duties and requirements of the job and is not all-inclusive. Incumbent may be expected to perform job-related duties other than those contained in this document. The Resident Health Assistant will report to the psychiatric nurse-in-duty.

The Health Assistant must be compassionate and sensitive to the condition of the residents and their families. They should also be good active listeners, being able to gain the confidence and trust of the residents. Successful Psychiatric Health Assistant must be good with people, including a team player. The Health Assistant have to be assertive in motivating residents to follow their treatment plans.

To know more about Chaitanya Institute for Mental Health visit: www.chaitanyarehabnepal.com

If interested, please share your updated CV with a cover letter explaining why you consider yourself suitable for this position at: chaitanyarehabnepal@gmail.com and cc: info@chaitanyarehabnepal.com
Both female and male candidates are encouraged to apply.