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LEARNING OBJECTIVES	
Discuss	Discuss education, certification, and licensure requirements for PMHNPs in the USA.
Discover	Discover the role and scope of practice for PMHNPs.
Identify	Identify employment opportunities and practice settings for PMHNPs.
Understand	Understand the importance of PMHNP roles in health care.

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WHAT IS A PMHNP?

- PMHNPs are advanced practice registered nurses with expertise in the assessment, diagnosis, and treatment of mental health issues for patients across the lifespan.

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PMHNP OVERVIEW

- PMHNPs assess, diagnose and treat individuals and families who have psychiatric and/or substance disorders. They also help those at risk to prevent the development of these disorders.
- PMHNPs use a range of skills to provide holistic care, including prescribing medication and providing individual, family and group therapy.
- Instead of just treating an illness, PMHNPs take time to partner with a patient to help him or her achieve his/her own recovery and wellness goals.

(APNA, 2022)

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BACKGROUND

1954: PMHCNS role began in 1954 by Hildegard Peplau

1990s: PMHNP role was introduced in early 1990s

2001: ANCC certification exam beginning in 2001

2008: Consensus Model for APRN Regulation in 2008 led to recommendation of one entry educational focus- the PMHNP

(APNA, 2022; NCSBN, 2008; Drew, 2014)

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BECOMING A PMHNP

In the USA, to become a PMHNP you need to:

- Obtain an entry-level nursing degree that leads to licensure as a registered nurse.
- Obtain a Master of Science in Nursing or doctoral degree in advanced practice psychiatric nursing from an accredited nursing program.
- Pass the American Nurses Credentialing Center board certification examination for Psychiatric-Mental Health Nurse Practitioners (PMH-NP).
- Renew your certification every five years, meeting clinical practice and continuing education requirements.

(APNA, 2022)

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PMHNP EDUCATION

- Masters or doctoral preparation
- Coursework and clinicals
- PMHNP lifespan education
- At least 500 direct patient care clinical hours
- Clinical training in at least 2 psychotherapeutic treatment modalities

(ANCC, 2020)

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PMHNP EDUCATION

PMH-APRNs are educated in a holistic model of psychiatric-mental health care. All PMHNPs are academically prepared to provide mental health promotion and mental illness diagnosis and treatment across the lifespan. Students learn to diagnose and treat simple and complex psychiatric and mental health problems.

The PMH-APRN graduate education consists of:

- Basic science, i.e., pathophysiology
- Advanced health assessment
- Brain and behavioral correlates
- Advanced psychopharmacology
- Psychotherapeutic techniques
- Clinical rotations in outpatient mental health, hospital or residential care settings

(APNA, 2022)

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LEVEL OF EDUCATION

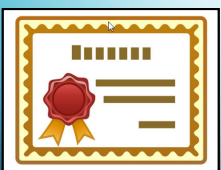


- Masters of Science in Nursing (MSN), Post-Graduate Certificate, Doctor of Nursing Practice (DNP), Doctor of Philosophy (PhD).
- Career goal considerations and other factors may determine level of PMHNP education.
- In the USA, the National Organization of Nurse Practitioner Faculties (NONPF) has recommended entry-level nurse practitioner education to move to the DNP degree (goal of 2025).

(NONPF, 2018)

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CERTIFICATION IN THE USA



- American Nurses Credentialing Center (ANCC)
- Psychiatric-Mental Health Nurse Practitioner (Across the Lifespan) Certification (PMHNP-BC)
- The credential is valid for 5 years and must then be renewed

(ANCC, 2022)

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ANCC CERTIFICATION

The ANCC PMHNP board certification examination is a competency-based examination that provides a valid and reliable assessment of the entry-level clinical knowledge and skills of nurse practitioners.

This certification aligns with the Consensus Model for APRN Regulation: Licensure, Accreditation, Certification and Education.

175 questions (150 scored). Up to 3.5 hours, computer-based testing (Prometric).


Category	Content Domain	Number of Questions	Percentage
I	Scientific Foundation	30	20%
II	Advanced Practice Skills	38	25%
III	Diagnosis and Treatment	37	25%
IV	Psychotherapy and Related Theories	22	15%
V	Ethical and Legal Principles	23	15%
TOTAL		150	100%

(ANCC, 2022)

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LICENSURE AND SCOPE OF PRACTICE IN THE USA


- PMHNPs practice under the rules and regulations of the state in which they are licensed: their titles, scope of practice, and requirements for advance licensing vary depending on the state.
- PMH APRNs may be licensed in two different roles:
 - Psychiatric Mental Health Nurse Practitioner (PMHNP)
 - Psychiatric Mental Health Clinical Nurse Specialist (PMHCNS)
- Licensed through the state Board of Nursing.



(APNA, 2022; ANCC, 2022)

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PRESCRIPTIVE AUTHORITY



- In the USA, all 50 states permit APRNs some level of prescriptive authority.
- Many states allow APRNs to diagnose, treat, order diagnostic tests, and prescribe medications to patients without physician oversight under the licensure authority of the state board of nursing.
- Other states limit APRN scope of practice, such as by requiring a collaborative agreement with another health provider in order to provide patient care.

(APNA, 2022)

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PMHNP ROLES

PMHNPs deliver holistic, personalized mental health care as they:

- Integrate biological, psychological, social, and spiritual elements to treat the whole person.
- Teach people how to manage their mental health and improve their overall health.
- Emphasize health education, wellness promotion, and prevention of disease.

PMHNP practice competencies:

- Psychiatric assessment and diagnosis
- Psychopharmacology and prescribing medications
- Psychotherapy and other non-pharmacological interventions
- Clinical decision-making, safety planning, crisis interventions, patient management, documentation, consultation, and advocacy.

(APNA, 2022)

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PMHNP PRACTICE SETTINGS



Acute mental health settings- inpatient psychiatry and EDs	Outpatient clinics	Community mental health	Residential settings and home health	Substance treatment settings
Colleges and universities	Private practice	Integrated care settings	Specialty settings	

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PMHNP SPECIALIZATION


- PMHNPs may specialize in a specific area or in treatment of a particular population such as children, adolescents, geriatrics, perinatal, the seriously mentally ill, substance use disorders, trauma, forensics, LGBTQ populations, or others.



(APNA, 2022)

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DEMAND FOR PMHNP



- Worldwide, there is a substantial gap between people needing mental health care and those with access to care.
- Global Burden of Diseases, Injuries, and Risk Factors Study (GBD) 2019 showed that mental disorders remained among the top ten leading causes of burden worldwide.
- Significant mental health needs and increased demand for mental health providers due to COVID-19 pandemic.

(GBD, 2019; SAMHSA, 2019)

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CONCLUSIONS

- In the USA, PMHNPs are certified and licensed, masters or doctorally-prepared advanced practice nurses.
- PMHNPs are employed in numerous and diverse practice settings addressing the mental health needs of individuals, families, groups, and communities.
- PMHNP roles and scope of practice cover a broad range of competencies and services.
- PMHNPs have a very important role in health care!

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QUESTIONS/COMMENTS?

Thank you!

Contact Information:

Kerry Peterson, PhD, DNP, PMHNP-BC
Email: kerry.a.peterson@cuanschutz.edu

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