



# Optimizing the Value of Psychiatric-Mental Health NPs in Public Mental Health Settings

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**School of Nursing**

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## Objectives

- **Contrast the education, clinical training and scope of practice of Psychiatric Mental Health Nurse Practitioners (PMHNP) with those of other mental health professionals.**
- **Describe 3 advantages to public mental health agencies of including PMHNPs on the behavioral health care team.**
- **Discuss current and potential roles of PMHNPs in initiatives to integrate behavioral health and primary care.**

## Presentation Outline

- 1. PMHNP Definition and Role Functions**
- 2. Contribution to Behavioral Health Team**
- 3. Education & Clinical Training**
- 4. Legal & Regulatory Framework for Practice**
- 5. Questions**
- 6. Roles in Public Mental Health**
- 7. Contribution to Integrated Care**
- 8. Strategies for Effective Utilization**
- 9. Questions/discussion**

**The presenter has no  
conflicts of interest to  
disclose.**

## What is a PMHNP?

- **RN with graduate education in PMHNP program**
- **May be nationally certified as PMHNP**
- **Expanded scope of practice**
- **Educated to provide primary mental health care:** *“Primary mental health care involves the continuous and comprehensive services necessary for the promotion of optimal mental health, prevention and treatment of psychiatric disorders and health maintenance. This includes the assessment, diagnosis, and management of mental health problems and psychiatric disorders.”* NONPF, 2003
- **Different from primary care NPs—focus on behavioral health**

## **PMHNP Functions**

- **Comprehensive assessment**
- **Develop differential diagnosis**
- **Formulate/implement treatment plan**
- **Individual, group & family psychotherapy**
- **Prescribe, monitor & evaluate psychotropic medications**
- **Provide BH services in general health settings**
- **Clinical & organizational consultation**
- **Conduct & participate in research**

## PMHNP Contribution to Behavioral Health Team

- **Broad-based health knowledge & skills**
  - Biopsychosocial approach
  - Consider medical problems in differential dx
  - Familiarity w/ spectrum of health care settings
  - Speak the language of medical providers
- **Prepared by education & experience to identify, refer +/or co-manage co-existing health problems**
- **Strong foundation in health education & health promotion**
- **Broad scope of practice including med management**

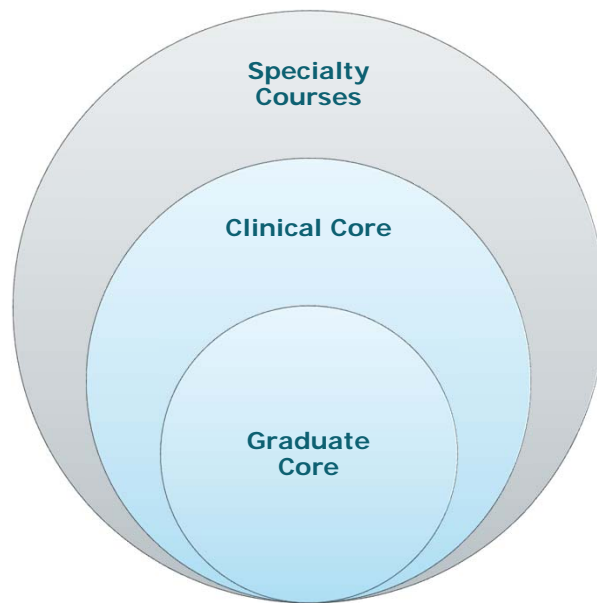
## PMHNP Scope of Practice







# PMHNP EDUCATION & CLINICAL TRAINING



# APRN Curriculum Structure

American Association of Colleges of Nursing

# Graduate Nursing Core



- Research
- Theory & Ethics
- Leadership & Role Development
- Population Health
- Health Care Policy & Economics



## Clinical Core

- Advanced health assessment
- Pathophysiology
- Pharmacology
- Assessment & management of common sx



## Psychiatric Specialty Coursework

- Theories of psychiatric illness
- Psychiatric assessment
- Individual, group & family psychotherapy
- Psychopharmacology
- Management of complex psychiatric & substance abuse conditions



# Clinical Competencies

- Develop differential dx & age-appropriate tx plan
- Assess impact of acute & chronic medical problems on psychiatric treatment
- Conduct individual & group psychotherapy
- Apply recovery-oriented principles & trauma-focused care
- Ensure pt. safety through appropriate prescription & mgmt. of pharm & non-pharm interventions
- Seek consultation when appropriate
- Guide pt. in evaluating appropriate use of complementary & alternative therapies
- Use individualized outcome measures to eval care
- Manage psychiatric emergencies across all settings

(NONPF, 2013)



# Clinical Experiences

- Comprehensive health assessment
- Health promotion/health risk appraisal
- Psychiatric assessment & diagnosis
- Management of psychiatric emergencies
- Individual, group & family psychotherapy
- Psychotropic medication management
- Case management
- Patient & staff education

# Placement Selection

## Agencies

- Opportunities for students to develop skills
- Willingness to devote resources to student training
- Understanding of PMHNP role

## Preceptors

- Variety of MH professionals can precept
- Professional skills & treatment philosophy
- Willingness to teach
- Understanding of PMHNP role





# LEGAL & REGULATORY FRAMEWORK FOR PRACTICE

## Regulatory Framework



- **Board Certification**
  - PMHNP exam through ANCC (PMHNP-BC)
  - Not required for NP licensure in CA
  - Required to bill some payors
- **Licensure**
  - CA NP license
  - “Furnishing” license (prescriptive authority)
- **DEA number**
  - Prescribe Schedule II-V



## Standardized Procedures

- **“Legal mechanism for NPs to perform functions which would otherwise be considered practice of medicine.”**
- **Negotiated written agreement between NPs, MD(s) & HC system that specifies:**
  - What SP functions NPs may perform
  - Scope of MD supervision
  - Circumstances requiring MD consultation
- **MD must be available by phone**
- **2 types of SPs**
  - Disease-specific
  - Process

## Domains for NP Scope of Practice Decision-Making

- **Knowledge**
- **Role Validation—licensure & certification**
- **Competence & Skill—training, experience, maintenance of skills**
- **Environment—support of scope through staffing, consultation, policies and procedures, protocols, and community standards?**
- **Ethics—safety of client best served by accepting treatment responsibility**

(Klein, 2004)

# QUESTIONS?





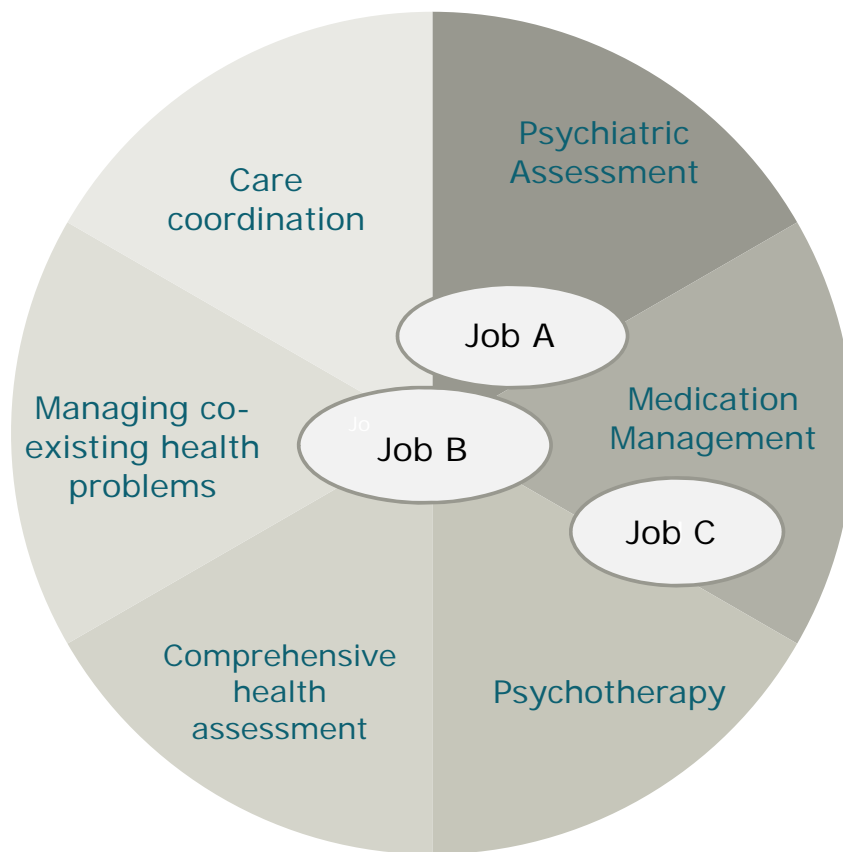
# PMHNP ROLES IN PUBLIC MENTAL HEALTH

## Public MH Settings Utilizing PMHNPs

- **Richmond Area Multi-Services, SF**
- **South of Market Mental Health Center, SF**
- **Marin Co. Mental Health & Substance Use Services**
- **Fred Finch Youth Center, Alameda**
- **BHRS Total Wellness Program, SM**
- **Prevention & Recovery in Early Psychosis, multiple counties**
- **Central City Older Adults Clinic, SF**
- **Children's Hospital Oakland, Outpt. MH**



## PMHNP Scope of Practice





Nursing Practice Providing Integrated Care

# PMHNP CONTRIBUTION TO INTEGRATED CARE

## Why PMHNPs are perfect for integrated care



- **Broad-based biopsychosocial approach**
- **“Multilingual/multi-cultural” re: medical & MH care systems**
- **Focus on human responses to health problems**
- **Pragmatic problem-solving approach**

## Models for PMHNP Contribution to Integrated Care

- **Consultation model: Expert resource to PCP**  
Provide education, evaluation of care, clinical expertise for complex cases
- **Provision model**  
Embedded in PC practice to provide MH services
- **Integrated model**  
Trained in both mental health & primary care and provides integrated health services
- **Collaborative model**
  - Network of collaborating/referring PCPs
  - Coordination of care supported by mutual referral & communication

## Glide Health Services



- **Founded in 1997 as a partnership w/ Glide Methodist Church, CHW, St Francis Hospital & UCSF School of Nursing**
- **Fully-licensed NP-managed clinic**
- **FQHC treating 3000 pts/yr**
- **Patients predominantly homeless or low income, racially diverse**
- **Population w/ great health disparities who would otherwise go without health care**

## Services Provided



- Primary Care
- Chronic Disease Management
- Urgent Care
- Nursing Case Management
- Smoking Cessation Services
- Health Promotion & Education
- Acupuncture
- Individual Therapy
- Crisis Intervention
- Psychiatric Treatment
- Substance Abuse Services
- HIV Testing
- Risk Reduction Counseling



## Nursing Faculty Practice at Progress Foundation



- Community-based residential treatment & supported housing
- NP practice provides services on-site in 11 programs
- > 250 visits/mo.

Traditional medical care can *frustrate* the ordinary individual.  
It can **totally overwhelm** people with mental illness.



## Integrated Services



- **Assessment, urgent care & chronic disease management**
- **Health promotion & psycho-education adapted to risk profile of mentally ill adults**
- **Health issues groups**
- **Staff education and consultation**
- **Programmatic interventions to promote healthy habits**
- **Evidence base derived from nursing health promotion research w/ mentally ill**
- **Clinical trial of wellness training—added active health promotion to usual care**



## Office-Based Buprenorphine Induction Clinic

- Innovative service to provide intensive assessment & monitoring when initiating buprenorphine
- Clinic director is PMHNP



## OBIC's Integration Flow

Need for opiate replacement

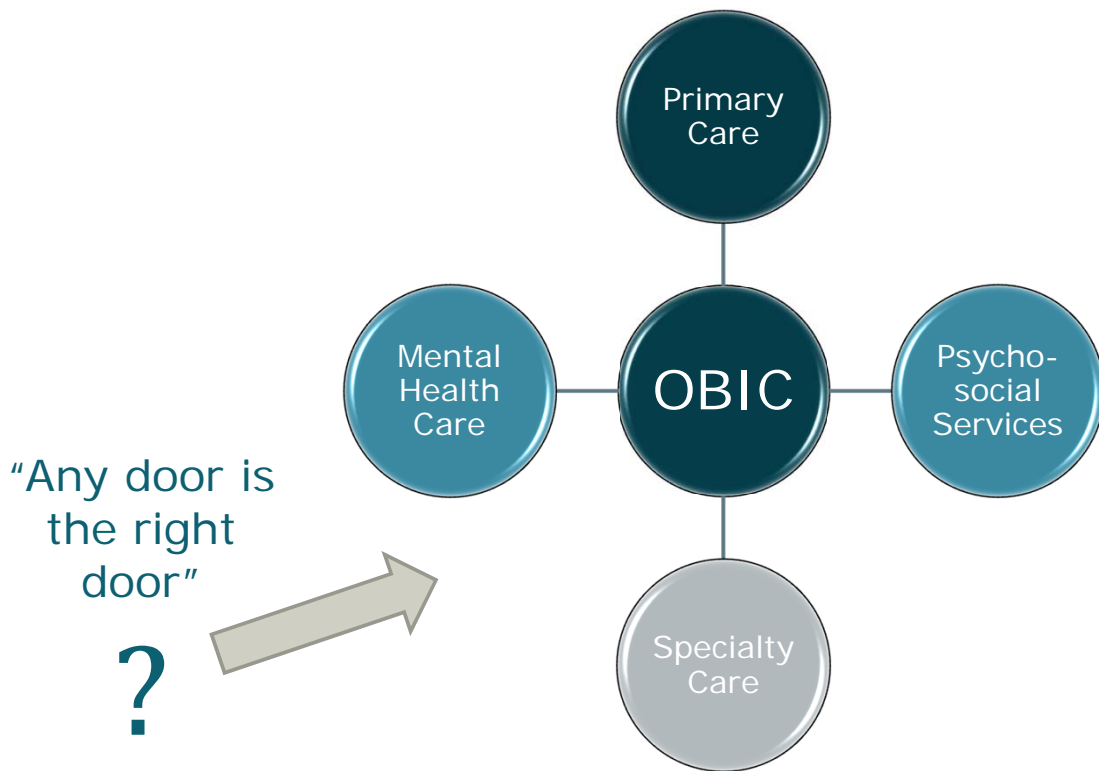


**OBIC:** Start and stabilize



Refer ongoing treatment to primary care or mental health care

# OBIC Referral Structure





# STRATEGIES FOR EFFECTIVE UTILIZATION OF PMHNPs

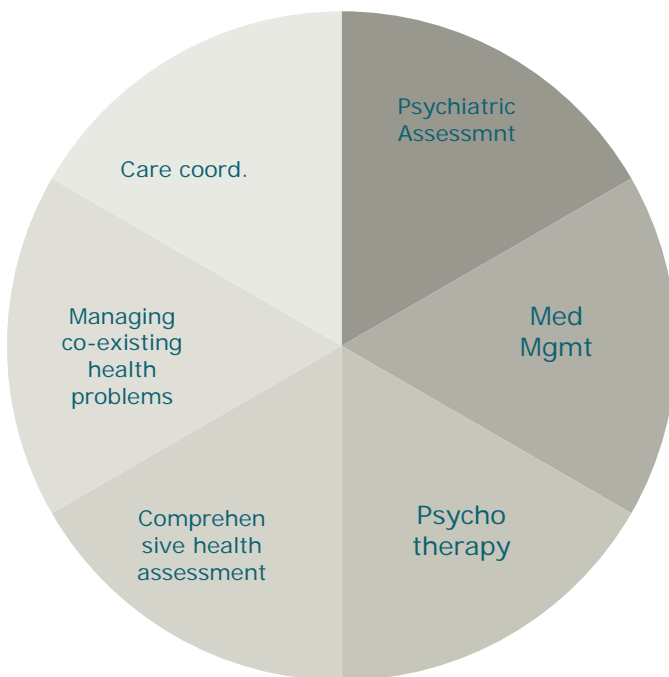


## Recruitment & Retention

- Position descriptions consistent w/ PMHNP skills & scope of practice
- Develop graduate clinical placements & post-graduate residencies
- Establish joint appointments w/ PMHNP program faculty



## Optimizing PMHNP Value to Agency



- Utilize full scope of practice
- Capitalize on nursing expertise

## More Questions?



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