

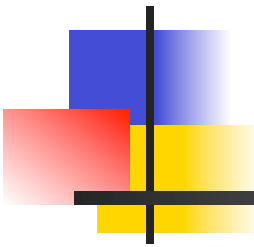


# DNP Prepared Nurse Practitioners: The Key to Integration of Mental Health in Pediatric Primary Care

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Susan N. Van Cleve, DNP, CPNP-PC  
Associate Professor, Robert Morris University School of  
Nursing and Health Sciences, Pittsburgh, PA  
Pediatric Nurse Practitioner, Pediatrics South,  
Pittsburgh, PA

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  - The Fine Foundation



# Personal Background

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Previous experience in:

- Nurse practitioner (NP) education
- Practice in developmental disabilities and mental health-currently developing specialty in pediatric primary care
- Professional NP organizations local, state & national levels
- Involved on expert panel for certification



# State of Mental Health Care, 2010

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- National recognition of the need for integration of MH into primary care
- 1:5 children require MH intervention
- 10-15% have a significant MH disorder
- 50% of MH disorders begin by age 14



# State of Mental Health Care, 2010

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- Few child psychiatrists available
- Inadequate preventive services
- Fragmentation of services and care
- Children from low income families/  
underserved have decreased access
- Stigma of behavioral/MH care



# State of Mental Health Care, 2010

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- Surgeon General has urged PCPs to increase responsibility for meeting common behavioral and MH needs



# Challenges to Providing MH Care in Primary Care

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- Segregated systems of behavioral health and primary care
- Limited MH training of PCPs
- Time required to assess & treat MH disorders
- Treatment requires expertise
  - standardized measures
  - psychopharmacotherapeutics



# Challenges

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- Billing and coding rules/regulations limit reimbursement for MH services provided by PCPs
- Inconsistent communication between PCP and MH provider





# Advantages to Providing MH Care in Pediatric Primary Care

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- PCPs have established relationships with children & families
- Care is geographically accessible
- Standard of care includes:
  - Screening
  - Early identification & intervention
  - Counseling & education
  - Coordination of care & comprehensive care



# Advantages

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- Pediatric health care/medical home is:
  - Family-centered, coordinated and collaborative
  - Addresses the child as a whole
- Eliminates stigma associated with MH referrals



# Models of Integrated Care

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- *Addressing Mental Health Concerns in Primary Care: A Clinician's Toolkit (AAP, 2010) and Strategies for System Change in Children's Mental Health: A Chapter Action Kit (AAP, 2007)*
  - Both developed to assist in integration of mental health into pediatric primary care
- Initiatives include:
  - Shared office space with MH counselors
  - Educational programs for PCPs
  - Enhanced education during pediatric residency
  - Telepsychiatry



# Models of Integrated Care

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*Strategies to Support the Integration of Mental Health into Pediatric Primary Care:*  
Issue Paper by the National Institute for Health Care Management (2009)

The three service integration approaches:

- consultation model: MH experts available by phone or videoconferencing for consultation
- co-location of services within pediatric practices
- collaborative care model based on the concept of the medical home



# Models of Integrated Care

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- Role of the NP fits the collaborative model described by Campo et al
- This model allows for prescriptive authority as well as behavioral/medical care from one provider



# Why DNP Prepared Nurse Practitioners

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## DNP Nurse Practitioners:

- View care with a systems perspective
- Have leadership skills to implement programs
- Combine nursing with medical care, emphasize care and cure of patients with a holistic approach
- Scope of practice includes:
  - implementation of interventions and treatments for MH conditions
  - providing ongoing monitoring
  - providing psychoeducation and counseling



# Why DNP Prepared Nurse Practitioners

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## Nurse Practitioners:

- Have established relationships with physicians and families
- Often work in inner city/rural areas
- Incorporate pediatric health care/ medical home principles into practice



# Why DNP Nurse Practitioners

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## Nurse Practitioners:

- Offer high quality equal to that provided by physicians
- Are safe providers and refer appropriately to specialists
- Have prescriptive authority/Schedule II
- Cost effective





# Why DNP Nurse Practitioners

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- With additional training/expertise, DNP/NPs can meet the need for more MH providers
- DNP/NPs are ideal candidates to develop added skills in evidence based psychotherapies
  - Practice is collaborative



# Development of DNP/NP MH Expertise

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- *KySS: Keep your children/yourself Safe and Secure, Program* (NAPNAP, 2006)
- *Guide to Mental Health Screening, Early Intervention and Health Promotion* (Melnik and Moldenhauer, 2006)

Developed for NPs in practice



# Development of DNP/NP MH Expertise

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- KySS Child and Adolescent Mental Health Fellowship Online Continuing Education Program, Arizona State University
- REACH (Resource for Advancing Children's Health)
- AAP Developmental Pediatrics PREP Program



# Development of DNP/NP MH Expertise

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- National conferences & continuing education programs
- Association of Faculties of Pediatric Nurse Practitioners (AFPNP) developed model PNP curriculum to strengthen education of PNP students in MH
- Development of DNP programs with curriculum in this area?



# Specialty Certification

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Pediatric Nursing Certification Board (PNCB) conducted a needs assessment 2008-09

- National survey to determine interest
- Targeted NPs and Clinical Nurse Specialists (CNSs) who provide MH care
- 344 completed the survey



# Respondent Demographics

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- 63% were Primary Care PNP's in outpatient setting
- 85% were Masters prepared
- Provided pediatric behavioral/MH care 15 hrs/week



# PNCB Conclusions

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- 86% say a specialty certification would add value and enhance recognition of skills and knowledge
- 77% would seek specialty certification
- Item writing for exam now underway
- Specialty Certification Exam 2011

# DNP Nurse Practitioners: The Key to Integration of Mental Health (MH) in Pediatric Primary Care

## **Psychiatrist:**

- Provides psychiatric evaluation & management, especially for complex presentations
- Prescribes and monitors medication
- Determines service needs

## **Primary Care Provider:**

- Assesses for mental health conditions in primary care setting
- May make MH diagnoses and provide treatment
- May provide supportive counseling, active monitoring
- Refers to specialists

## **DNP NP with additional MH health experience, education & clinical skills:**

- Provides assessment, diagnosis, and pharmacologic / nonpharmacologic management of common mental health conditions
- Provides brief psychotherapeutic interventions, family, or individual education & counseling in primary care setting
- Actively monitors and follows children with identified mental health conditions
- Provides evidenced based, cost effective care
- Establishes collaborative relationships with other health care professionals

## **Psychologist:**

- Provides psychological evaluations
- Provides psychotherapy
- Evaluates for intensive services
- Oversees treatment and psychotherapy plans

## **Counselor/Therapist:**

- Provides diagnostic evaluations
- Provides psychotherapy
- Implements treatment plans





# Conclusions & Recommendations

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- DNP prepared P/FNPs are an excellent choice of providers to promote integration of MH into primary care
  - The need is great
  - Primary care is the best place to meet the need
  - DNP P/FNPs are ideally suited to deliver MH services with primary care and develop programs
- Most importantly, children and adolescents in the US will have new access to quality mental health care within their pediatric health care home



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