

Mental Disorders in Advanced Practice: Integrating a New Course into DNP Curriculum

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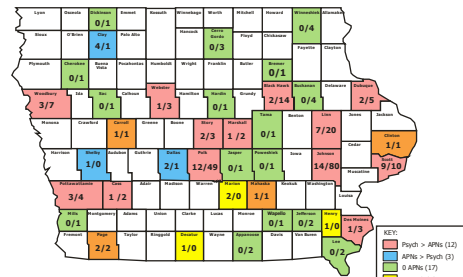
Recognition of Need

- ▶ 25% of primary care visits are for persons with psychiatric and mental health disorders
- ▶ As many as 77% of these disorders will go unrecognized
- ▶ The physical complaints of up to 50% of primary care patients are either idiopathic or psychiatric in nature

• Blexen, Perzynski, Sajatovic, & Dawson, 2011



IOWA APNs Psychiatric Nurse Practitioners/Psychiatrists



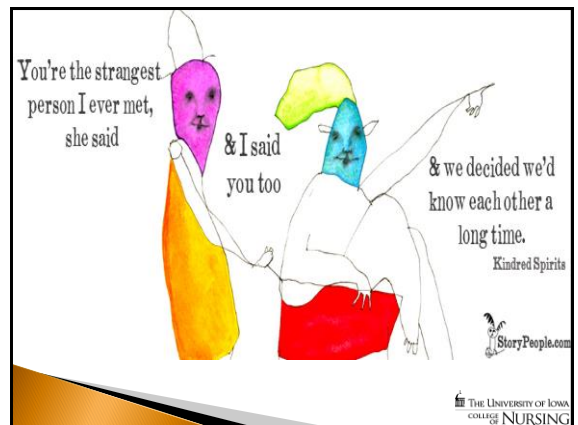
First Number is APN/second is psychiatrist
Total APNs: 74
Total Psychiatrists: 236

Source: Iowa Health Information Reporting Center, Office of Statewide Clinical Education Programs, UI Career College of Medicine, June 2012

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Conception and Gestation

- ▶ 2008: University of Iowa College of Nursing DNP task force
- ▶ AIMS:
 - To help meet needs of the state, especially in rural areas
 - To provide early foundation to build upon in specialty courses
 - To address "too little too late" syndrome in students
 - PMHNP students: cross fertilization, put all on level playing field



Birth

- ▶ Co-developed by 2 dually certified NP faculty
- ▶ Mandatory for all NP students
- ▶ Offered prior to specialty coursework
- ▶ 10-wk online course divided into 5 modules
- ▶ Wiki platform:

<https://wiki.uiowa.edu/display/96218/Home>

Overview of Content

Module 1	Scope of the problem; Stigma; Communication workshop
Module 2	Biopsychosocial approach; Brain anatomy and physiology; Psychopharmacology; Non-pharm therapies
Module 3	Assessment; Screening and Detection; Mood d/o; Anxiety d/o; Substance use d/o; Thought d/o; DSM intro
Module 4	Special Populations: Peds and Gero Psych
Module 5	Trauma; Crisis; Grief and Loss

Delivery: Teaching Methods

- ▶ Family case study threaded throughout
- ▶ Multispecialty learning groups developed
- ▶ 2 on campus dates
 - Communication workshop
 - Special populations—guest lecturers and case discussion

Growth and Development: Learning Activities

- ▶ Readings/discussion boards with each module
- ▶ Book report
 - Examples: *An Unquiet Mind* (Jamison), *The Glass Castle* (Walls), *Born on a Blue Day* (Tammet)
- ▶ Prezzi—introduction and stigma
- ▶ http://prezi.com/emsrela9wqe2/edit/#0_2954835

Learning Activities, Cont.

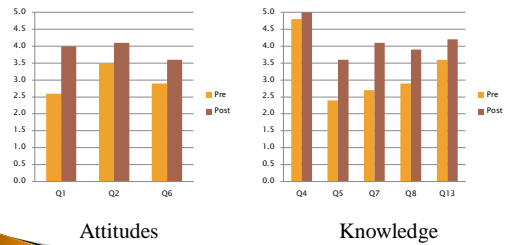
- ▶ Moment maps
 - Empathy
 - Motivational Interviewing
- ▶ Brain physiology and psychopharmacology exam
- ▶ Group WIKI assignment on disorders
- ▶ Community resources identification
 - Rural and urban



Growing Pains: Challenges and Highlights

- ▶ Working with the wiki format
 - Building the course onto a new platform
 - Working with an instructional designer
- ▶ Family case study thread
- ▶ Communication workshop
- ▶ Fast pace

Students' Pre and Post Course Responses



Faculty Insights

- ▶ Primary care NP students'
 - Increased awareness and recognition of somatic presentations of mental health issues
 - Increased interest in mental health
 - Increased confidence
 - Increased awareness of referral resources
- ▶ PMHNP students'
 - Increased awareness of primary care providers' role in treatment
 - Increased awareness of collaboration
 - Increased awareness of referral resources



Thank you!

- ▶ Please see Tess or Ginny for examples of select course assignments.