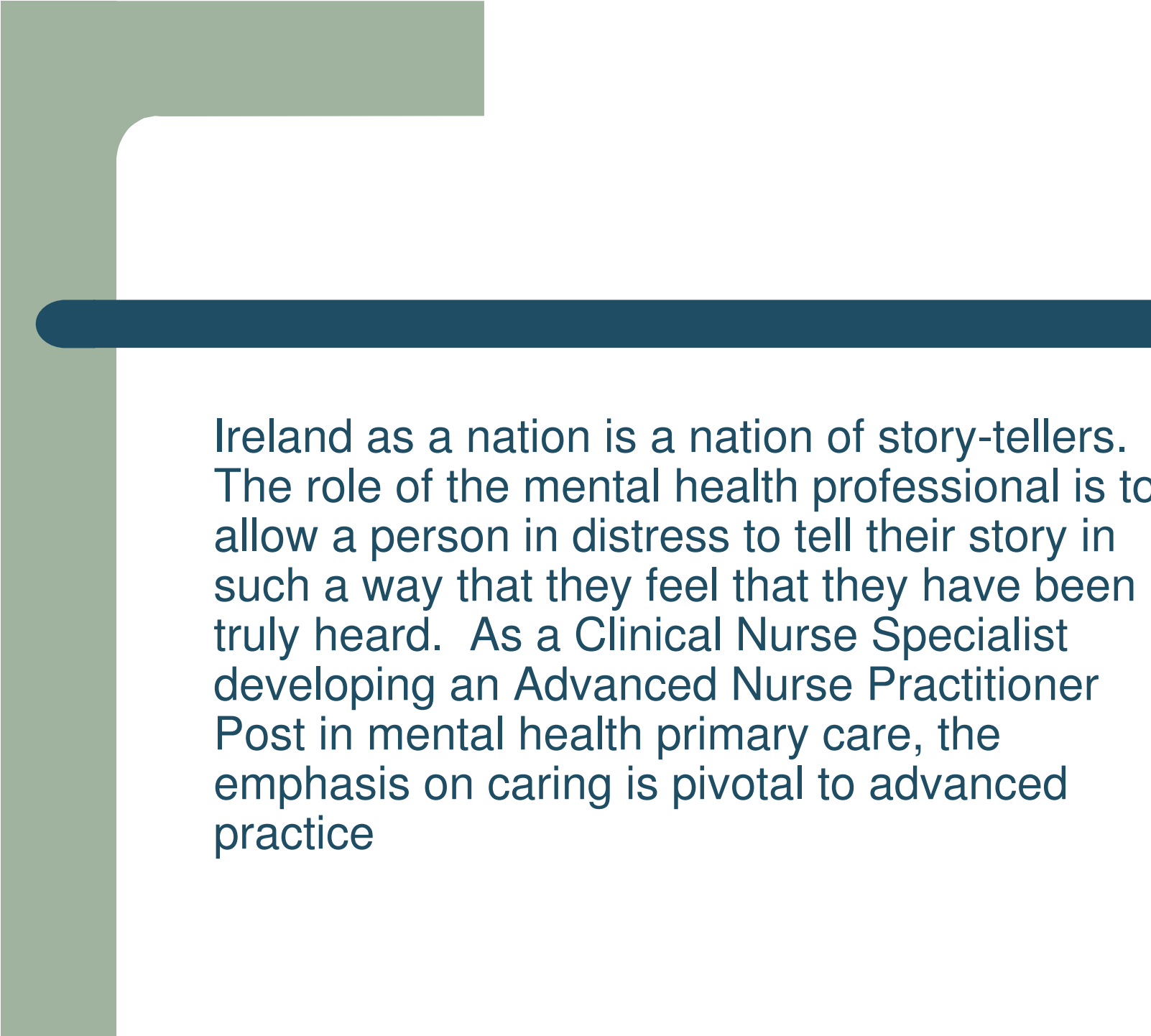


The Evolving Role of Clinical Nurse Specialist in Mental Health Primary Care to Advanced Nurse Practitioner 'Giving People Time'

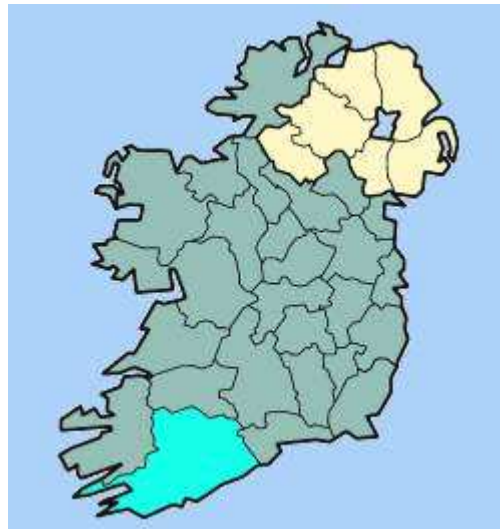
Mental Health and Psychotherapy
In
Primary Care
West Cork Mental Health Services

April 2010
Adrienne Adams Clinical Nurse Specialist
Mental Health Primary Care, West Cork
Mental Health Services, Ireland



Ireland as a nation is a nation of story-tellers. The role of the mental health professional is to allow a person in distress to tell their story in such a way that they feel that they have been truly heard. As a Clinical Nurse Specialist developing an Advanced Nurse Practitioner Post in mental health primary care, the emphasis on caring is pivotal to advanced practice

53,565 people (Central Statistics Office 2006)



Overview

- The Clinical Nurse Specialist post was created and piloted in May 2000.
- It provides a service for individuals and families within primary care who need mental health intervention but who do not wish to attend the mental health service

Task of Clinical Nurse Specialist

- Single and easy point of access
- Provides a rapid and appropriate response to all referrals
- Screening and triage offered to individuals and families referred by GP's
- Early intervention to promote well-being and positive life choices offered.

Treatments:

- Provides a range of interventions in a variety of setting, early intervention, counselling, Mental health Promotion
- The CNS liaises with other health care professionals

Clinical Focus

- Works collaboratively between the primary care sector and the mental health services
- Screens referrals
- Provides onward referral if outside the scope of practice

Referral source:

- General Practitioners
- Health Care Professionals
- Post primary Schools

Is a Nursing led Service effective?

- Yes
- Dr Tim Jackson HSE, Public Medicine, Audit 2003
- Gorden Lynch, Advanced Nurse Practitioner, Child and Adolescent, Athy, Co Tipperary. Nursing led service help to reduce waiting times to be seen.

Advance Nurse Practitioner

In Psychotherapy Mental Health Primary Care
Development of the post started in June 2006

Core Concepts of Advanced Nursing Practice

Clinical Practice

- Autonomy

Expert Practice

- Professional and Clinical Leadership
- Research

Autonomy in Clinical Practice

- Autonomy and expert Practice (Masters Degree)
- Independent caseload
- Advanced level of decision making
- Manages clients experiencing mild to moderate mental health problems from the age 16yrs upwards.

Autonomy in Clinical Practice

Range of interventions

- Family Systemic Psychotherapy
- Systemic Coaching
- Psycho education
- Individual Therapy
- Solution Focused Brief Therapy
- Mental Health Promotion
- Nurse Prescribing

Autonomy and Expert Practice in Clinical Practice

Creating new pathways of referral

- Self referral: Increasing rate of suicide in Young people, 43% increased rate since January 2008
- Post Primary Schools: direct referral from school Principals

Professional and Clinical Leadership

- Acts as preceptor to nursing staff and other healthcare professionals in the clinical area.
- Facilitates service wide education programmes, ASIST workshops,
- Crises intervention nursing,
- Parenting Plus Programmes, adolescent services within the school setting,
- Positive mental health workshops

Professional and Clinical Leadership

- Maintaining strategic alliances lecturing in Universities in advancement of mental health nursing practice
- Promotional of mental health services through involvement with the National body of Mental Health and Primary Care

Autonomy and Expert Practice in Clinical Practice

Prescribing Medication

- Over prescribing: In a position to reduce medication
- Using therapies in conjunction with medication
- Collaborative Practice agreement with Consultant

Autonomy and Expert Practice In Clinical Practice

Prescribing medication

- How is it going to work?
- Temporary prescribing over 5-7 days
- Weekly psychotherapy sessions
- Reducing medication through collaborative practice

Autonomy in Expert Practice

The ANP practices in a variety of roles:

- Risk Assessment and management
- Liaison Person
- Consultant
- Collaborator
- Researcher and teacher

Research

- Maintains database
- Record Keeping
- Measuring outcome(two audits completed to date, 2003 &2009)
- Conducting joint research with other ANP'S

Conclusion

- Therapeutic Relationship, cornerstone of nursing practice.
- Challenge is not to lose sight of the “Craft of Caring” (Phil Barker 2005) as we advance our knowledge in psychotherapy and accept increased responsibility.
- Caring ‘with’ rather than caring ‘for’
- Therapeutic experience rather than containment