



The Future Is Now: Psychiatric Mental Health Nursing Graduate Preparation for Integrated Care

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Nursing is the protection, promotion and optimization of health and abilities, prevention of illness and injury, alleviation of suffering through the diagnosis and treatment of human response, and advocacy in the care of individuals, families, communities and populations.

American Nurses Association, 2010

**NURSING IS
INHERENTLY
INTEGRATIVE**



Nursing Education

- Pre-licensure
 - Knowledge of full range of health conditions
 - Clinical training across spectrum of HC settings including mental health
- Graduate PMHNP education
 - “3 P’s”
 - Dx/mgmt of acute & chronic medical conditions
 - Mental health-specific expertise
 - Clinical training in integrated settings



UCSF School of Nursing Faculty Practices



CLINICAL TRAINING IN INTEGRATED SERVICES



Primary Care Outreach to Mentally Ill Individuals (PCOM)



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

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

PCOM 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

Glide Health Services



- 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

PMHNP Contribution to Integrated Care



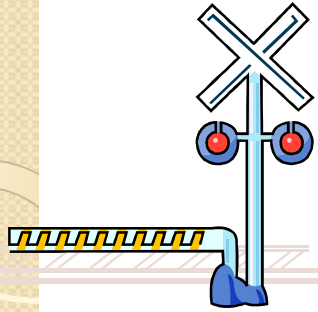
- Broad-based biopsychosocial approach
 - Comprehensive health & psychosocial assessment
 - Identify medical causes of psychiatric sx
 - Care coordination across systems
- Speak the language of PCPs
 - Experience in a variety of health care settings
 - Familiar with medical comorbidities
- Focus on **human responses** to health problems—supportive approach to chronic health problems



PMHNP Models for 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
- **Collaborative model**
 - Network of collaborating/referring PCPs
 - Coordination of care supported by mutual referral & communication
- **Integrated model**
 - **Trained in both mental health & primary care**
 - **Provide integrated health services**

Weeks, 2005



Barriers to Effective Use & Training of PMHNPs in Integrated Care

- Limited understanding of NP roles & scope of practice
 - Difference between primary care NP & PMHNP
 - PMHNP positions may be limited to prescribing
- Regulatory restrictions
- Billing difficulties
- Few clinical role models/mentors in integrated settings

Future Directions



- IOM *Future of Nursing* Report: Practice to full extent of education & training
- Increase supply of PMHNPs in integrated care
 - Cross-train primary care NPs as PMHNPs
 - Increase nursing participation in interdisciplinary training programs
 - Develop PMHNP residencies & fellowships in integrated care



References

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