



## Mental Health:

### We Answer the Call: The many roles that nurse's play in a patient's health-care journey

#### **Psychiatric Nurse**

Inpatient Psychiatric Nurses provide direct patient care on a variety of mental health units including; Child and Adolescents, Forensics, Eating Disorders program, Schizophrenia Treatment Education Program, Psychiatric ICU, General Psychiatry and Mood disorders. They provide 1:1 therapeutic engagement, psychiatric assessment and medication management in an inpatient setting. They collaborate with multidisciplinary teams by developing, assessing, evaluating and implementing patients individualize treatment plans. Psychiatric Nurses routinely provide psychoeducation about mental health diagnosis, medications, community services, addiction services and crisis resources to patients, families and their support systems. Psychiatric Nurses work towards building therapeutic working relationships with patients utilizing Trauma Informed Care and recovery orientated focus. Providing 1:1 support, crisis intervention, de-escalation skills while maintaining a patient centered approach and ensuring patient's autonomy. Patient advocacy is a key role for psychiatric nurses by integrating an in-depth knowledge of the Manitoba Mental Health Act and reducing stigma and barriers associated with mental health.

#### **Clinical Nurse Specialist (Nurse V)**

The Clinical Nurse Specialist (CNS) in Mental Health is a graduate prepared nurse with clinical expertise in mental health/psychiatric nursing practice. The CNS works in five domains of practice (clinical, support of systems, education, research, and leadership/professional practice) guided by the Strong Model of Advanced Practice Nursing. In a typical week, the CNS in Mental Health might offer clinical guidance to inpatient and outpatient nurses, work on a quality improvement project and collaborate on interprofessional committees, provide education on mental health topics to non-mental health teams, conduct a literature search on mental health interventions to incorporate into best practices documents, engage in mentorship and supervision tasks.

#### **Nurse Therapists (Nurse IV)**

There are over 40 Nurse Therapist in the Mental Health program, working in the ambulatory care areas of the Child and Adolescent program and the Adult program. Nurse Therapists are holistic in their approach to working with individuals living with mental illness. They collaborate with individuals to work towards their personal recovery goals, to achieve clinical improvements of symptoms, and to create therapeutic relationships. Nurse Therapists provide evidence-informed psychotherapies such as Cognitive-Behavioural Therapy, Dialectical Behaviour Therapy, and Supportive or Interpersonal Therapy. They provide individual and group-based interventions. Their roles include case management tasks, education for family and natural supports, and collaboration within our interprofessional teams.

#### **Adult Mental Health Consultation Liaison Nursing Service (Nurse IV)**

The specialized mental health nursing service provides assessment and interventions to patients admitted to HSC. This includes assisting patients to cope with the normal stress of illness and hospitalization. They provide client-centered support and focus on the interactions between clients, families, caregivers, and the hospital system. They are available as a resource to promote the positive mental health of all staff at HSC. As well, they regularly, and on request provide education sessions on a variety of mental health topics.

Feel free to call them! They are available Monday to Friday from 8 am to 3:30 pm and can be consulted by any member of the team.

#### **Managers of Patient Care in Psychealth**

The Manager of Patient Care provides leadership for the health care team in promoting patient centered care. They ensure that adequate human and material resources are available to support the 24-hour delivery of safe, quality patient care. The manager creates an environment that enables the Facility to fulfill its mission and performance goals. They promote a positive, professional, team oriented and service conscious environment. To qualify for this position, you need to have a minimum of three years of current, relevant clinical experience, and a Bachelor's degree, although a Master's Degree is preferred.

#### **ECT/Health Maintenance Clinic/Ketamine Nurse**

In this role the nurse provides care and support to patients receiving inpatient and outpatient ECT treatment. This consists of prepping patient for ECT (IV starts), providing support during ECT administration, assisting patient in their recovery. The role in the health maintenance clinic, administers long acting injectable antipsychotic medications to outpatients three times a week including forensic patients. In the ketamine nurse role, administration of low dose intravenous ketamine to outpatients twice weekly to treat them for depressive symptoms.