Chapter 2
Psychiatric Mental Health Nurses: Who Are They?

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

The following statements describe a comprehensive level of practice in psychiatric mental health care. These standards are designed to ensure the quality and effectiveness of mental health care provided in all settings.

- **Standards of Professional Performance**
  1. Quality of Practice
  2. Education
  3. Professional Practice Evaluation
  4. Collaboration
  5. Ethics
  6. Research
  7. Resource Utilization
  8. Leadership

Box 2.2 Psychiatric-Mental Health Nursing Standards of Professional Performance

The psychiatric-mental health nurse must demonstrate knowledge and skills in the following areas:

- **Standards of Professional Performance**
  1. Quality of Practice
  2. Education
  3. Professional Practice Evaluation
  4. Collaboration
  5. Ethics
  6. Research
  7. Resource Utilization
  8. Leadership

Standards of Practice:

- **Standard 4 Education**
  - The psychiatric-mental health nurse maintains current knowledge and skills in psychiatric mental health care through ongoing education and professional development.

- **Standard 5 Professional Practice Evaluation**
  - The psychiatric-mental health nurse participates in self-assessment and self-reflection to improve professional practice.

- **Standard 6 Collaboration**
  - The psychiatric-mental health nurse collaborates with other healthcare professionals to ensure the best outcome for the patient.

- **Standard 7 Ethics**
  - The psychiatric-mental health nurse adheres to ethical standards and principles to ensure the rights and welfare of patients.

- **Standard 8 Research**
  - The psychiatric-mental health nurse engages in evidence-based practice to improve patient outcomes.

- **Standard 9 Resource Utilization**
  - The psychiatric-mental health nurse is knowledgeable about available resources and utilizes them effectively to promote patient care.

- **Standard 10 Leadership**
  - The psychiatric-mental health nurse demonstrates leadership in advancing the profession and serving the community.
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>19,420</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>Team Member</th>
<th>Education/Program</th>
<th>Role</th>
</tr>
</thead>
<tbody>
<tr>
<td>Psychiatric mental health nurse</td>
<td>Education/Program</td>
<td>Provides treatment and care for patients with mental health issues.</td>
</tr>
<tr>
<td>Psychiatrist</td>
<td>Medicine</td>
<td>Responsible for diagnosing and treating patients with mental health disorders.</td>
</tr>
<tr>
<td>Clinical psychologist</td>
<td>Psychology</td>
<td>Comprised of experts in behavior modification, therapy, and counseling.</td>
</tr>
<tr>
<td>Psychiatric social worker</td>
<td>Social Work</td>
<td>Provides support and guidance to patients with mental health issues.</td>
</tr>
<tr>
<td>Marriage and family therapist</td>
<td>Marriage and Family Therapy</td>
<td>Specializes in helping families with mental health issues.</td>
</tr>
<tr>
<td>Psychiatric nurse practitioner</td>
<td>Nursing</td>
<td>Provides patient care for patients with mental health issues.</td>
</tr>
<tr>
<td>Recreational therapist</td>
<td>Recreation Therapy</td>
<td>Specializes in helping patients with mental health issues through physical activity.</td>
</tr>
<tr>
<td>Occupational therapist</td>
<td>Occupational Therapy</td>
<td>Specializes in helping patients with mental health issues through vocational and social work activities.</td>
</tr>
<tr>
<td>Speech-language therapist</td>
<td>Speech-Language Therapy</td>
<td>Specializes in helping patients with mental health issues through communication and language abilities.</td>
</tr>
</tbody>
</table>

Effective Mental Health Services

- **Client**
- **Partnerships**
- **PMH Team**
- **Family**
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.aashn.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.