M: Mental Health and Addiction
A Licensed Practical Nurse will:

M-1-1 Demonstrate knowledge and ability to apply critical thinking and critical inquiry throughout the nursing process in mental health and addictions nursing.

M-1-2 Demonstrate knowledge and application of Legislation pertaining to mental health and addictions.

M-1-3 Demonstrate knowledge and ability to provide evidence informed, client centered care in relation to mental health and addiction nursing:
- engage client in plan of care
- consider Legislation affecting mentally competent and mentally incompetent client
- role of guardian/agent
- treatment controls

M-1-4 Demonstrate knowledge and ability to differentiate between mental illness and mental wellness.

M-1-5 Demonstrate knowledge and understanding of mental health condition/illness including:
- adjustment disorders
- alcohol/substance related disorders
- Alzheimer’s disease/dementia
- anxiety disorders
- brain injury
- neurocognitive disorders
- developmental disorders/spectrum disorders (autism, fetal alcohol)
- eating disorders (anorexia nervosa, bulimia nervosa)
- learning and behavioral disorders
A Licensed Practical Nurse will:

M-1-5  Demonstrate knowledge and understanding of mental health condition/illness including: (cont’d)
   - mood disorders (unipolar, bipolar, depression)
   - personality disorders
   - post-traumatic stress disorder
   - psychosis
   - schizophrenia
   - suicidal ideation

M-1-6  Demonstrate knowledge and ability to understand developmental/childhood spectrum disorders and potential contribution to mental health and addiction.

M-1-7  Demonstrate knowledge and ability to provide health teaching and coaching associated with mental health and addiction nursing.

M-1-8  Demonstrate knowledge and ability to support client, family and others with coping strategies and community based resources.

M-1-9  Demonstrate knowledge and ability to communicate, consult and collaborate with inter-professional team.
A Licensed Practical Nurse will:

**M-2-1** Demonstrate knowledge and ability to perform comprehensive mental health assessments of client, family and groups in a variety of healthcare settings.

**M-2-2** Demonstrate knowledge of diagnostic tools and parameters in mental health assessment including:
- Agitated Behavior Scale
- Diagnostic and Statistical Manual of Mental Disorders Volume 5 (DSM-5)
- Geriatric Depression Scale
- Mini Mental State Examination (MMSE)
- Montreal Cognitive Assessment (MoCA)
- Screening for Distress/suicide risk
- Sleep Study
- advanced mental health and addiction assessments

**M-2-3** Demonstrate knowledge and ability to recognize signs and symptoms of changes in mental health including:
- behavioral
- emotional
- intellectual
- level of alertness
- motor
- perception of reality
- suicidal ideation

**M-2-4** Demonstrate knowledge and ability to assess and manage signs and symptoms associated with substance abuse including:
- addiction
- dependency
- intoxication
- relapse
- substance induced disorders
- withdrawal
A Licensed Practical Nurse will:

M-2-5 **Demonstrate knowledge and ability to assess and manage clients with concurrent conditions in mental health and addiction nursing including:**
- Acquired Immune Deficiency Syndrome (AIDS)
- endocrine disorder
- Hepatitis C
- Human Immunodeficiency Virus Infection (HIV)
- physical disorder
- physiological disorder
- pregnancy
- psychotic illness

M-2-6 **Demonstrate knowledge and ability to recognize stressors in mental health and addiction nursing including:**
- access to resources/services
- adaptability to change
- barriers to recovery
- behavioral manifestations
- contributing factors (social determinants of health)
- strategies for managing
- stigma

M-2-7 **Demonstrate knowledge and ability to recognize and intervene in crisis situations.**

M-2-8 **Demonstrate knowledge and ability to implement or assist with psychosocial interventions in consultation with authorized professional(s) including:**
- art and music therapy
- behavior modification
- cognitive therapy
- drug recovery educational programs
- family therapy
- motivational therapy
- occupational therapy
- peer/group therapy
- positive and negative reinforcement
- psychoanalysis
- psychotherapy
A Licensed Practical Nurse will:

**M-2-9** Demonstrate knowledge and ability to apply principles of pharmacokinetics and pharmacodynamics specific to medication management in mental health and addiction nursing.

**M-2-10** Demonstrate knowledge and ability to assist with provision of electroconvulsive (ECT) therapy:
- pre and post procedural assessments and care
- intraprocedural assessment, monitoring and care
- ongoing client observation
A Licensed Practical Nurse will:

M-3-1 Demonstrate knowledge and ability to identify physiologic determinants and behavioral predispositions for aggressive behavior to self and others.

M-3-2 Demonstrate knowledge and ability to assess signs of potential aggression and implement preventative measures.

M-3-3 Demonstrate knowledge and ability to recognize and manage aggressive behaviors.

M-3-4 Demonstrate knowledge and ability to utilize physical, chemical or environmental restraints according to agency policy.

M-3-5 Demonstrate knowledge and ability to consider safety of self and others when managing aggressive behavior.

M-3-6 Demonstrate knowledge and ability to perform post incident management according to agency policy.
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