

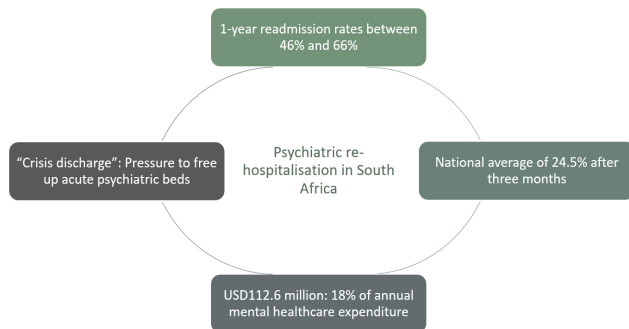
Authors

André J van Rensburg¹, Nikiwe Hongo², Gill Faris³, Carrie Brooke-Sumner^{1,4}, Zamasomi Luvuno¹, Tasneem Kathree¹, Hlobisile Langa², Nonkululeku Khuzwayo¹, Keith Ruthanum², Melanie Charles², Mthunzi Ntombela², Sanah Bucibo¹, Gcina Radebe¹, Edwin Wouters⁵, Linda Campbell⁶, Bonginkosi Chiliza¹, Ezra Sussner⁶, Arvin Bhana^{1,4}, Inge Petersen¹

Institutions

¹ University of KwaZulu-Natal, ² KwaZulu-Natal Department of Health, ³ Independent Consultant, ⁴ South African Medical Research Council, ⁵ University of Antwerp, ⁶ Columbia University

Introduction and Aim



Aim:

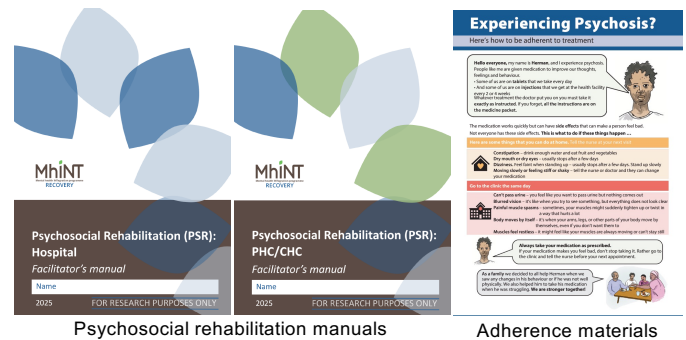
To co-develop a multi-level health system strengthening intervention to reduce re-admission following acute psychiatric hospitalisation among people living with severe mental health conditions in KwaZulu-Natal, South Africa.

Methods and Materials

- Extension of Mental Health Integration (MhINT) programme, which aims to facilitate integration of mental health services in primary healthcare through task-sharing
- Human-centred design approach
- Iterative co-development process
- October 2023 – August 2025
- Stakeholders included service users, caregivers, health workers, policymakers



MhINT Recovery tools & outputs



Psychosocial rehabilitation manuals

Adherence materials



Community Mental health Education and detection Tool (CMED)

Household Champion manual

Discussion

- Human-centred design can lead to programmes that are more effective, acceptable, and sustainable
- MhINT Recovery is community-focused, requires minimal health systems resources, and is contextually relevant
- Intervention is currently being tested in a randomised feasibility trial (Ref: DOH-27-072025-5838) in uMgungundlovu, KwaZulu-Natal



Conclusions

Human-centred design and co-development offer an opportunity to balance real-world pragmatism with health system innovation to produce a multilevel systems intervention package and implementation strategies that may improve the care of people living with severe mental health conditions and their households, improving real-world implementation and scalability in the long-run.

Keywords

Severe mental health conditions; health system strengthening; human-centred design; hospital re-admission; South Africa

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Co-developed MhINT Recovery intervention

