

M: Mental Health Nursing

Major Competency Area: **M**
Mental Health Nursing

Priority: **One**
Restricted Activity Authorization

Competency: **M-1**
**Knowledge and Assessment of
Mental Health and Illness**

Date: September 1, 2005

A Licensed Practical Nurse will:

M-1-1 Demonstrate understanding of the restricted activity in the LPN Regulation 2003 (19) authorizing psychosocial intervention:

“All regulated members may provide the restricted activity of psychosocial intervention as a member of a multi-disciplinary team and while under the direction of an authorized practitioner.”

Health Professions Act LPN Regulation 2003.

M-1-2 Demonstrate ability to apply critical thinking and clinical judgment throughout the nursing process with mental health clients, families, and groups in a variety of health care settings.

M-1-3 Demonstrate knowledge and ability to recognize the difference between mental illness and mental health.

M-1-4 Demonstrate knowledge and ability to describe common mental health issues / illnesses such as:

- adjustment disorders
- autism
- anxiety disorders
- brain injury
- cognitive disorders
- dementia
- developmental disorders
- eating disorders – anorexia nervosa and bulimia nervosa
- learning and behavioral disorders
- mood disorders (unipolar, bipolar)
- personality disorders
- post traumatic stress disorder
- schizophrenia
- substance related disorders.

Competency: **M-1**

**Knowledge and Assessment of
Mental Health and Illness**

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A Licensed Practical Nurse will:

M-1-5 Demonstrate knowledge and ability to identify signs and symptoms of mental health issues / illnesses such as:

- anxiety
- attempted suicide / suicide risk
- delusions
- depression
- hallucinations
- mania
- paranoia
- post-operative psychosis.

M-1-6 Demonstrate knowledge and ability to properly assess mental status:

- assess and evaluate changes in patient:
 - behavioral
 - emotional
 - intellectual
 - mini-mental examination
 - motor
 - perceptual
 - suicide risk assessment.

M-1-7 Demonstrate knowledge of diagnostic tools and guides in mental health e.g., “Diagnostic and Statistical Manual of Mental Disorders Volume 4” (DSM-IV).

A Licensed Practical Nurse will:

- M-1-8 Demonstrate knowledge and ability to recognize and intervene in crisis situations:**
- identify phases of crisis development
 - identify signs and symptoms of a crisis
 - identify nursing interventions
 - identify the goals and indications for crisis intervention
 - identify signs of escalating aggressive behavior
 - apply nursing interventions in accordance with agency policy.
- M-1-9 Demonstrate ability to communicate and collaborate with the health care team within mental health environment.**
- M-1-10 Demonstrate knowledge and ability to assess stress in a client's / family's life:**
- explore factors contributing to stress
 - assess strategies for managing stress
 - examine adaptability to change
 - provide care and direction in crisis state
 - recognize behavioral manifestations.
- M-1-11 Demonstrate knowledge and ability to understand developmental / childhood spectrum disorders such as:**
- developmental disorders
 - attention deficit disorders
 - anxiety disorders
 - fetal alcohol syndrome.
- M-1-12 Demonstrate knowledge and ability to objectively report and document in the mental health environment.**

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Competency: **M-2**
Aggressive Behaviour

Date: September 1, 2005

A Licensed Practical Nurse will:

- M-2-1 Demonstrate critical thinking and clinical judgment in monitoring and managing all types of aggressive behaviour.**
- M-2-2 Demonstrate knowledge of facility policies regarding aggressive behaviour.**
- M-2-3 Demonstrate knowledge and ability to apply self protection / prevention techniques such as:**
- respect for personal space
 - flexibility
 - distance
 - teamwork
 - distraction techniques.
- M-2-4 Demonstrate ability to ensure safety of other clients, self, and colleagues as appropriate.**
- M-2-5 Demonstrate knowledge and ability to assess level of anxiety and recognize progression to agitation and aggression.**
- M-2-6 Demonstrate knowledge and ability to utilize agitated behaviour rating scale used by agency such as:**
- absent – the behaviour is not present
 - present to a slight degree – does not prevent other appropriate behaviour
 - present to a moderate degree – benefits from cueing to appropriate behaviour
 - present to an extreme degree – external cueing or redirection not effective.

A Licensed Practical Nurse will:

- M-2-7 Demonstrate knowledge and ability to be aware of factors contributing to aggressive behaviour:**
- psychosocial factors
 - environmental factors
 - pharmacological factors
 - caregiver factors.
- M-2-8 Demonstrate knowledge and ability to respond appropriately to prevent and manage aggression:**
- decrease noise
 - effective and appropriate verbal and non verbal communication
 - reduce stimuli
 - isolate client, as appropriate.
- M-2-9 Demonstrate knowledge and ability to respond appropriately to client who is making threats with an object or a weapon.**
- M-2-10 Demonstrate knowledge and ability to provide post incident management:**
- support of clients
 - support of caregiver and colleagues
 - collaborate with the health care team.
- M-2-11 Demonstrate ability to document and report observations as appropriate.**

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Competency: **M-3**
Intolerable Behaviour

Date: September 1, 2005

A Licensed Practical Nurse will:

- M-3-1 Demonstrate critical thinking and clinical judgment in responding appropriately to intolerable behaviour.**
- M-3-2 Demonstrate knowledge of types of abuse and intolerable behaviour such as:**
- bodily harm
 - emotional and mental harm
 - verbal abuse
 - sexual harm
 - neglect
 - administration or prescribing medication for an inappropriate purpose
 - misappropriating money and / or valuable possessions
 - failing to provide adequate nutrition, medical attention or other necessities of life
 - misuse of physical and / or chemical restraint.
- M-3-3 Demonstrate knowledge of institution policies regarding abuse and intolerable behaviour.**
- M-3-4 Demonstrate knowledge and application of Legislation pertaining to abuse and intolerable behaviour such as:**
- Protection of Persons in Care Act
 - Mental Health Act.
- M-3-5 Demonstrate knowledge and ability to accurately assess, manage, report, and document all incidences of abuse and intolerable behaviour.**

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Competency: **M-4**
Prevention and Intervention in Suicide

Date: September 1, 2005

A Licensed Practical Nurse will:

- M-4-1 Demonstrate ability to recognize and understand the warning signs of suicide in all ages of clients such as:**
- call to crisis line
 - change of personality
 - change of routine
 - family history
 - identification of a suicide plan
 - increase in psychosomatic illness
 - medication misuse
 - past history
 - sleep and eating patterns
 - suicidal ideologies
 - suicidal note.
- M-4-2 Demonstrate knowledge and ability to intervene immediately with suicidal client as appropriate.**
- M-4-3 Demonstrate ability to educate family members to cope with client's behaviour and feelings:**
- observe interactions
 - teach effective response
 - document findings
 - participate in family conference
 - provide information.
- M-4-4 Demonstrate knowledge and ability to provide constant observation for suicide prevention as appropriate.**

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Competency: **M-5**
Substance Abuse Interventions

Date: September 1, 2005

A Licensed Practical Nurse will:

- M-5-1 Demonstrate knowledge and ability to recognize substance abuse.**
- M-5-2 Demonstrate knowledge and ability to recognize the types of substance abuse such as:**
- alcohol
 - prescription drugs
 - street drugs
 - inhalants / aerosols
 - over-the-counter drugs
 - stimulants – opiates / narcotics
 - hallucinogens
 - others.
- M-5-3 Demonstrate knowledge and understanding of the effect of substance used.**
- M-5-4 Demonstrate knowledge and understanding of drug withdrawal, rehabilitation, and recovery.**
- M-5-5 Demonstrate knowledge and ability to provide nursing care to manage the symptoms of substance abuse.**
- M-5-6 Demonstrate knowledge and ability to teach clients, families, and groups regarding prevention of substance abuse and promotion of health.**

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Competency: **M-6**
**Mental Health Treatments
and Interventions**

Date: September 1, 2005

A Licensed Practical Nurse will:

M-6-1 Demonstrate knowledge and ability to provide medications to mental health clients including psychotropic drugs: (See Competency Band U)

- medication compliance
- medication non-compliance:
 - discuss rationale for non-compliance:
 - cognitive understanding / ability
 - cost
 - effect on sexual performance
 - side effects
 - stigma
- drug interactions:
 - dangerous drug interactions
 - therapeutic drug interactions
 - synergistic drug interactions
 - antagonistic drug interactions.

A Licensed Practical Nurse will:

M-6-2 Demonstrate knowledge and ability to participate in mental health treatments and interventions such as:

- behaviour modification:
 - family therapy
 - consistency
 - group therapy
 - individual therapy
 - positive and negative reinforcement

- psychotherapy:
 - art and music therapy
 - behaviour modification
 - family therapy
 - group therapy
 - occupational therapy
 - psychoanalysis
 - recreational therapy.

M-6-3 Demonstrate knowledge and ability to assist with mental health treatments and interventions such as:

- electrotherapy (ECT):
 - pre and post ECT care
 - assist with ECT treatment
- referral to mental health resources
- client and family education.

M-6-4 Demonstrate knowledge and ability to report and document treatments and interventions in an objective manner.

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Competency: **M-7**
**Legal Protocols and Documentation
Requirements**

Date: September 1, 2005

A Licensed Practical Nurse will:

- M-7-1 Demonstrate knowledge of relevant Legislation, such as:**
- Mental Health Act
 - Freedom of Information and Protection of Privacy Act
 - Protection for Persons in Care Act
 - Health Information Act
 - Health Professions Act, LPN Regulation, 2003.
- M-7-2 Demonstrate knowledge of the formal certification process and implications.**
- M-7-3 Demonstrate knowledge and ability to use protective devices as per agency policy. (See Competency Band E)**
- M-7-4 Demonstrate knowledge and ability to participate in client, family, team, and conferences.**
- M-7-5 Demonstrate knowledge of facility policy and legal protocols.**