Psychiatric-Mental Health Nurses

What do they do?

Psychiatric-Mental Health Nurses - continued

- Psychiatric-mental health nursing promotes mental health through:
  - Assessment, diagnosis, and treatment of human responses to mental health problems and psychiatric disorders (ANA, APNA, ISPN, 2007)
Standards

- Standards of Psychiatric-Mental Health Nursing Practice:
  - Guidelines for providing quality care

Standards - continued

- Psychiatric-Mental Health Nursing Standards of Practice
  1. Assessment
  2. Diagnosis
  3. Outcomes Identification
  4. Planning

Standards - continued

- Psychiatric-Mental Health Nursing Standards of Practice
  5. Implementation
     A. Coordination of Care
     B. Health Teaching and Health Promotion
     C. Milieu Therapy
     D. Pharmacological, Biological, and Integrative Therapies
     E. Prescriptive Authority and Treatment (APRN only)
     F. Psychotherapy (APRN only)
     G. Consultation (APRN only)
  6. Evaluation
Box 2.1: Psychiatric-Mental Health Nursing Standards of Practice

For an assessment of practice, a competent level of nursing care organization assesses the nursing process. From a framework, the level of patient care is assessed. Nurses in the practice of psychiatric-mental health nursing apply advanced nursing knowledge and skills in the delivery of care to improve patient outcomes. This chapter will provide a framework for the delivery of care in psychiatric-mental health nursing. The special focus of this chapter is on the delivery of care in psychiatric-mental health nursing settings. This chapter will provide a framework for the delivery of care in psychiatric-mental health nursing. The special focus of this chapter is on the delivery of care in psychiatric-mental health nursing settings.

Box 2.2: Psychiatric-Mental Health Nursing Standards of Professional Performance

The various standards of professional performance describe a competent level of behavior in professional roles. Standards of Professional Performance provide a framework for the delivery of care in psychiatric-mental health nursing settings. This chapter serves as a guide to practice and is intended to assist nurses in their role. This chapter will provide an overview of the professional role and the delivery of care in psychiatric-mental health nursing settings. This chapter will provide an overview of the professional role and the delivery of care in psychiatric-mental health settings.
## Psychiatric-Mental Health Nurses

- Generalist level
- Advanced practice level
  - Prescriptive authority
  - Psychotherapy
  - Consultation

## The Psychiatric-Mental Health Team

- Psychiatric-mental health nurse
- Psychiatrist
- Clinical psychologist
- Psychiatric social worker

## The Psychiatric-Mental Health Team - continued

- Marriage and family therapist
- Occupational therapist
- Recreational therapist
- Creative arts therapist
- Psychosocial rehabilitation worker
Table 2.1 Estimated Number of Mental Health Workers in the United States

<table>
<thead>
<tr>
<th>Profession</th>
<th>Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>Psychiatric-mental health nurses</td>
<td>11,300</td>
</tr>
<tr>
<td>Psychiatrists</td>
<td>21,280</td>
</tr>
<tr>
<td>Clinical psychologists</td>
<td>56,200</td>
</tr>
<tr>
<td>Psychiatric social workers</td>
<td>79,740</td>
</tr>
<tr>
<td>Marriage and family therapists</td>
<td>19,840</td>
</tr>
<tr>
<td>Psychosocial rehabilitation workers</td>
<td>84,100</td>
</tr>
</tbody>
</table>

Table 2.2 The Mental Health Team

<table>
<thead>
<tr>
<th>Role</th>
<th>(\text{PMH Team})</th>
<th>(\text{Family})</th>
</tr>
</thead>
<tbody>
<tr>
<td>(\text{Primary Treatment Providers})</td>
<td>Education Preparation</td>
<td>Partnership development</td>
</tr>
<tr>
<td>(\text{Psychiatric mental health nurse})</td>
<td>Responsible for the ongoing care of mental health clients, often acting as liaisons in the community and providing care management services</td>
<td></td>
</tr>
<tr>
<td>(\text{Physician})</td>
<td>Responsible for the comprehensive care of mental health clients, often acting as liaisons in the community and providing care management services</td>
<td></td>
</tr>
<tr>
<td>(\text{Nurse practitioners})</td>
<td>Responsible for the comprehensive care of mental health clients, often acting as liaisons in the community and providing care management services</td>
<td></td>
</tr>
<tr>
<td>(\text{Social worker})</td>
<td>Responsible for the comprehensive care of mental health clients, often acting as liaisons in the community and providing care management services</td>
<td></td>
</tr>
<tr>
<td>(\text{Marriage and family therapist})</td>
<td>Responsible for the comprehensive care of mental health clients, often acting as liaisons in the community and providing care management services</td>
<td></td>
</tr>
<tr>
<td>(\text{Psychosocial rehabilitation worker})</td>
<td>Responsible for the comprehensive care of mental health clients, often acting as liaisons in the community and providing care management services</td>
<td></td>
</tr>
</tbody>
</table>

Effective Mental Health Services

- Client
- Partnerships
- \(\text{PMH Team}\)
- Family

- \(\text{PMH Team}\) and Family work together to provide effective mental health services.
Health Care Team Members

- Maximizers
- Rivalists
- Cooperators

Lessons on Collaboration

- “Know thyself”
- Value diversity
- Know that conflict is natural
- Share your power with others
- Master communication skills

Lessons on Collaboration - continued

- Think life-long learning.
- Embrace interdisciplinary situations.
- Appreciate spontaneity.
- Balance unity with autonomy.
The Role of the Psychiatric-Mental Health Nurse

Custodial → Multifaceted

Early Psychiatric-Mental Health Nursing
(19th century)

- First school of nursing
- Florence Nightingale’s thoughts
- American nursing schools

Early Psychiatric-Mental Health Nursing
(19th century) - continued

- “First American psychiatric nurse”
- Single-focused training schools
- Custodial, mechanistic, directed by psychiatrists
Psychiatric-Mental Health Nursing (1900-1940)

- Psychiatric nursing curricula
- Psychiatric nursing texts
- Single-focus psychiatric nursing schools

Psychiatric-Mental Health Nursing (1940-1990)

- Nurses begin to educate nurses.
- Psychiatric theory includes interpersonal and emotional dimensions.
- National Mental Health Act of 1946
- Elimination of single-focus psychiatric nursing schools

Psychiatric-Mental Health Nursing (1940-1990) - continued

- Period of role clarification
- Hildegard Peplau
- Gwen Tudor
- Frances Sleeper
- Community Mental Health Centers Act of 1963
- Psychiatric nursing journals
### Psychiatric-Mental Health Nursing (1940-1990) - continued

- Birth of clinical nurse specialists and nurse therapist role
- First standards of psychiatric-mental health nursing practice
- Increase role of nurses at national level
- Shift in psychiatric nursing toward humanistic interactionism

### Psychiatric-Mental Health Nursing (1940-1990) - continued

- Decrease in numbers of psychiatric nurses
- Decreased funding for training
- Psychiatric nursing diagnoses

### Psychiatric-Mental Health Nursing (1990s) - Decade of the Brain

- Psychobiologic concepts
- Nursing Psychopharmacology Project
- Health care delivery reform
- Outcome-based research
- Cultural diversity
- Integration of theoretical perspectives
Psychiatric-Mental Health Nursing (2000s) - The New Millennium
- Standards of practice – revisions
- Knowledge explosion
- Renewed focus on physical health
- Single point of entry
- Advanced practice nurses
- Expansion of practice settings

Nursing Theories
- Assist nurses to:
  - Organize assessment data
  - Identify problems
  - Plan interventions
  - Generate goals and actions
  - Evaluate outcomes

Nursing Theories Impacting Psychiatric Nursing
- Hildegard Peplau
- Dorothea Orem
- Martha Rogers
- Sister Callista Roy
- Ida Jean Orlando
Nursing Theories Impacting Psychiatric Nursing - continued

- Ernestine Wiedenbach
- Joyce Travelbee
- Paterson and Zderad
- Jean Watson
- Patricia Benner

Nursing Theories - Value

- Nursing practice vs. medical practice
- Caring vs. curing
- Interpretation of meaning
- Nurse-client relationship
- Advocacy of client dignity
- Advocacy of nurse authenticity

Application of Theoretical Frameworks

- Application of various theoretical frameworks leads to:
  - Quality client-centered care.
  - Efficient use of resources.
  - Practice-oriented research.
  - Clinical judgments and actions that can be articulated and taught to others.
Resources

- http://www.aahn.org
  The American Association for the History of Nursing gives information and resource links related to nursing history as well as on education and networking.

- http://www.nursingworld.org
  Visit this American Nurses Association link for information, education, networking, publications, and a variety of other links including the American Nurses Credentialing Center and the Psychiatric-Mental Health Nursing Scope and Standards of Practice.

Resources - continued

- http://www.apna.org
  The American Psychiatric Nurses Association offers information, education, current news, and networking among nurses who are committed to psychiatric nursing. This site includes a link to the Psychiatric-Mental Health Nursing Scope and Standards of Practice.