

Psychiatric Mental Health Home Nursing

Community Health Professionals offers collaborative psychiatric mental health nursing services to patients in their homes. These services are provided by a qualified nurse with experience in psychiatric nursing and are designed to:

- Prevent hospitalizations
- Increase access to mental health services
- Provide follow-up treatment
- Assist families in maintaining community living and improving their quality of life

CHP's mental health nurse works with client's primary care physician and/or psychiatrist in planning care and also works closely with other care team members or involved community providers.

Who May Benefit?

Those who are most likely to benefit from Psychiatric Mental Health Home Nursing services are individuals who have one or more of the following conditions:

- Serious and persistent mental illness as well as risk for repeated hospitalizations
- A first psychotic episode with a high risk of nonadherence
- Exacerbations of chronic schizophrenia and/or affective disorders, including major depression
- A history of medication noncompliance
- A recent release from hospital care and need of follow-up to prevent relapse
- A need for monitoring of a new psychotropic medication

- Concomitant medical and psychological problems
- Behavioral or emotional problems associated with physical illness
- Alzheimer's Disease and other types of dementia
- Confusion following surgery, strokes, cancer treatment, or related to medications
- Chronic pain and related depression
- Alcohol and other drug abuse and/or dependence
- Anxiety and/or panic attacks
- Somatization disorders
- Character/personality disorders experiencing a crisis
- Paranoia disorders
- Suicidal ideation
- Families/caregivers in need of psychosocial support and education

Services Offered

Services are based on a comprehensive physical, psychological, mental, cognitive, family and environmental evaluation of the patient and client within the context of his or her home.

- Psychiatric mental health nursing assessments
- Psycho-educational approaches with individuals and families directed toward increasing the patient's level of knowledge and control over his or her illness, and enhancing coping skills through:
 - Symptom and Illness Management
 - Medication Teaching
 - Coping Skills
 - Communication Skills

- Medication Administration, Monitoring and Management
- Venipuncture and monitoring of blood levels of psychotropic medication
- Post hospitalization follow-up to assist in bridging the patient's transition from hospital to community
- Identification, coordination, and mobilization of the supports needed to maintain the client in the community
- Therapeutic Interventions, including:
 - Psychosocial Supportive Therapy
 - Counseling - Individual and Family
 - Relaxation Techniques
 - Life Review
 - Clinical Case Management
- Psychotherapy Interventions, including:
 - Cognitive Behavioral Dynamic
 - Brief Therapy
 - Family Therapy
 - Crisis Intervention
 - Caregiver support and education

Criteria

Although each individual is screened according to his or her need for care, some typical criteria to consider in making a psychiatric mental health home nursing referral are:

Does the individual have a psychiatric diagnosis?

Is the individual under the care of a physician?

Is the individual homebound?

Does the individual require the skills of a registered nurse?

Can care be safely provided in the home?