

Psychiatric Nursing Careers

April 20, 2023

- **Emily Jordan, BSN, RN**
- **Amanda Lykins, DNP, RN, PHM-BC, NPD-BC**
- **Michele Walden, MSN, APRN, PMHNP-BC**

Lunch and Learn Overview

- Profile of an Inpatient Psychiatric Nurse
- Profile of a Clinical Nurse Specialist
- Profile of a Clinical Nurse Educator/Staff Development Specialist
- Profile of an Adjunct Clinical Faculty/Assistant Professor
- Profile of a Psychiatric-Mental Health Nurse Practitioner
- Information on UK's Psychiatric-Mental Health Nurse Practitioner Program
- Q & A

Inpatient Psychiatric Nursing



Emily Jordan, BSN, RN

Emily Jordan, BSN, RN

Biographical Sketch

Emily Jordan graduated from the University of Kentucky College of Nursing and Honors College with her RN BSN in 2021 and began her career as a psychiatric nurse at Good Samaritan Inpatient Behavioral Health with both adult and adolescent populations. She has worked on the unit in previous years as a NCT and student intern and is a published author in women's military history. Emily is currently a member of the unit council and hopes to eventually pursue a Nurse Practitioner's Degree.

Education/ Training

- Volunteer and Research Intern at Voices of Hope Addiction Recovery 2020
- NCT 2020-2021
- Med Surg SNAP 2020
- Adult BHU SNAP Summer 2021
- Adolescent BHU SNAP Fall 2021
- Graduated from UK Nursing and Honors College with BSN 2021
- Adult Inpatient BHU RN Feb. 2022- Present



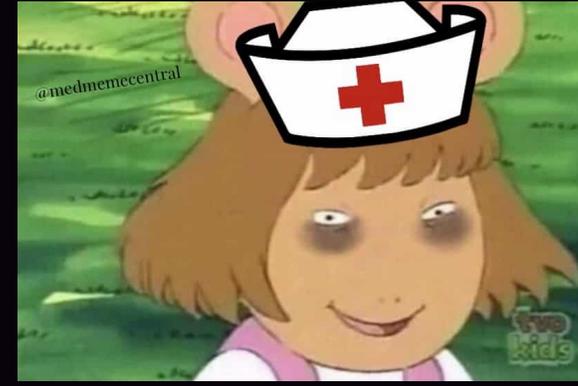
Life as a Psych Nurse



What society thinks I do



What other departments think I do



What my family thinks I do



What I think I do



What I actually do



Who I do it for



Why I chose psych!

- Compassion for a complex patient population
- Strong collaboration in treatment team
- Ability to use a wide range of nursing skills
- Excellent team-based patient care approach
- Versatility of roles: intake, adult, adolescent
- Opportunity to teach therapy groups
- Psych can be found on every unit!

A Day in the Life of a Psych Nurse!

PSYCH SKILLS:

- Teaching/ encouraging coping skills (1:1 and groups)
- Safety monitoring/ unit rules
- CPI
- Treatment team meetings
- Psych assessments
- Helping keep the schedule running
- De-escalation and behavioral codes
- Social Work support



MEDICAL CARE? YES!

- passing meds
- physical assessments
- withdrawal checks
- lab draws
- wound care
- FSBG/ VS
- diagnosis specific care (ex. tube feedings, US on detoxing pregnant patients, I/O cath, IVs, etc.)



A Therapeutic Milieu





Skills I Have Gained

- Patience
- Teamwork skills
- Critical/ comprehensive thinking
- Empathy/ new perspectives
- Knowledge of complex psychiatric diagnoses
- Range of nursing skills
- Knowledge of community resources
- De-escalation skills

Psychiatric Nursing:

◆ **Clinical Nurse Specialist**

◆ **Clinical Educator/Staff
Development Specialist**

◆ **Clinical Instructor &
Assistant Professor**



Amanda Lykins, DNP, RN,
PMH-BC, NPD-BC

Amanda Lykins, DNP, RN, PMH-BC, NPD-BC

Biographical Sketch

Amanda Lykins currently serves as an Assistant Professor and co-coordinator for undergraduate psychiatric-mental health nursing course, at the University of Kentucky College of Nursing. Amanda is a former Staff Development Specialist and Clinical Nurse Specialist for Behavioral Health at UK HealthCare. She has 16 years of nursing experience in psychiatric-mental health nursing, perioperative nursing, nursing staff development and as adjunct clinical faculty.

Education/Training/Certifications

- **Education at Eastern Kentucky University:**

- 2004-BS Psychology & Criminal Justice
- 2007-Associate of Science in Nursing
- 2009- Bachelor of Science in Nursing
- 2010- Master of Science in Nursing: Nursing Education
- 2016- Doctor of Nursing Practice: Organizational Leadership



- **Training:**

- 2004-2006-Mental Health Associate-Eastern State Hospital
- RN for 16 years

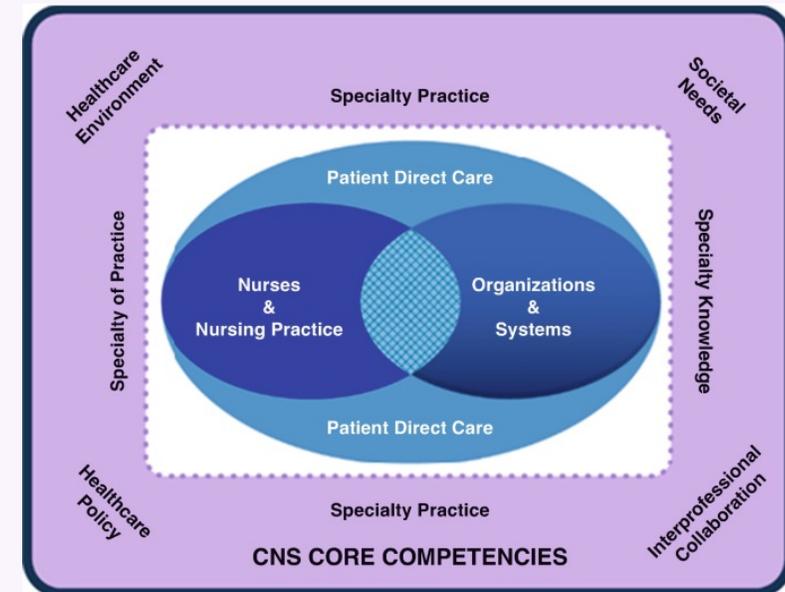
- **Certifications:**

- 2019-ANCC Board Certified-Psychiatric-Mental Health Nursing
- 2021-ANCC Board Certified-Nursing Professional Development
- Non-Violent Crisis Intervention (CPI)
- Question, Persuade, Refer (QPR)



Clinical Nurse Specialist (2018-2021)

- A Master's or Doctoral prepared APRN and clinical specialty expertise
- A CNS practices in three spheres of impact: Direct patient care, nurse/nursing practice, and at the organization/systems level
- Overall goals of my work as a CNS at UKHC:
 - Outcomes in patient care
 - Quality and Evidence-Based Practice Areas for Behavioral Health
 - Restraints
 - Suicide Awareness & Prevention
 - Workplace Violence
 - Policy Development and Review



Clinical Nurse Educator (2015-2018)

Staff Development Specialist (2021-2022)

- MSN-prepared nurse
- **Clinical Education Director for Eastern State Hospital**
 - Responsible for new hire orientation, on-going education for all clinical staff and representation for education on various committees
 - Education Fairs/Annual Competencies
 - Development and implementation of training and education including annual safety WBT's specific to ESH and behavioral health
- **Staff Development Specialist for Behavioral Health- UK HealthCare**
 - The educational expert in the development, implementation and evaluation of central and unit specific educational programs.
 - Provided the necessary oversight, guidance, education and skills to onboard new clinical nursing staff and management of ongoing competency and professional development of nurses.

Clinical Instructor (2011-present)

- **Clinical Instructor (UK, ECU, Midway University, Morehead State University)**

- BSN or MSN-prepared nurse
- Responsible for facilitation and supervision of clinical learning experiences for 8-10 students



Assistant Professor (2023-present)

- **Assistant Professor-UK College of Nursing- Undergraduate Psychiatric-Mental Health Nursing**
 - DNP or PhD prepared nurse
 - Teaching, advising, mentoring and clinical practice in psychiatric-mental health nursing courses
 - Co-coordination of didactic and clinical components for ABSN and BSN students during their psychiatric mental health course.
 - Designs, implements and evaluates courses
 - Clinical Instructor as needed
 - Contributes to scholarly practice and in advancing nursing professionalism including submissions of manuscripts for publication, presentation of scholarly activities in peer-reviewed venues and participates in research projects, grant proposals for evidence-based practice or research projects.

Key Takeaways...Throughout My Career

- I have a great appreciation for all roles in nursing !
- I have a passion for patient care and teaching (and you can do both!)
- The importance of teamwork no matter what your role is in nursing !
- I have an appreciation and love for data, goal-setting and measurable outcomes !
- Never be afraid to try something new, even if its outside of your comfort zone !

Psychiatric- Mental Health Nurse Practitioner



Michele Devine Walden,
PMHNP, APRN-BC

Michele D. Walden, APRN, PMHNP-BC

Biographical Sketch

Michele is a board certified psychiatric mental health nurse practitioner (PMHNP-BC) with her Masters in Science and Nursing from the University of Kentucky. She graduated in 2008. As a PMHNP, Michele's role is multifaceted and includes: assessment, diagnosis, and treatment planning for her patients along with serving as a mental health advocate, therapist, and educator. The vast majority of her career has involved working with pediatric and young adult populations. However, she also has experience with providing mental health care for veterans at the VAMC in Louisville and providing care for the persistent mentally ill population of Danville and Harrodsburg, Kentucky. In addition, she also serves as a student preceptor for the DNP psych track at the University of Kentucky. Joining the University Health Service, Behavioral Health team in 2021 is much like a homecoming for Michele, who returns to the Lexington area after 12 years of serving patients in other regions of Kentucky. Michele is always advocating for innovations in healthcare with special interests in unifying behavioral, integrative and complementary medicine.



Michele Devine Walden, PMHNP, APRN-BC

- PMHNP– initials used after one passes the ANCC credentialing exam. These initials stand for Psychiatric Mental Health Nurse Practitioner.
- ANCC credentialing has to be renewed every 5 years
- APRN initials stand for advanced practice registered nurse and BC-is board certification. This license certification is renewed every year

So many jobs one can do as a Psychiatric Mental Health Nurse Practitioner

The PMHNP credential can work in many
different areas :

Hospital Settings:

I have worked as the first psychiatric
nurse practitioner consult liaison at the
Louisville, KY, VAMC in the emergency
room doing psychiatric evaluations on
veterans.



Outpatient Settings:

I have worked at Bluegrass Community Mental Health now New Vista. I worked as an outpatient APRN with the severe & persistent mentally ill populations of Harrodsburg and Danville, KY

I have worked at Norton Healthcare Women's Mental Health Counseling Services. This is an outpatient center that specializes in care integration with the OB/GYN practices, and is the only specialty center in the state of Kentucky for Pregnancy and Postpartum Depression, Anxiety and Mood Disorders in women throughout the childbearing years



University Health Services- Behavioral Health

- Mental health and behavioral health services provided through University of Kentucky for full time students taking 12 credit hours or more per semester
- \$175 fee each semester for unlimited visits
- We have 3 psychiatrist and 2 nurse practitioners
- We offer full psychiatric evaluations and medication management. We have limited slots for psychotherapy. Most of the psychotherapy visits are referred to the University of Kentucky Counseling Center or community providers
- We are located on the 4th floor of UHS building
- Students can schedule online through mychart or either call 859-323-5511

CNS & PMHNP Data for Kentucky

Data provided by the KBN, as of 3/16/2023

- **Clinical Nurse Specialist:**

- Adult Psych/Mental Health-31
- Psych/Mental Health-Lifespan-3

- **Psychiatric Mental Health Nurse Practitioner:**

- Adult Psych/Mental Health-80
- Psych/Mental Health Lifespan-1031

Pmhnp Salary in Kentucky

Yearly Monthly Weekly Hourly Table View



UK: Psychiatric Mental Health Nurse Practitioner Program

- **MSN-DNP Option**

- Can be completed in two years of full time or in three years of part-time study

- **BSN-DNP Option**

- Can be completed in three years of full-time study
- There are [part-time plans of study](#) (5 year) and a modified [4-year plan of study](#) for direct care providers

- DNP nursing courses are offered in a [hybrid immersion format](#) and require attendance on the Lexington campus up to six days each semester (up to three days at start of term and up to three days at end of term).

- The DNP application opens September 15 and closes January 15 for Fall (August) enrollment. The DNP program does not admit a spring class. Details can be found on the DNP [Admissions](#).

- **For more information:**

- <https://www.uky.edu/nursing/academic-programs-ce/graduate/doctor-nursing-practice/bsn-dnp-option>
- <https://www.uky.edu/nursing/academic-programs-ce/graduate/doctor-nursing-practice/msn%E2%80%93dnp-option>
- **UK PMHNP Track Coordinator:** Dr. Andrew Makowski; ama235@uky.edu

Financing Your Education

UK Employee Education Program (EEP) for full-time employees

- EEP program is a benefit provided by the University and administered by the HR Benefits Office. Open to all regular, full time UK employees.
 - Covers 6-8 credit hours per semester (Fall, Spring, and Summer)
 - Maximum of 18 hours per year (Fall, Spring & Summer combined)
- Employees are required to submit EEP form each semester to UK's HR office for tuition waiver. Employee pays course fees.
- Graduate level waivers in excess of \$5,250 per year are subject to tax as mandated by IRS section 127
 - For eligibility, visit the HR website www.uky.edu/hr
 - Please direct inquiries regarding the EEP program to edubenefits@uky.edu
 - Anita Dawson, UK - EEP Program Coordinator

Financing Your Education, continued

UK Employee Education Program (EEP/FEP)

- Please be reminded that only you or your child can use your EEP/FEP benefit at one time
- The benefit cannot be used by both the employee and the child during the same semester

Financing Your Education, continued

- The UK HealthCare Nursing Tuition Contract is by application only and if approved by the Committee, can be used to pay for non-UK nursing programs (that UK College of Nursing does not offer) such as:
 - MSN in Psychiatric Mental Health Nurse Practitioner (PMHNP) (EKU and Frontier Nursing University)
 - MSN in Nursing Education (Benedictine, IWU, NKU, EKU are just 4 examples)
 - MSN in Nurse- Midwifery (Frontier Nursing University and Univ. of Cincy are just 2 examples)
 - MSN in Nursing Informatics (Chamberlain, WGU and Vanderbilt are just 3 examples)

Please direct additional inquiries about the Nursing Tuition Contract Program or UKHC Scholarships to hospitalpayments@uky.edu ~ Andrea Wright, Coordinator

OTHER SCHOLARSHIPS:

- UK College of Nursing: Average awards of \$1000-2000 per year.
 - Application deadline March 30th for next academic year
 - Limited funds
- Kentucky Board of Nursing Nurse Incentive Scholarship (NISF)
- Specialty Organizations: AACN, ONS, STTI, ENA, NBNA
- Nurse Faculty Loan Program (NFLP)
 - Percentage of loan funds can be forgiven for graduates once they take a position as nurse faculty upon degree completion. Up to 85% of funds forgiven after 4 years of employment as nursing faculty
 - Requires 3 college teaching courses to be completed during degree program
 - Repayment penalty is high for those who do not meet forgiveness criteria

Contact Information

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