Promoting Integrated Mental Health Care through an Accelerated Online Post-graduate PMHNP Program

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Objectives

• By the end of this discussion, the learner will be able to:
  – Describe the need for integrated mental health care.
  – Identify three methods for facilitating the development of psychiatric and mental health care competencies among NPs practicing in distant sites.
  – Consider the pros and cons of an accelerated online learning environment.

The Burden of Mental Disorders is Great

• 14% of global burden of disease
• 2nd greatest contributor to years lived with disability
• Unlike most diseases, continues to increase

Mental and Physical Health Problems are Interwoven

• Upwards of 20% of primary care visits
• Persons with severe mental health problems are highly likely to have complicated medical problems.
• Having depression or schizophrenia increases the risk of premature death by 40-60%.


The Treatment Gap is Enormous

- Within a given year, fewer than half of adults and youth with diagnosable mental disorders receive treatment.
  - National Survey on Drug Use and Health (SAMHSA, 2013)
  - National Comorbidity Survey-Adolescent (Costello et al., 2014)

Key Objective:
- Provide comprehensive integrated mental health and social services in community-based settings.

Key Action Step:
- Develop human resources, including the development of graduate educational curricula to teach core competencies.

Mental Health Care Health Professional Shortage Areas (HPSAs)

- Total Mental Health Care HPSA designations: 3,968 (US); 49 (MD)
- Percent of need met: 50.91% (US); 66.27 (MD)
- Practitioners needed to remove HPSA designation: 2,707 (US); 32 (MD)

Rural Maryland
- Experiences a shortage of health care providers in specialty areas, mental health, and dental care.
- Supports expansion of the scope of practice for nurse practitioners
Recruitment and Retention

- Lack of incentives to draw providers
- Lack of mental health training
- Professional isolation
- Unfamiliarity with the rural lifestyle

(Hunsberger et al., 2009; Thomas et al., 2012; & Weinhold & Gurtner, 2014)

Curriculum

- **Fall**
  - Differential Diagnosis - 1
  - Neurobiology - 1
  - Psychopharmacology - 1
  - Psychotherapy - 2
- **Spring**
  - PMHNP Practicum: Peds/Family - 4
  - *(Peds or Adult Health Assessment if needed)* - 1
- **Summer**
  - PMHNP Practicum: Adult/Gero - 4
Learning in an Accelerated Online Environment

• How do we form a community when we are all in different places?
  – Digital Café
  – VoiceThread discussions
  – Group case studies
  – Synchronous meetings
    • Optional in fall semester
    • Required in spring and summer semester
• All ideas are welcome!

VoiceThread Introductions

PMHNP Student Introductions
Briefly state your name, where you live, your current professional role and anything else you would like for us to know about you.

After you tell us a bit about yourself try commenting on someone else’s VoiceThread post!

1st Semester

• Brief lectures
• Collaborative problem-based learning
• Take-aways
• Self-reflection
• VoiceThread discussions of important insights
• Practice quizzes
• Final exam

Collaborative Problem-based Learning

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<th>Pharm</th>
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VoiceThread Discussions

Please Comment on this Slide
Describe your experience using a breathing strategy or imagery technique with one of your patients. What was it like for you (e.g., successes, challenges)? What was it like for your patient?

Please limit your comments to three minutes.

Clinical Semesters

• PMHNP practicums: 500 hours
• One-on-one supervisory meetings with faculty
• Online VoiceThread case presentations and discussions
• Health literacy project
• Professional meeting presentation
• Advocacy presentation
• Integrated care application paper
• Self-reflection
• Coding
• Practice quizzes

VoiceThread Case Presentations and Discussions

End of presentation
Question for discussion: Is there anything else you would do for "X"?
Thanks!
Student Learning Preferences

The Pros and Cons of an Accelerated Online NP Program

### Pros
- Program duration
- Immersion into role

### Cons
- No wiggle room
- Time intensive

#### Future Challenge
- Reporter
- Interpreter
- Manager
- Educator


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References

- Substance Abuse and Mental Health Services Administration. (2013). Results from the 2012 national survey on drug use and health: Mental health findings. (Catalog HHS Publication No. [SAMHSA-0805].
Questions?
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