

# **M: Mental Health and Addiction**

Major Competency Area: **M**  
**Mental Health and Addiction**

Competency: **M-1**  
**Mental Health  
and Addiction Nursing**

Date: June 1, 2015

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.**

Major Competency Area: **M**  
**Mental Health and Addiction**

Competency: **M-2**  
**Mental Health and Addiction  
Assessment and Intervention**

Date: June 1, 2015

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

Major Competency Area: **M**  
**Mental Health and Addiction**

Competency: **M-3**  
**Aggressive Behavior**

Date: June 1, 2015

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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