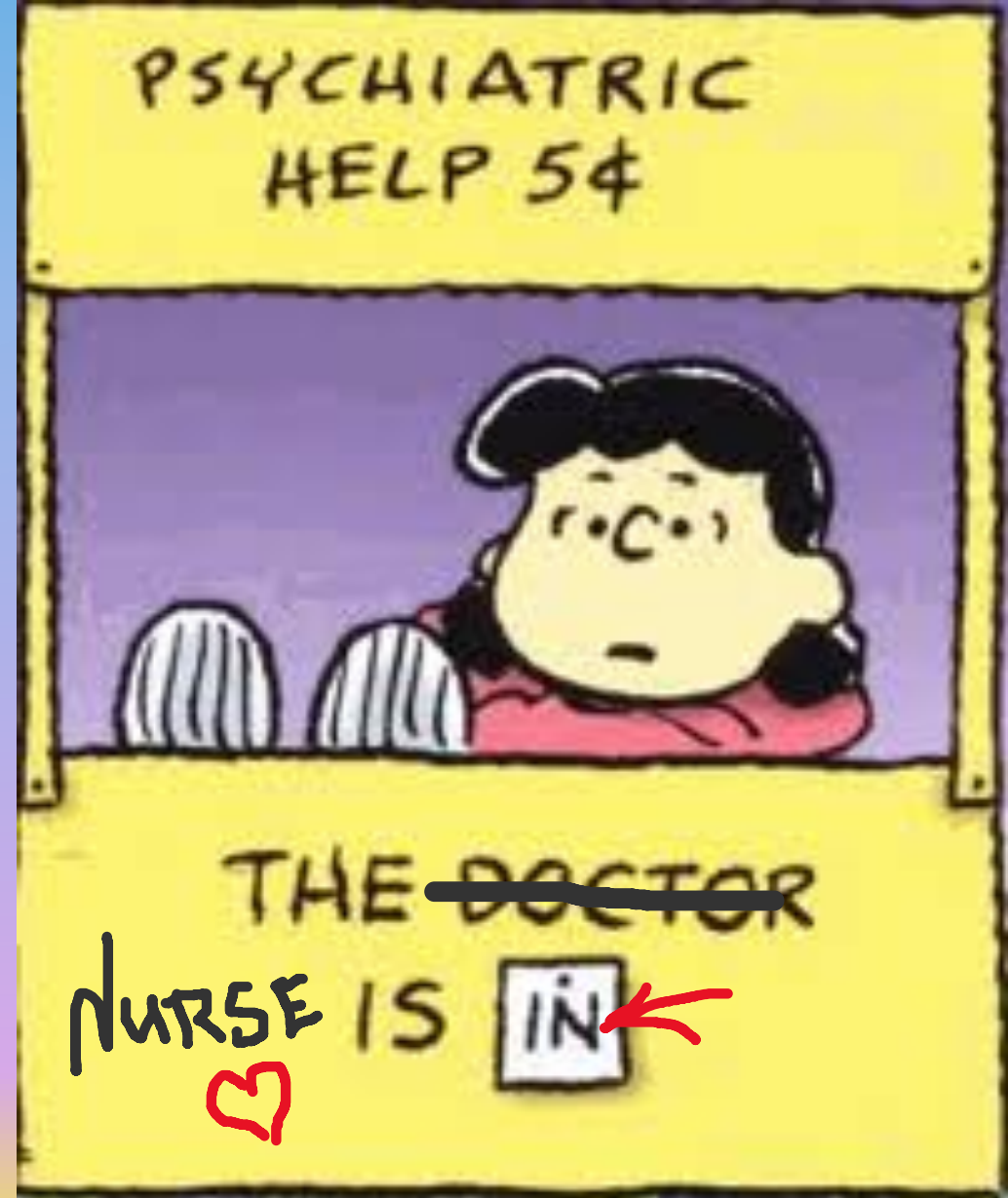


# PSYCHIATRIC NURSING CAREERS: CHALLENGES AND TRIUMPHS



October 25, 2018

ROBERTA STEVENS, RN—  
BSN, MSN, CLINICAL  
SPECIALIST IN COMMUNITY  
MENTAL HEALTH NURSING.  
STAFF NURSE, CENTRAL  
KENTUCKY RECOVERY  
CENTER, LEXINGTON,  
KENTUCKY.





I wonder how  
many people  
I've looked at  
all my life and  
never seen.

-John Steinbeck

WHAT I WANTED TO BE WHEN I GREW UP



**ROBERTS**  
WESLEYAN COLLEGE

1974-1978: BSN--ROBERTS  
WESLEYAN COLLEGE,  
ROCHESTER, NEW YORK.



© Photo Credit: Matthew Conheady - NYHistoric.com (9/2013)

1977 V.A.  
HOSPITAL  
CLINICAL-  
"ROBERT,"  
DEPRESSED  
WWII  
VETERAN



AUGUST 1978-  
SEPTEMBER 1979—  
UNIVERSITY OF  
KENTUCKY,  
ADOLESCENT  
PEDIATRICS, TEAM  
LEADER/ROTATING  
CHARGE NURSE



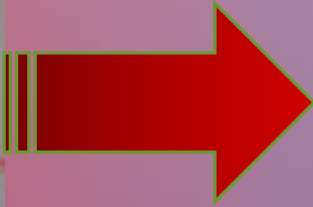
# THERE'S NO PLACE LIKE HOME...

## 1979--UK INPATIENT PSYCHIATRY



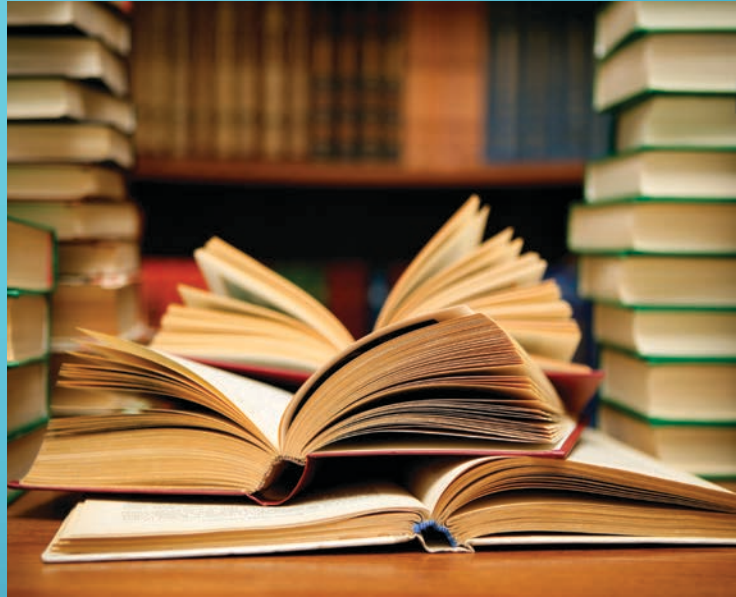
- A WHOLE NEW WORLD!
- TONS TO LEARN AND CARRY WITH ME FOR A LIFETIME.
- PATIENTS STAYED FOR MONTHS, SOMETIMES A YEAR.
- WORKED WITH DR. WILBUR OF "SYBIL" FAME—FASCINATING.
- HERE 1979-1985, THEN 2002-EARLY 2018 (MOVED TO SAMARITAN DURING THESE YEARS.)

# A GOOD HAIRCUT REALLY DOES MAKE THE MAN...



FROM POST-SUICIDE ATTEMPT, HAIR COVERING ENTIRE FACE, TO HANDSOME YOUNG MAN ATTENDING COLLEGE AT UK!

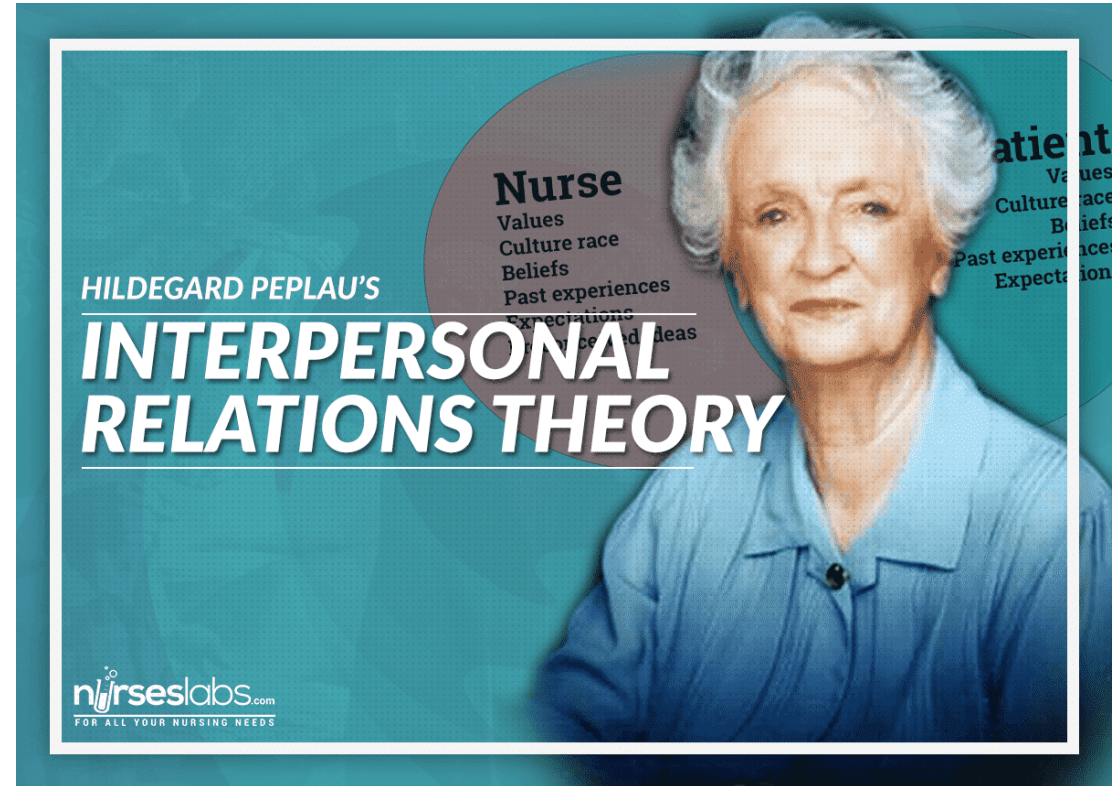




1982-1983: MSN--UNIVERSITY OF  
KENTUCKY, COLLEGE OF NURSING  
LEXINGTON, KENTUCKY

## What is Interpersonal Relations Theory?

- Emphasized the nurse-client *relationship* as the foundation of nursing practice
- The interpersonal model emphasizes the need for a partnership between nurse and client as opposed to the client passively receiving treatment (and the nurse passively acting out doctor's orders).
- *shared experience* - Nurses could facilitate this through observation, description, formulation, interpretation, validation, and intervention



# SO WHAT CAN YOU DO AS A PSYCH NURSE?

AS A RN, INPATIENT PSYCHIATRY UNITS OFFER A BROAD VARIETY OF OPPORTUNITIES FOR DIRECT CARE—INCLUDING MAINTAINING A SAFE ENVIRONMENT, PROVIDING PHYSICAL CARE, GIVING MEDS, TEACHING ABOUT ILLNESS & MEDS, CONDUCTING THERAPY GROUPS, WORKING WITH FAMILIES, FACILITATING DISCHARGE PLANS.

AS A MSN, NEW DOORS WERE OPENED. I COULD TEACH (WHICH I DID FOR A YEAR) OR I COULD HAVE BEEN A THERAPIST IN A VARIETY OF SETTINGS--AND TRULY AM, AT HEART. I HAVE ALWAYS KNOWN THAT IN ORDER TO KEEP MY OWN SANITY I NEED TO BE ABLE TO LEAVE PATIENTS IN THE CARING HANDS OF OTHERS AT THE END OF THE DAY AND HAVE CHOSEN HOSPITAL/SHIFT POSITIONS AS RESULT.

THE OPPORTUNITIES EXIST FOR YOU TO LEARN & EARN AS MUCH OR AS LITTLE AS YOUR HEART DESIRES. THE REWARDS ARE FAR MORE THAN \$\$\$\$. A SMILE FROM A SAD FACE. A WORD FROM A MUTE PATIENT. MANY TIMES, THE "REWARD" IS A LIFE SAVED.



# WHAT I'VE BEEN DOING FOR THE PAST 40 YEARS:

- UK PEDIATRIC NURSE STRAIGHT OUT OF BSN PROGRAM.
- UK INPATIENT PSYCHIATRY
- GRADUATE SCHOOL--COMPLETED MSN PROGRAM
- RETURNED TO UK INPATIENT FOR A YEAR
- TAUGHT IN BSN PROGRAM AT ECU 1 YEAR---MISSED INPATIENT, BEDSIDE PSYCH NURSING TERRIBLY!
- CHARTER RIDGE HOSPITAL CHILD UNIT/WEEKEND SUPERVISOR, THEN INTAKE RN THE LAST YEAR THERE
  - INPATIENT PSYCH AT ST JOSEPH HOSPITAL UNTIL UNIT CLOSED
- RETURNED TO UK INPATIENT PSYCH/BEHAVIORAL HEALTH
- CENTRAL KENTUCKY RECOVERY CENTER



PLEASE DO CALL  
ME “MRS.  
DOUBTFIRE.”

MORE ENDEARING THAN A  
4 LETTER EXPLETIVE

FAR MORE APPEALING  
THAN A “FEMALE  
CANINE” REFERENCE...

A LETTER FROM A 13 YEAR OLD  
YOUNG LADY A FEW YEARS AGO.  
I REREAD IT NOW & THEN TO  
REMIND ME OF THE PRECIOUS  
THINGS THAT CAN HAPPEN.



Nurse  
Robbie, 😊

I want to thank you for showing me you cared, and for talking to me when you could've been doing something other than that. That conversation we had honestly saved my life, if we didn't talk then I wouldn't have any strength to carry on.

Your godball self, saved my life!

I guess it goes to show conversations can help so much. You showed me, "I was here for a reason," to help someone like the "past me"; in the near future, and I hope to help whoever it may be, just as much as you helped me. Keep doing you! Don't let anyone or anything tell you to do different. We're all made the way God thought we should be, and to do something YOU did.  
Thank you, Robbie! =

CENTRAL KENTUCKY RECOVERY CENTER—BUILDING  
SUPPORT FOR THOSE WITH CHRONIC MENTAL ILLNESSES  
IN EFFORT TO FACILITATE RETURN TO INDEPENDENT  
LIVING. (LOCATED ON ESH CAMPUS.)





GROW WHERE  
YOU'RE  
PLANTED.  
BETTER YET,  
PLANT  
YOURSELF  
WHERE YOU'LL  
GROW!





# THE PSYCHIATRIC NURSE: INVESTIGATING THE MIND

CHRISTINA BROUGHTON, MSN, RN-BC

BEHAVIORAL HEALTH SPECIALIST- UK GOOD SAMARITAN HOSPITAL

# MY ROLE AS A PSYCHIATRIC NURSE

- I am a Behavioral Health Specialist at UK Good Samaritan Hospital.
- This is a rather innovative new role that you can expect to see grow as the need and recognition for mental health services continues to rise.
- I believe we can expect to see this often overlooked area of nursing to boom as we become ever more aware of the vast needs that pop up in our every day lives.
- Simply watch the news and you quickly realize the fragility of the mind and the multitude of voices asking for help.

# BACKGROUND

- I did my psychiatric clinical rotation at GSH over 20 years ago and fell in love due to the amazing mind of one of the child/adolescent psychiatrists. He was different.....caring and understanding.....often getting on the floor with the youth and throwing paper wads into baskets. He was.....brilliant! He took the time to teach the nursing staff and present his thoughts on each patient, explaining what the diagnosis was and what that would mean for each patient. He treated the patients like people....not cases....as if they were his own. From that point on, I was hooked. I never did any other type of nursing, really from that day on.....and I have never regretted it!

# MY DAY IN A NUTSHELL

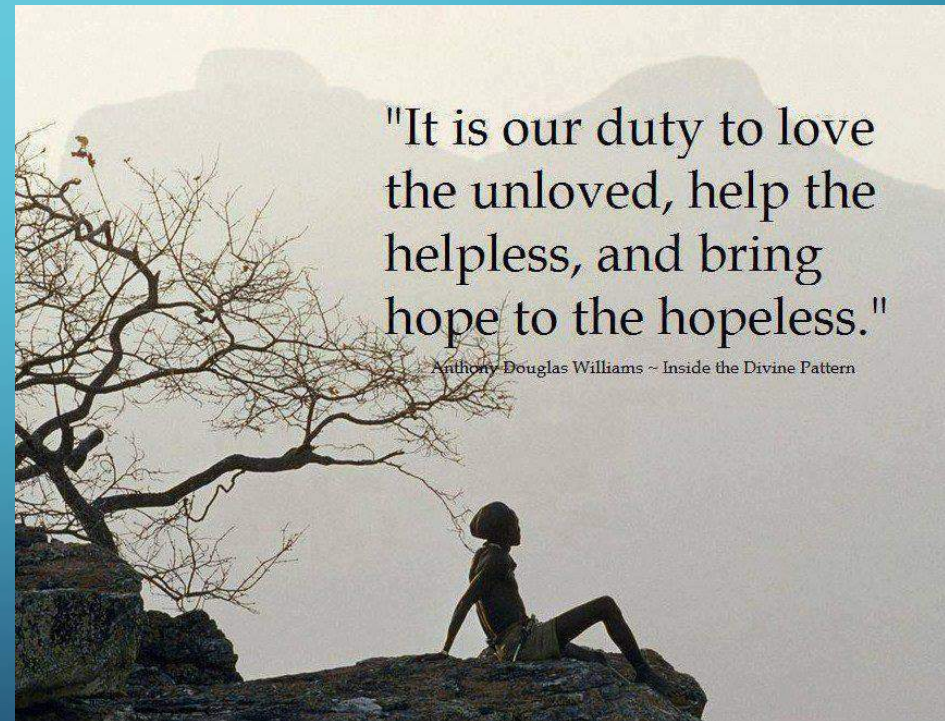
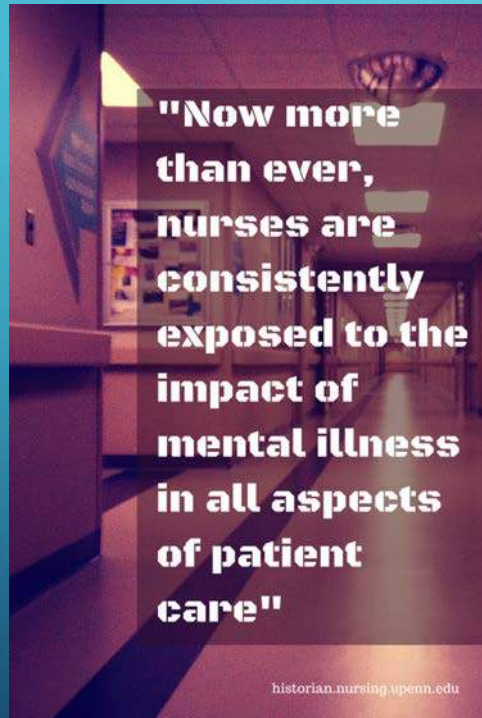
- At GSH, there are two Behavioral Health Specialists. Our role was created due to a perceived need for both staff and patients to better understand psychiatric care to include substance abuse and mental health issues and behaviors.
- We do see patients daily, but we also provide a wealth of education to staff, patients, and families. We assist when difficult behaviors are noted, both on the patient side and the clinical side, and we make recommendations on delivering psychiatric care.
- We are a resource for all when interventions are being discussed and implemented. We are also now directly interfaced with the in house psychiatric consult team in an effort to reach those individuals in our care who are unidentified by other means.

# EDUCATION

- My position requires a minimum of a MSN and certification within this specialty. It is my personal belief that psychiatric care is very black and white.....you either hate it.....or love it. There seems to exist no gray. If you find you can have compassion for patients whom are often the most difficult to treat and you want to help make a difference....this might be the niche for you! It's a bumpy road at times, but remember, if you find a road with no obstacles, it probably doesn't lead anywhere.

I WANT TO  
INSPIRE PEOPLE.  
I WANT  
SOMEONE TO  
LOOK AT ME  
AND SAY,  
"BECAUSE  
OF YOU I DIDN'T  
GIVE UP."

# GET READY....PSYCH IS EVERYWHERE...IT'S THE HUMAN CONDITION!



The background is a gradient of blue. In the corners, there are decorative white lines that resemble a circuit board or a network diagram, with small circles at the end of the lines.

# PSYCHIATRIC MENTAL HEALTH NURSE PRACTITIONER

Jacqueline Barclay, RN, BSN, MSN, PMH-NP, BC

# WHAT'S MY TITLE ?

A lot of letters but what do they mean?

- **APRN**- Advanced Registered Nurse Practitioner
- **PMH-NP, BC**- Psychiatric Mental Health Nurse Practitioner, Board Certified



# WHERE I WORK

- Eastern State Hospital- Inpatient facility for the diagnosis and treatment of SPMI- Severely Persistently Mentally Ill. Second oldest psychiatric hospital in the country. Serves 50 of the 120 counties in the state.
- Only 202 a, treatment hospital in Lexington serving the Bluegrass Region of the state.

# WHAT ELSE IS OUT THERE ?

- Private practice- May practice independently in KY with some collaborative agreement requirements.
- The Ridge- Private inpatient psychiatric hospital serving children and adults. Also have Intensive Outpatient Treatment
- UK Good Samaritan Hospital Behavioral Unit- Inpatient psychiatric unit managed by UK Dept. of Psychiatry
- CMHC- Community Mental Health Centers- Bluegrass. Org, Pathways, Adanta, Mountain Comp...
- Prison System
- School System

# HOW DID I GET HERE ?

Funny story...



# A DAY IN THE LIFE...

- Check for new admits and any significant overnight events
- Round with MD on all patients
- Write any scheduled discharges and order changes
- Brief team meeting
- Provide testimony for commitment and forced treatment hearings
- Evaluate new patients

# A DAY IN THE LIFE...

- Dictate, dictate, dictate
- Committee meetings
- Ongoing assessment and intervention of patients throughout the day and crisis management.

# PURSUING THE DREAM

- Consider working as MHA (think CNA for psychiatry) to learn more about the field
- Pursue secondary education and shadow RN/APRN if possible.
- Find a mentor.

# WHAT DOES IT TAKE ?

- Undergraduate BSN degree
- GO GET SOME EXPERIENCE!!!
- Graduate degree/ post masters certificate with focus on Psychiatry
- Must maintain active RN license to have APRN license and must be board certified to practice as an APRN in KY
- Renewal of board certification every 5 years. Various ways to meet recertification requirements.
- Some practice areas may require DEA. Eligible after one year of licensure

# KNOW YOUR ROLE

- The number one most important responsibility of the PMH-NP is to GIVE HOPE. More important than any prescription that can be written.
- Assess, diagnose, and treat psychiatric illness. Help differentiate mental illness from possible medical differentials.
- Participate in court process if working in a 202 a facility
- Collaborate with other disciplines in order to provide the most comprehensive care available.
- Partner with clients to come up with treatment plan he/she will be most likely to be adherent.
- And finally, always always, always GIVE HOPE



The background is a blue gradient with white circuit-like lines in the corners. The lines consist of straight segments and small circles, resembling a network or data flow diagram.

GO CATS

The image features a blue gradient background with white circuit-like lines in the corners. These lines consist of straight paths that branch out and terminate in small circles, resembling a network or data flow diagram. The lines are positioned in the top-left, top-right, bottom-left, and bottom-right corners, framing the central text.

# Questions?

# CONTACT INFORMATION

Christina Broughton, MSN, RN-BC

Behavioral Health Specialist- UK Good Samaritan Hospital

[christina.broughton@uky.edu](mailto:christina.broughton@uky.edu)

Roberta (Robbie) Stevens, MSN, RN

Staff Nurse - INPATIENT PSYCHIATRY UNITS – UK Good Samaritan Hospital and

Clinical Nurse- Central Kentucky Recovery Center

[rlstev2@email.uky.edu](mailto:rlstev2@email.uky.edu)

Jacqueline Barclay, RN, BSN, MSN, PMH-NP, BC

Psychiatric Mental Health Nurse Practitioner

Eastern State Hospital-Managed by UK HealthCare

[jacqueline.barclay@uky.edu](mailto:jacqueline.barclay@uky.edu)