

School: North Florida/South Georgia VA Health System

Audience: Post-Baccalaureate

Approach: Nurse Residency Program

Methodology: Hospital based

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Nursing Course

The program is designed to develop the nurse's awareness of the impact mental health issues have on Veterans, their families, and community. The focus is to provide the RN resident with clinical assessment skills in the care of Veterans experiencing mental health issues. The emphasis is on the development of effective intervention strategies for Veterans with mental health issues while considering their beliefs, values, attitudes, and health care practices. The importance of collaboration with other health care providers is highlighted.

Class objectives:

Upon completion of this class, the RN resident will be able to:

1. Differentiate between normal and abnormal mental health assessment findings.
2. Analyze the impact anxiety and grief/loss has on Veterans, their families, and communities.
3. Examine the diagnostic criteria, medication management, patient education, and other treatment modalities for the most common mental health issues for Veterans hospitalized in both the VISN and Nationally.
4. Use therapeutic communication skills in identifying, evaluating and providing care to Veterans experiencing the most common mental health issues.
5. Describe the importance of collaborating with health care providers, Veterans, their families, and the community resources in planning care and meeting their needs.
6. Formulate strategies to effectively intervene with Veterans experiencing the most common mental health issues by applying the nursing process to promote, maintain, and restore mental health.
7. Assess the impact of cultural factors related to the Veteran, their family, and the environment when intervening for mental health issues.
8. Identify outcome measures supported by evidenced based practice as a basis for applying strategies with Veterans and their families having mental health needs.
9. Describe nurses' role in discharge planning and teaching.
10. Record key factors of effective assessments and interventions in Computerized Patient Record System (CPRS).

Topical Outline:

Veterans' Mental Health Issues

1. Assessment Skills for Mental Status Exam
2. Impact of Anxiety and Grief/Loss
3. Most Common Mental Health Issues in Veterans

- a. PTSD
- b. Depression
- c. Substance Abuse
4. Therapeutic Communication Skills
5. Collaboration with the Mental Health Treatment Team
6. Intervention Strategies
7. Cultural Influence
8. Outcome Measures
9. Discharge Planning and Teaching
10. Documentation

CPRS (computerizes patient record system)

1. Screen by screen walk through with practice exercises in computer lab
2. Admission
3. Daily assessment
4. Other nurse's notes
5. Orders
6. Finding labs and consults

TEACHING METHODS/ LEARNING ACTIVITIES: lecture, break out sessions, workbook, practice exercises, proficiency report, Computer lab

EVIDENCE: attendance, RN Residency Competency, patient record, proficiency report

REQUIRED READING LIST

Web address for translator list: <http://vaww.north-florida.med.va.gov/Clinical/index.asp>;

Web addresses for mental health content:

<http://www.ncptsd.va.gov>; <http://www.mentalhealth.va.gov/depression.asp>;

<http://www.mentalhealth.va.gov/substanceabuse.asp>;

<http://www.mentalhealth.va.gov/mentalhealthrecovery.asp>