

**NONPF Armchair Presentation:  
Integrating Mental Health Care into Family Nurse Practitioner Education  
University of Illinois at Chicago College of Nursing**

**UIC Faculty Presenters:**

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Key questions for today's discussion:

- 1) How can mental health content be integrated into the didactic curricula and what are best ways for outcomes competencies to be assessed?
- 2) What are creative ways that NP programs can help students develop patient-provider relationship and coaching skills with individuals and families in an environment in which much of our education is technology driven and delivered in online formats?
- 3) What practicum/clinical experiences will develop student skills in assessment and management as well as collaboration with other disciplines to care for the mental health needs of patients seen in primary care?
- 4) How can students learn to address population-focused mental health issues and successfully collaborate with community partners in this process?
- 5) How can scholarship and leadership in integrated primary and mental health care be fostered via MS or DNP research projects?

**University of Illinois at Chicago (UIC) Family Nurse Practitioner (FNP) Program:  
Selected Courses for Integration of Mental Health Competencies**

The UIC Family Nurse Practitioner Program presents multiple opportunities to build competencies in the health promotion, diagnosis, acute and chronic care management of the individual in the primary care setting with a mental health condition. Mental health assessment and management may be the focus of the episodic visit, or a co-morbidity for a patient presenting with other acute or chronic conditions. The UIC FNP program provides experiences at the MS-FNP as well as the DNP educational levels for developing expertise integrating mental and physical health for patients, families, and populations. Core courses in health assessment, pharmacology, epidemiology, pathophysiology, and health environment/systems provide foundation for the clinical course sequence. The FNP specialty and practicum course descriptions below provide a sampling of areas this content is integrated in the curriculum.

**NUSP 515-517 Health Management in Primary Care I-III**

Three-course didactic sequence in evidence-based health promotion, health maintenance, and health restoration using a lifespan developmental framework. Emphasis builds in complexity through the sequence, from wellness care concepts, to common acute and chronic health problems, through complex chronic health problems and co-morbidities. These didactic courses are paired with the practicum courses NUPR 521-524.

**NUPR 521-524 Clinical Practice in Primary Care I/II; Advanced Clinical Practice in Primary Care I/II**

Practicum courses emphasizing evidence-based clinical practice, including data-gathering, differential diagnosis, health promotion, disease prevention, and management of common to complex health problems with comorbidities across the lifespan.

**NUSP 518 Population-Focused Interventions in Primary Care**

Population-focused assessment, program planning, and evaluation of interventions for community-based health care providers. Is paired with NUPR 528.

**NUPR 528 Practicum in Population-Focused Interventions in Primary Care**

Supervised practicum experience in population-focused assessment, program planning, and evaluation.

**NUSP 590 Family-Focused Health Management in Primary Care**

Assessment and management of common behavioral, lifestyle, and life cycle issues in primary care using a family-focused approach.

**NUPR 582/583 DNP Residency I/II: Direct Care Role**

Individualized residency experience that will expand clinical expertise and specialized knowledge in the selected direct care, advanced nursing practice specialty role.

**NUPR 584/585 DNP Practicum I/II**

Individualized practicum experience that will expand clinical expertise and specialized knowledge in the selected advanced nursing practice specialty role.

**NUPR 586/587 DNP Residency I/II: Systems-Focused Role**

Individualized residency experience that will expand expertise and specialized knowledge in the selected systems-focused advanced nursing practice specialty role.

**NURS 560/561/562 Synthesis Project Development/Implementation/Evaluation & Dissemination**

Students design/implement/analyze, & disseminate findings from a doctoral nursing practice project related to an aggregate of individuals/selected population of interest.

## Resources and References Partially Annotated

### **University of Illinois at Chicago (UIC) Integrated Health Care:**

Home page: <http://www.uic.edu/nursing/ihc/index.shtml>

Academic Nursing Centers; IHC Beginnings as an Academic Nursing Center:  
[http://www.uic.edu/nursing/ihc/sites\\_presentations.shtml](http://www.uic.edu/nursing/ihc/sites_presentations.shtml)

Teaching; Student Learning:

<http://uic.edu/nursing/ihc/teaching.shtml>

Integrating Primary and Mental Health Care Services (eCourse, Table of Contents): <https://blackboard.uic.edu/bbcswebdav/institution/classes/ww101-cont/Public/IPMHCSToc/index.html>

For further information about Integrated Health Care, review the following two articles:

Marion, L. N., Braun, S., Anderson, D., McDevitt, J., Noyes, M., & Snyder, M. (2004). Center for integrated health care: Primary and mental health care for people with severe and persistent mental illnesses. *The Journal of Nursing Education*, 43(2), 71-74.

McDevitt, J., Braun, S., Noyes, M., Snyder, M., Marion, L. (2005). Integrated Primary and Mental Health Care: Evaluating a Nurse-Managed Center for Clients with Serious and Persistent Mental Illness. *Nursing Clinics of North America*, 40(2005), 779-790

### **National Organization of Nurse Practitioner Faculties (NONPF) resources:**

1) National Organization of Nurse Practitioner Faculties Domains and Core Competencies of Nurse Practitioner Practice March 2006:

<http://www.nonpf.com/associations/10789/files/DomainsandCoreComps2006.pdf>

2) NONPF Recommended Criteria for NP Scholarly Projects in the Practice Doctorate Program: <http://www.nonpf.com/associations/10789/files/ScholarlyProjectCriteria.pdf>

### **Additional Resources:**

Butler, M., Kane, R. L., McAlpine, D., Kathol, R. G., Fu, S. S., Hagedorn, H., et al. (2008). Integration of mental health/substance abuse and primary care. *Evidence report/technology Assessment*, (173)(173), 1-362.

*Report to the Agency for Healthcare Research and Quality (AHRQ), (evidence reports and technology assessments) to describe integrated care efforts and evaluate outcomes.*

Kessler, R. C., Demler, O., Frank, R. G., Olsson, M., Pincus, H. A., Walters, E. E., et al. (2005). Prevalence and treatment of mental disorders, 1990 to 2003. *The New England Journal of Medicine*, 352(24), 2515-2523. doi:10.1056/NEJMsa043266

Manderscheid, R. W., Masi, D., Rossignol, C.R., Masi, D.A. (2007). The Integration of Physical Health and Behavioral Health Services: Three University Case Examples *Archives of Psychiatric Nursing*, 21(3),141–149

McCoy, K.T., Story, E.E., Gaffney, K. Cunningham, P.D. (2011). Establishing a Web-based Academic Toolbox for Primary Behavioral Health Care. *The Journal for Nurse Practitioners*, 7(3), 223-228.

<http://www.npjjournal.org/article/PIIS1555415510003132/abstract>

The National Council for Community Behavioral Health Care; Center for Integrated Solutions: [http://www.thenationalcouncil.org/cs/center\\_for\\_integrated\\_health\\_solutions](http://www.thenationalcouncil.org/cs/center_for_integrated_health_solutions)

The President's New Freedom Commission on Mental Health. (2003). *Achieving the promise: Transforming mental health care in America; final report* No. DHHS Pub. No. SMA-03-3832)

*Primary health care providers deliver about half of the care for common mental health disorders and they prescribe majority of psychotropic medications for their adult and child patients*

Substance Abuse and Mental Health Services Administration (SAMHSA) (2009)

<http://oas.samhsa.gov/NSDUH/2k9NSDUH/MH/2K9MHRResults.pdf>

*A recent national survey has found that in the U.S. there are 45 million adults, approximately 20% of the population, who experienced a mental health problem in 2009. Of those, only 37.9% of those with a mental illness received mental health services*

World Health Organization. (2007). *Mental health: Strengthening mental health promotion* <http://www.who.int/mediacentre/factsheets/fs220/en/>

### **Presenter Information**

Moderator Bernard Tadda, MS, FNP-BC, Clinical Associate, teaches in the UIC FNP program and is a DNP candidate, [btadda@uic.edu](mailto:btadda@uic.edu)

Panelists are:

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- Kathleen J.H. Sparbel, PhD, FNP-BC, Clinical Assistant Professor, teaches in the UIC FNP program as well as nursing core courses: [ksparbel@uic.edu](mailto:ksparbel@uic.edu)
- Charles Yingling, MS, FNP-BC, Clinical Associate, teaches in the UIC FNP program and is a DNP student: [cyingl1@uic.edu](mailto:cyingl1@uic.edu)
- Judith Heinschel, PhD, PMHNP-BC, Clinical Assistant Professor, teaches NUSP 590, our FNP integrated care course, and in the UIC PMHNP program. She also chairs Mr. Tadda's DNP project: [judieh@uic.edu](mailto:judieh@uic.edu)