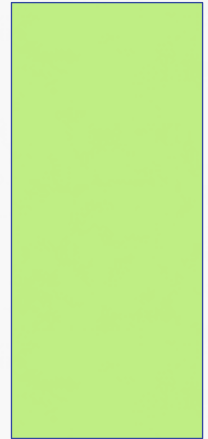


BUILDING BLOCKS FOR INTEGRATION OF
MENTAL HEALTH CONCEPTS IN
NURSE PRACTITIONER EDUCATION
FOCUSING ON PATIENTS WITH
MULTIPLE CHRONIC CONDITIONS

MIDGE BOWERS, DNP, FNP-BC, AACCC, FAANP



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OBJECTIVES

1. Describe nurse practitioner competencies focused on mental health concepts relevant to providing primary care to adults with multiple chronic conditions.
2. Identify key components to developing an educational module focused on mental health concepts that can be delivered face to face or in a distance format.
3. Discuss this format and its application for use with other content for interprofessional learning.

PURPOSE

Provide a structure for the development of **independent modules** focused on addressing mental health concepts in patients with multiple chronic conditions for **nurse practitioner, physician assistant and medical students**.



MULTIPLE CHRONIC CONDITIONS

- Adults with MCC have high incidences of symptom burden and functional impairment, as well as decreased length and quality of life. T
- They are in need of primary care providers who can assess, plan, implement, and evaluate care for mental health needs which are created by or coexist with the individual's chronic disease state.

COMPETENCIES

- **Nurse Practitioner**

- **AHS 10:** Assesses individuals with complex health issues and co-morbidities, including the interaction with acute and chronic physical and mental health problems.
- **NPP2:** Self awareness, understanding the impact of emotions on providers and patients

- **Medicine** (includes Physician Assistant)

- Demonstrate emotional resilience and stability, adaptability, flexibility and tolerance of ambiguity and anxiety.

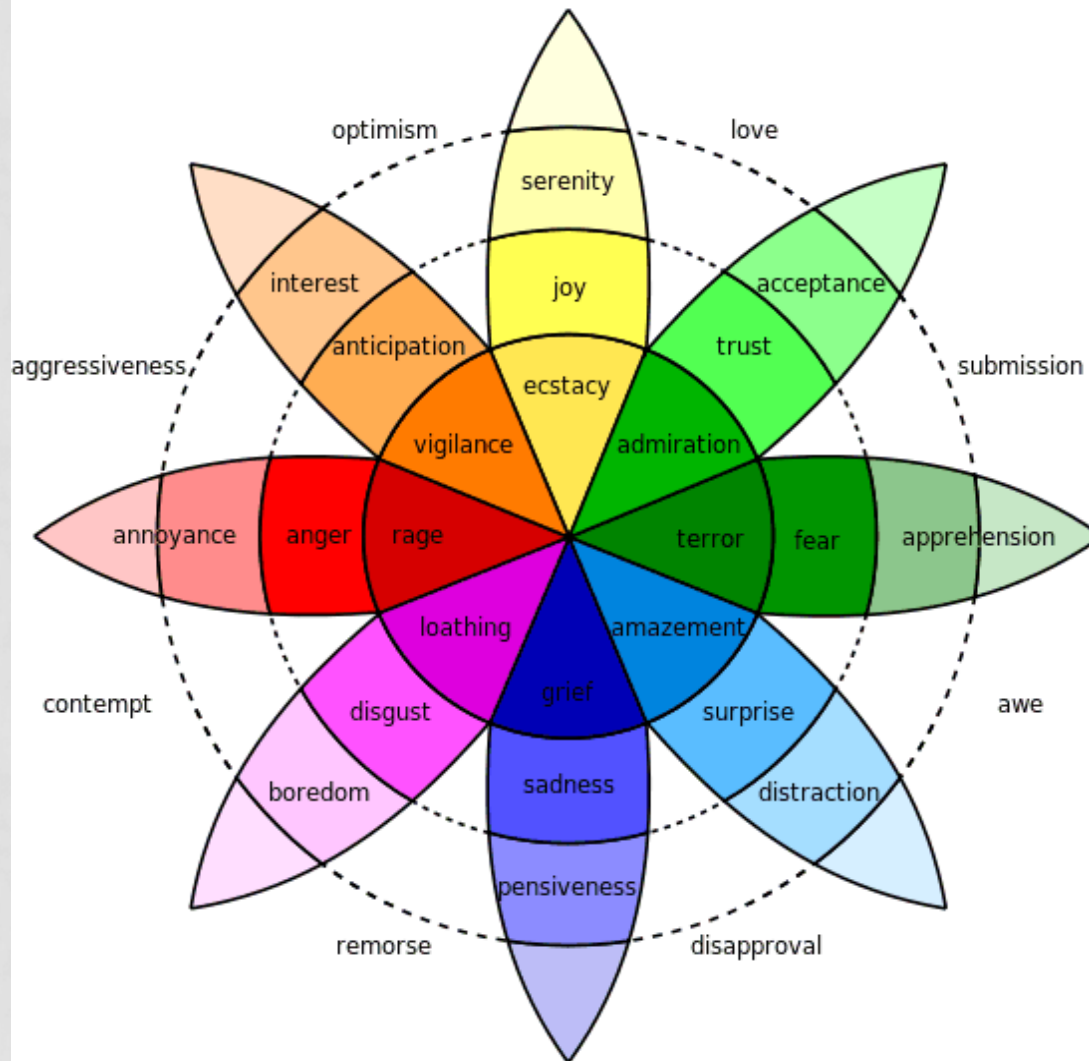
COMPETENCIES

Interprofessional

- **Domain 1: Values/Ethics**
- VE 9: Act with honesty and integrity in relationships with patients, families, and other team members
- **Domain 3: Interprofessional Communications**
- CC4: Listen actively, and encourage ideas and opinions of other team members.

AACN, 2011. Core Competencies for Interprofessional Collaborative Practice

SPECTRUM OF EMOTIONAL HEALTH



Wheel of emotions
by Robert Plutchik.

SPECTRUM OF EMOTIONAL HEALTH MODULE

- Prep work
 - Complete baseline self-efficacy survey
 - View the following TED Talk: Brené Brown (2010)
 - The Power of Vulnerability.
 - Spectrum of Emotions: 30 min lecture
- Face to face: Watch 2 brief videos (less than 3 min)
 - What do you think the preceptor is feeling in each of the cases?
 - What is the student feeling?
 - What do you think could have triggered these feelings for the preceptor and the student?
 - What do you think the patient was feeling in each of the scenarios?

SPECTRUM OF EMOTIONAL HEALTH MODULE

Pilot completed in Summer 2014

- Students: 12 NP, 6 Medicine, 6 Physician Assistant

Implementation March 2015

- Time: 60 minutes
- Faculty facilitators: 5 for each session
- Students: 90 NP, 7 Medicine, 4 Physician Assistant
- Frequency: Twice

SPECTRUM OF EMOTIONAL HEALTH MODULE

Implementation March 2015

- Physical Assessment and Diagnostic Reasoning Course on campus experience
- Students practiced focused assessment of acute problems in morning
- Mid day Emotional health module content introduced
- Afternoon students practice focused assessment of chronic problems and integrated knowledge about spectrum of emotions as an provider.

MODULE FEATURES

- Configuration for face to face and distance based learners
- Each module can stand alone or be integrated in series



FUTURE MODULE GOALS

- **Validation skills**

- Develop validation skills to understand the individual's perspective

- **Self-Management**

- Develop strategies to empower behavior change to optimize self- management

- **Resiliency**

- Utilize the Recovery Model to develop strategies that promote resiliency in patients with MCC

- **Diversity**

- Examine the impact of beliefs, values and attitudes about mental health issues in patients with MCC

QUESTIONS?

- Contact:
 - Margaret.bowers@duke.edu

