

O: Mental Health and Addiction

Major Competency Area: **O**
Mental Health and Addiction

Competency: **O-1**
**Mental Health
and Addiction Care**

Date: January 16, 2017

A Licensed Practical Nurse will:

- O-1-1 Demonstrate knowledge and ability to apply critical thinking and critical inquiry throughout the nursing process in mental health and addictions care.**
- O-1-2 Demonstrate knowledge and application of Legislation pertaining to mental health and addictions.**
- O-1-3 Demonstrate knowledge and ability to provide evidence informed, client centered care in relation to mental health and addiction care:**
- engage client in plan of care
 - consider Legislation affecting mentally competent and mentally incompetent client
 - role of guardian/trustee
 - community treatment controls
- O-1-4 Demonstrate knowledge and ability to differentiate between mental illness and mental wellness.**
- O-1-5 Demonstrate knowledge and understanding of mental health condition/illness including:**
- adjustment disorders
 - alcohol/substance related disorders
 - Alzheimer's disease/dementia
 - anxiety disorders
 - brain injury
 - neurocognitive disorders
 - developmental disorders/spectrum disorders (autism, fetal alcohol)
 - eating disorders (anorexia nervosa, bulimia nervosa)
 - learning and behavioral disorders

A Licensed Practical Nurse will:

- O-1-5 Demonstrate knowledge and understanding of mental health condition/illness including: (cont'd)**
- mood disorders (unipolar, bipolar, depression)
 - personality disorders
 - post-traumatic stress disorder
 - psychosis
 - schizophrenia
 - suicidal ideation
- O-1-6 Demonstrate knowledge and ability to understand developmental/childhood spectrum disorders and potential contribution to mental health and addiction.**
- O-1-7 Demonstrate knowledge and ability to provide health teaching and coaching associated with mental health and addiction care.**
- O-1-8 Demonstrate knowledge and ability to support client, family and others with coping strategies and community based resources.**
- O-1-9 Demonstrate knowledge and ability to communicate, consult and collaborate with inter-professional team.**

Major Competency Area: **O**
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Competency: **O-2**
**Mental Health and Addiction
Assessment and Intervention**

Date: January 16, 2017

A Licensed Practical Nurse will:

- O-2-1 Demonstrate knowledge and ability to perform comprehensive mental health assessments of client, and family in a variety of healthcare settings.**
- O-2-2 Demonstrate knowledge of diagnostic tools and parameters in mental health assessment such as:**
- Agitated Behavior Scale
 - Diagnostic and Statistical Manual of Mental Disorders Volume 5 (DSM-5)
 - Geriatric Depression Scale
 - Mini Mental State Examination (MMSE)
 - Montreal Cognitive Assessment (MoCA)
 - Screening for Distress/suicide risk
 - Sleep Study
- O-2-3 Demonstrate knowledge and ability to recognize signs and symptoms of changes in mental health including:**
- behavioral
 - emotional
 - intellectual
 - level of alertness
 - motor
 - perception of reality
 - suicidal ideation
- O-2-4 Demonstrate knowledge and ability to assess, monitor and manage signs and symptoms associated with substance abuse including:**
- addiction
 - dependency
 - intoxication
 - relapse
 - substance induced disorders
 - withdrawal

A Licensed Practical Nurse will:

- O-2-5 Demonstrate knowledge and ability to assess and manage clients with concurrent conditions in mental health and addiction nursing care.**
- O-2-6 Demonstrate knowledge and ability to recognize and manage stressors in mental health and addiction care including:**
- access to resources/services
 - adaptability to change
 - barriers to recovery
 - behavioral manifestations
 - contributing factors (social determinants of health)
 - strategies for managing
 - stigma
- O-2-7 Demonstrate knowledge and ability to recognize and intervene in crisis situations.**
- O-2-8 Demonstrate knowledge and ability to implement or assist with psychosocial interventions in consultation with authorized professional(s) such as:**
- art and music therapy
 - behavior modification
 - cognitive therapy
 - drug recovery educational programs
 - family therapy
 - motivational therapy
 - occupational therapy
 - peer/group therapy
 - positive and negative reinforcement
 - psychotherapy

A Licensed Practical Nurse will:

O-2-9 Demonstrate knowledge and ability to apply principles of pharmacokinetics and pharmacodynamics specific to medication management in mental health and addiction care.

O-2-10 Demonstrate knowledge and ability to assist with provision of electroconvulsive (ECT) therapy:

- pre and post procedural assessments and care
- intraprocedural assessment, monitoring and care
- ongoing client observation

Major Competency Area: **O**
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Competency: **O-3**
Aggressive Behavior

Date: January 16, 2017

A Licensed Practical Nurse will:

- O-3-1** **Demonstrate knowledge and ability to identify physiologic determinants and behavioral predispositions for aggressive behavior to self and others.**
- O-3-2** **Demonstrate knowledge and ability to assess signs of potential aggression and implement preventative measures.**
- O-3-3** **Demonstrate knowledge and ability to recognize and manage aggressive behaviors.**
- O-3-4** **Demonstrate knowledge and ability to utilize physical, chemical or environmental restraints according to agency policy.**
- O-3-5** **Demonstrate knowledge and ability to consider safety of self and others when managing aggressive behavior.**
- O-3-6** **Demonstrate knowledge and ability to perform post incident management according to agency policy.**

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