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Culvert, L. Lee. "Psychiatric Nursing." *The Gale Encyclopedia of Nursing and Allied Health*,

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Wellness Resource Center,

<http://link.galegroup.com/apps/doc/CX3662600961/HWRC?u=j043905010&sid=HWRC>

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Assessment:

Psychiatric Nursing is a branch of nursing that focuses on caring for individuals with signs of mental and emotional distress or disorders. In relation to Pediatrics, Psychiatric Nurses can choose to specialize in a certain age group to assess these individuals, make a diagnosis, and develop a treatment plan for them. The demand for Psychiatric Nurses, especially specializing in Pediatrics to work with children and adolescents has increased significantly. This is due to the fact that the generation is facing a wide variety of distractions, high levels of stress, and the widespread use of technology which is therefore contributing to increased diagnosis of ADHD

(attention deficit hyperactivity disorder), general anxiety, and major depressive disorder. Therefore, it is crucial for modern day Psychiatric Nurses to be able to quickly diagnosis children and teens with these disorders to be able to treat them to give them the highest quality of care to improve their overall health. It is quite intriguing seeing how the demand for these types of nurses increase, indicating a trend among this generation which needs to be addressed promptly.

In the first article, "Psychiatric Nursing" by Culvert E. Lee, the job description, work setting, and roles of Psychiatric Nurses were thoroughly described. The appealing part of this specialty is the fact that they cannot only diagnose patients, but also develop a care plan for them. This is often done through a series of psychological tests and questionnaires to evaluate the disorder and main source of it. Other than knowing the basics of psychiatric mental health, it is critical that Psychiatric Nurses possess exceptional communication skills in order for children and adolescents with emotional disorders to be able to easily open up to them. The skill level these nurses must acquire is truly impressive, they must maneuver through different ways of communication to accurately assess their patients; this aspect of Psychiatric Nursing is especially appealing because being able to have one on one contact with ones patients and having the ability to alter their thoughts and feelings can have such huge impacts on their lives. Later in the article, a detailed account of the roles and work settings Psychiatric Nurses have were explained. Usually, these nurses either work in hospital settings or in a private clinical practice. Those who work in hospitals tend to expect more patients with emergency needs and those in the private practice facilities should expect patients referred to them. It is important to understand the difference between working in emergency care or a calmer setting to fit one's own personality and preferences. This article was especially helpful in thoroughly listing the roles and jobs

Psychiatric Nurse must uptake while working because it gives a good glimpse of what to expect in this career. This includes maintaining patients health records, assessing mental or behavioral disorders, monitoring and recommending medications, and informing the family of the patients needs. Finally, the article described the future outlook of Psychiatric Nursing especially in respect to Pediatrics. It is statistically expected to grow by a rate of 26% by 2020 according to the *Nurse Journal* reports, therefore this indicates that it is the fastest growing medical specialty in the US and the what the future holds for this career is extremely promising.

After analyzing this article, it is evident that mental health and disorders is a primary area of concern for this upcoming generation. In addition to the reassurance of a future in this career, the psychological aspects of Psychiatry in addition to Pediatrics is very appealing in the sense that one can alter their thoughts to change their entire outlook on life therefore helping children and teens gain back their self esteem and confidence.

Article 1:

Definition

Psychiatric nursing, also called **psychiatric-mental health nursing**, is a nursing specialty focused on caring for individuals with signs of mental and emotional distress or mental health disorders. Nurses who specialize in **psychiatric nursing** are licensed professional nurses who are able to provide direct nursing care, administrative supervision or management, or nursing education and research that addresses the needs of individuals with mental illness.

Description

A psychiatric-mental health nurse (PMHN) assesses the mental health needs of individuals, couples, families, groups, and communities, and offers primary care services to the psychiatric-mental health population. A PMHN can assess an individual with mental health issues, make a nursing diagnosis, and develop a plan of care. This process may be followed by implementing the nursing process and evaluating its effectiveness for the individual. **Psychiatric nursing** may also involve evaluating risk for specific psychiatric disorders.

Electroconvulsive therapy (ECT).

(Will & Deni McIntyre/Science Source)

Besides needing basic nursing skills, psychiatricmental health nurses need good communication skills and the ability to interact with children, adolescents, and adults with mental and emotional

disorders. Basic developmental and behavioral sciences will usually be included in undergraduate nursing education. While still in nursing school, nursing students will typically be introduced to the **psychiatricnursing** specialty, which will help to determine whether or not they are interested in working in this field, or may even wish to pursue an advanced degree in **psychiatric-mental health nursing**.

Work settings and roles

Psychiatric nurses work in settings where direct care is given to patients with mental health issues, including hospital settings, private clinical practice, inpatient and outpatient mental health clinics, social services organizations, community mental health organizations, and nursing education and research. A PMHN may function as a home health nurse or work in a mental healthcare facility, psychiatric hospital, or the psychiatric department in an acute care hospital. In each setting, the PMHN may work with individuals, groups, and families of mental patients. Some psychiatric nurses may specialize in a particular mental health population based on age and types of disorders. Social service agencies may hire PMHNs to work with patients needing substance abuse counseling or to help with housing and employment issues, individual and family counseling, and assistance with issues related to homelessness. PMHNs usually work under the supervision of a physician-psychiatrist, except for some psychiatric nurses with advanced degrees who, depending on state laws, may work independently.

The nursing process itself determines how a PHMH will practice and what roles may be played. Responsibilities of a psychiatric nurse will vary based on the setting and the specific population being treated, as well as the education level of the PMHN. A PMHN with a doctor's degree, for example, may perform group or individual therapy, make assessments and evaluations, and prescribe medications. In the United States, responsibilities will also depend upon the state in which

the PMHN is working; the scope of practice and requirements for licensing can vary considerably between states.

Psychiatric-mental health nurses can assume a variety of professional roles and responsibilities, including:

- Maintain health records and manage patient caseload and documentation
- Provide comprehensive patient mental health assessment
- Help patients find ways to manage their illness, stress, and behavioral and emotional disorders
- Initiate, monitor, and recommend medications and changes in treatment
- Collect and evaluate patient personal medical history and mental health findings
- Facilitate communication between psychiatric services, programs, and caregivers
- Provide family and community education about mental illness

Education and training

The education and training of psychiatric nurses take place after they have completed basic education and certification as a registered nurse (RN). Becoming an RN will require attending a two-year program for an associate degree in nursing; a three-year program, usually in a hospital, to obtain a nursing diploma; or a four-year program at a college or university to receive a bachelor's degree. The state or national RN licensing exam is available to nurses in all three categories.

Most nurses who wish to specialize in **psychiatric nursing** will complete a **psychiatric** training course or in-service education in a hospital psychiatry department that provides the essentials in caring for patients with mental health issues. Although nursing schools do provide training in psychiatric patient management, most specialty education and/or orientation take place in the mental health area itself, sometimes sponsored by employers of the nurses who wish to specialize. The basic certification as

a psychiatric-mental health nurse is designated as PMHN. Although certification is not required to practice exclusively in the mental health setting, some institutions prefer to hire only certified psychiatric nurses with a higher level of knowledge specific to the specialty and who have demonstrated this knowledge by passing a rigid test to become a certified PMHN.

Advanced education and training

Nurses who continue their education at the graduate level may earn an advanced degree such as a masters or doctoral degree in nursing. A psychiatric advanced registered nurse practitioner (ARNP), for example, is a registered nurse who has earned a master's degree in nursing and has specialized in psychiatric nursing. Registered nurses who wish to specialize in psychiatric nursing can also become a Psychiatric-Mental Health Clinical Nurse Specialist (PHN-CNS) or Psychiatric Mental Health Nurse Practitioner (PNH-NP). All graduate nurses in the psychiatry specialty are considered Psychiatric-Mental Health Advanced Practice Nurses (PMH-APRNs) although responsibilities will differ based on the degree level (BS, MS, PhD). In psychiatric-mental health nursing, an advanced nursing role requires extensive education in development, physical and mental health assessment, diagnosis of mental health conditions, implementation of care, prescribing medications for treating mental health disorders (psychopharmacology), and psychotherapy techniques. Nurses with advanced masters and doctoral degrees may work as a psychiatric primary care provider, a psychotherapist, or may become a nursing preceptor in psychiatry at the college or university level. In the United States, programs in psychiatric nursing can be found by consulting the American Association of Colleges of Nursing (AACN) and the National League for Nursing, which both accredit psychiatric nursing programs. A listing of accredited schools can be found at the website of the American Psychiatric Nursing Association (APNA; www.apna.org).

Professional certification

Certification for all levels of PMHN is available through the American Nurses Credentialing Center (ANCC). The ANCC requires having an RN license, two years of consistent practice as a full-time

registered nurse, a minimum of 2,000 hours of clinical practice in **psychiatric-mental-health nursing**(within three years of taking the certification exam), and 30 hours of continuing education in **psychiatric-mental health nursing** (also within three years). Resources to help nurses prepare for their certification examinations are available from the ANCC to those who apply for certification.

The professional subspecialties in **psychiatric-mental health nursing** include:

- **Psychiatric-Mental Health Registered Nurse (PMHN)**
- **Psychiatric-Mental Health Nurse Practitioner (PNH-NP)**
- **Psychiatric Advanced Registered Nurse Practitioner (ARNP)**
- **Psychiatric-Mental Health Clinical Nurse Specialist (PHN-CNS)**
- **Psychiatric Mental Health Advanced Practice Registered Nurse (PMH-APRN)**
- **Psychiatric Mental Health Advanced Practice Registered Nurse, MS (PMH-APRN, MS)**
- **Psychiatric Mental Health Advanced Practice Registered Nurse, PhD (PMH-APRN, PhD)**

Future outlook

Nursing is one of the fastest growing occupations in the United States. The U.S. Bureau of Labor Statistics reported in 2014 that nursing is expected to grow at about 16% per year up until 2024.

Nurse Journal reports that the job outlook for psychiatric nurses is excellent, with a predicted growth rate of 26% by 2020, faster than the average rate of growth in medicine or other industries in the United States. Along with all of nursing, the demand for pediatric nurses is expected to increase significantly and certified psychiatric nurses with advanced degrees and solid experience will be in demand.

Salaries for psychiatric-mental health nurses will vary based on education level, years of experience, agency vs. hospital experience, and geographic location. On average, a PMHN earns about \$28.00 an hour, which increases with experience and varies considerably by state and by institution. A

Psychiatric Nurse Practitioner can earn about \$97,697 annually and a PMHN with a doctoral degree from \$139,000 to \$149,000 annually.

Sidebar: [Hide](#)

KEY TERMS

Mental health—

The study of human emotional, psychological, and social well-being, including how people think, feel, behave, relate to others, and make decisions.

Nurse practitioner—

Advanced practice registered nurses who are educated and trained to provide direct care and management of patients, including diagnosis and treatment of acute and chronic conditions.

Nursing assessment—

In **psychiatric**-mental health **nursing**, evaluation of a patient as a basis for diagnosis and treatment.

Nursing preceptor—

A nursing instructor or teacher.

Psychopharmacology—

The medications used to treat mental health disorders, especially the effects of specific drugs used for this purpose.

Psychotherapy—

The treatment of mental health disorders by psychological means rather than medical treatment.

