

CONTINUING PROFESSIONAL DEVELOPMENT ON SECOND-GENERATION ANTIPSYCHOTICS FOR ACUTE CARE PSYCHIATRIC-MENTAL HEALTH STAFF NURSES

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STATEMENT OF THE PROBLEM (PICOT)

In the adult mentally ill population compliance with second generation antipsychotics (SGAs) poses a problem secondary to the metabolic side effects. Many of the clients served at an acute care psychiatric hospital have developed metabolic side effects such as diabetes secondary to SGAs. Therefore, it is essential for psychiatric-mental health (PMH) staff nurses employed at the acute care hospital to be knowledgeable on SGAs and metabolic syndrome as well the concern that SGAs contribute to medical problems in the mentally ill. Increasing nurses' knowledge on SGAs will translate to practice as the nurses provide education to clients.

Population: Psychiatric-mental health (PMH) staff nurses caring for clients taking SGAs in an acute care psychiatric hospital.

Intervention: The continuing education program on SGAs was designed and implemented for a cohort of acute care PMH staff nurses using information and communication technologies.

Comparison Intervention: Staff nurses at the acute care psychiatric facility tend to be less aware of metabolic syndrome associated with SGAs; therefore, knowledge will be enhanced through provision of a continuing education program.

Outcomes: The intervention enhanced acute care PMH staff nurses knowledge of SGAs, a safe practice environment, patient safety, and improved health outcomes for clients with or at risk for metabolic syndrome.

Timing: A one day program and self-learning modules on SGAs was developed to provide training to a group of PMH staff nurses that work in an acute care psychiatric facility.

PROJECT OBJECTIVES

- Examine PMH staff nurses' knowledge on education and treatment guidelines for schizophrenia and SGAs in an acute care mental health hospital
- Provide continuous professional development training modules on schizophrenia and SGAs electronically for PMH staff nurses in an acute care mental health hospital



SYNTHESIS OF EVIDENCE

A systematic literature review was conducted utilizing Cumulative Index of Nursing and Allied Health Literature (CINAHL), Academic Search Premier, Google Scholar, Medline, PsycINFO, ScienceDirect, and other evidence-based resources

Key Terms : acute care mental health hospital, acute care mental health nurses, continuous professional development, lifelong learning, metabolic syndrome, obesity, schizophrenia, recovery model, and second-generation antipsychotics.

SYNTHESIS OF REVIEW OF LITERATURE

- Patients' psychiatric as well as comorbid medical diagnoses need to be closely monitored while receiving SGAs
- Psychiatric mental health nurses value continuing professional development

IMPLEMENTATION FRAMEWORK

- Recovery Model for patients
- Empowered nurses to help the patients set goals for their recovery with medication management and managing their lifestyle



INTERVENTIONS

- Assessed knowledge of schizophrenia, SGAs, metabolic syndrome associated with SGAs, and adverse effects of SGAs
- Provided education on schizophrenia, SGAs, metabolic syndrome associated with SGAs, and adverse effects of SGAs
- Provided education on monitoring for metabolic syndrome
- Provided information on the PMH acute care staff nurses role in providing education to patients on schizophrenia, SGAs, metabolic syndrome, and a healthy life
- Modules incorporated into new nurse orientation

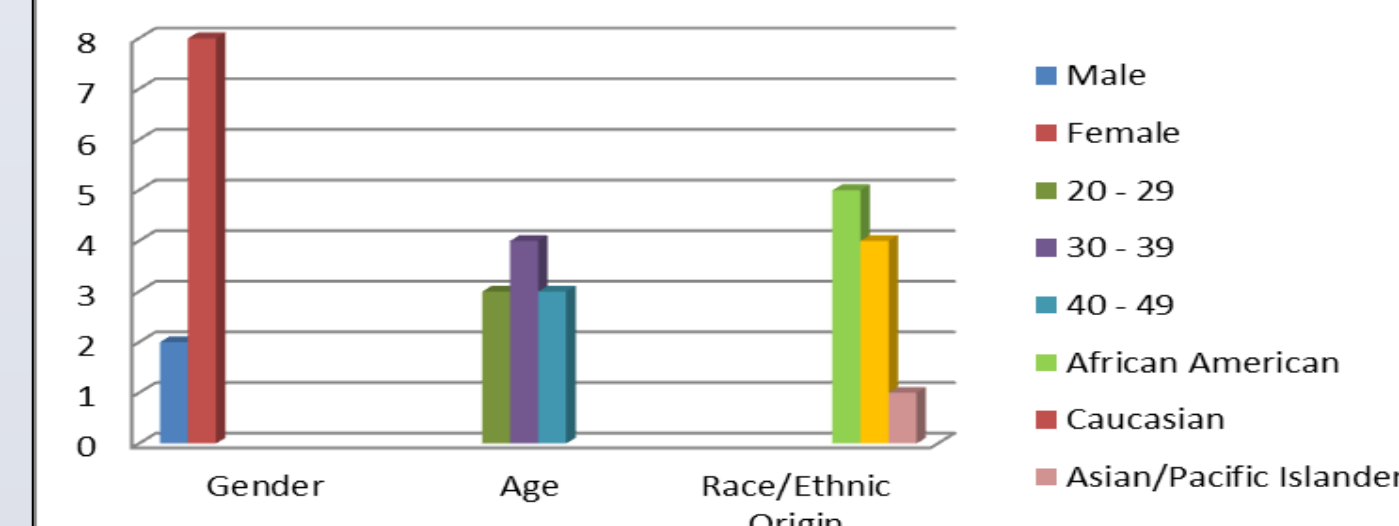
METHODS OF EVALUATION

- Pre and post-test designed to assess acute care PMH staff nurses knowledge of the intervention
- Presenter and presentation educational program

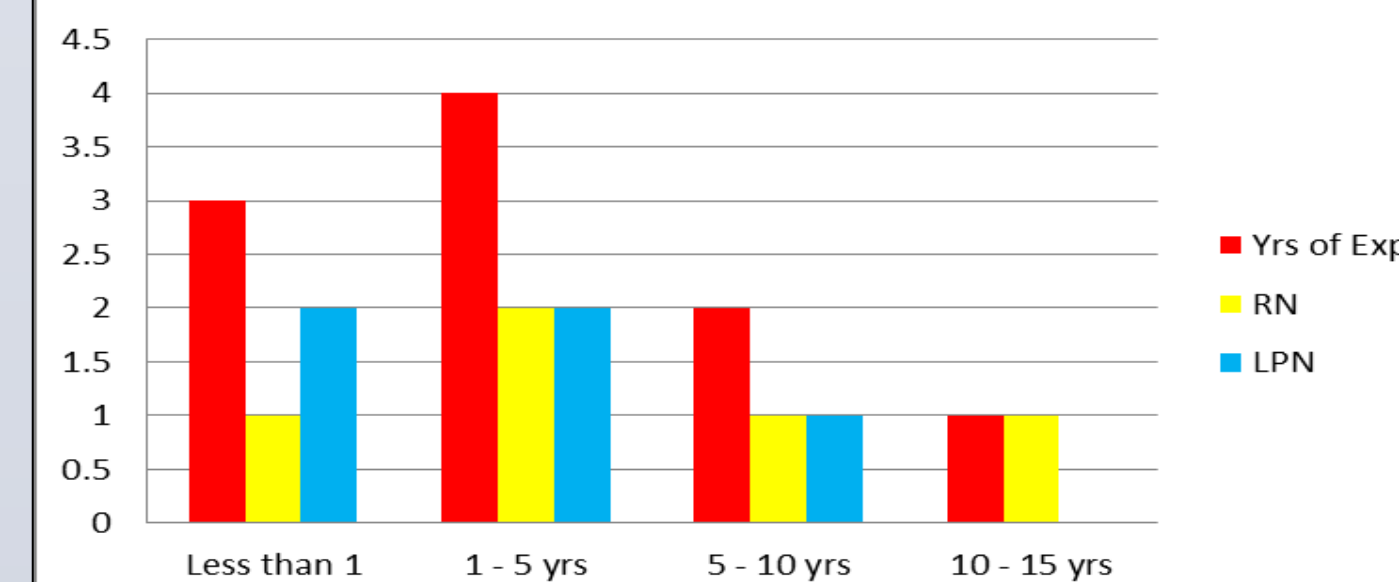
RESULTS

- All participants strongly agreed that they can identify symptoms of schizophrenia and identify SGAs medications.
- All of the participants strongly agreed that continuous professional development programs are needed.
- The majority (n=8; 80%) were able to identify, monitor, and educate patients on adverse effects associated with SGAs and metabolic syndrome.
- Ninety percent of the participants (n=9) stated that the educational intervention provided them with knowledge to educate patients with a diagnosis of schizophrenia about SGAs.
- The participants (n= 10) for intervention were half RNs and half LPNs

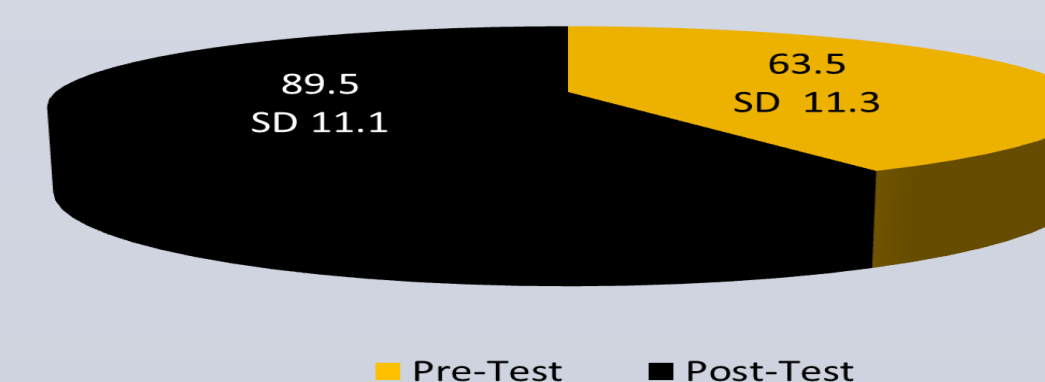
Demographic Survey



Yrs of Experience as PMH Staff Nurse



Pre-Post Test



PRACTICE CHANGE IMPLICATIONS

- Enhanced acute care PMH staff nurses' knowledge to not only provide medication education to clients that are taking SGAs but also to monitor and care for clients with or at risk for metabolic syndrome associated with taking SGA medications.
- The PMHNP DNP student assumed the role as leader in this practice change initiative in order to enhance the knowledge of staff nurses and improve patient outcomes.
- Completion of module by all nurses online yearly.
- Modules will be updated quarterly based on scientific evidence.



Metabolic syndrome

- Central obesity
- High blood pressure
- High triglycerides
- Low HDL-cholesterol



RECOMMENDATIONS

- Continue the DNP prepared PMH advanced practice nurses' role as advocate and consultant for other acute care PMH staff nurses including support for lifelong learning that incorporates accountability for practice in acute care psychiatric hospitals.
- Continue professional development programs to maintain the knowledge of nurses and other professional disciplines caring for clients hospitalized in an acute care psychiatric hospital.
- Provide acute care psychiatric mental health staff nurses education on other health problems that are specific to individuals diagnosed with psychiatric disorders.

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