

Creating Space to Talk About Psychiatric and Mental Health Nursing Practice

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in Eastern Ontario*



Services de santé
Royal Ottawa
Health Care Group





The Royal Ottawa Mental Health Center
Ottawa Ontario(ROMHC)



Community Mental Health Program
320 Catherine Street Ottawa Ontario

The Creation of the Nurses Group

- 2005-2007: Nurses Journal Club met monthly to review current articles and review physical health conditions organized by an Advanced Practice Nurse on The Psychiatric Outreach Team.
- Aug 2009: Nurses from the Community Mental Health Program expressed interest in participating in a Nurses Group.
- Sept 2009: The manager of Community Mental Health program agreed to allocate time and space for “The Nurses Group.”
- The nurses identified times and dates to meet. Room booking was done 1 month ahead of time to reserve the conference room.

The Creation of the Nurses Group

- November 2009: Created an email user group: Email invitation sent out for 1st meeting January 25, 2010
- Jan 2011: Reminder email sent out about first meeting (Bring CNO Reflective Practice documents).
- January 25, 2010 first meeting. Learning goals identified as a group. Learning activities were divided up between the nurses.
- Meetings were scheduled every 1-2 months.
- A post meeting email summary sent out to Nursing group: Reviewing Outcome of meeting and agenda for next meeting



The Nurses Group

The Importance of Creating Space for Psychiatric and Mental Health Nursing

- ***“This has been helpful to share experiences and ideas that are unique to Community Mental Health and nursing. We have initiated changes in our care delivery and we are being responsive to the client we serve.”***
- Validates expert unique nursing perspective, within a generic community mental health team (Graham, 2000)
- Improves Patient care (Bulman & Schutz, 2008)
- Information and Education

The Importance of Creating Space for Psychiatric and Mental Health Nursing

- Updating colleagues on medical and psychiatric nursing practises (Parish, 2011)
- Support and connection among nurses (Bulman & Schutz, 2008)
- Transparency in self regulation through group process.
- Meets professional standards and encourages lifelong learning in healthcare (Howatson-Jones, 2010)
- Improvement in Nurses Role Satisfaction and Confidence (Cooke and Matarasso, 2005)

Identifying learning Needs 2010

Developed Learning Goals specific to the mandated College of Nurses Practice Standards:

- Ethics:
- Infection Control

Learning Activities for Ethics Standard 2010

Ethics:

- Reviewed Practice Standard :Ethics (CNO,2009)
- Reviewed Personal Health Information and Protection Act (Confidentiality and Privacy (CNO, 2009)
- Identified resources to resolve ethical dilemma's within the institution (CNA, 2010)
- Identified an Ethical decision making tool

Learning Activities for Ethics Standard 2010

- Reviewed legal obligations involved with the disclosure of personal health information
- Watched a video: Client Hoarding in the community and discussed ethical considerations (Mr. Nobody, 1983)
- Addressed Advances in Technology: Internet resources, Cinahl, CNA, Medscape, Library at the Royal.

Goal Page

This Goal is for QA Year:

Date created:

Last saved:

Goal (What do you want to learn or achieve?) <input type="text"/>	Which practice document does this goal relate to? <input type="radio"/> Infection Prevention and Control <input type="radio"/> Documentation <input type="radio"/> Nurse Practitioner <input type="radio"/> Other (Practice Standards and guidelines) <input type="text"/>
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Timeframes to achieve my goal

Start date: Expected completion date: Actual completion date:

Activities and timeframes to achieve my goal

Evaluation of changes to my practice or practice setting

I reflected on the following elements while completing this goal:

- Advances in technology
- Changes in my practice environment
- Entry-to-practice competencies
- Interprofessional care

Please review the College's Collection of Personal Information statement in the *Guide to Developing Your Learning Goals and Learning Plan 2011* to understand how the College uses your information.

College of Nurses Of
Ontario 2011

<http://www.cno.org/Global/docs/qa/Learning%20Goal%20Page.pdf>

QA Learning Plan Form 2009-2010

Page ___ of ___

Name: Jodi Lusk

CNO registration number: _____

Area of practice: Outreach-Mental Health

Position in nursing: RN

Practice standard	Goal
My goal relates to the following practice standard(s): <input type="checkbox"/> Infection Prevention and Control <input checked="" type="checkbox"/> Ethics <input type="checkbox"/> Nurse Practitioners <input type="checkbox"/> Other (Practice standards and guidelines)	What do you want to learn or achieve? What are the legal obligations involved with disclosure of personal health information with clients in the community settings / hospital.

Activities and timeframes to achieve my goal

- Review college of Nurses standards on disclosure/confidentiality. Personal health information & Protection Act. (Phipa) - April 6th.
 - Review current literature related to Health's BoC on disclosure & confidentiality.
 - Identify resources within ROMHC, & CON, & ENAO, & CNA ^{ethics} & ^{specialists}
 - Review current policies & procedures on disclosure within ROMHC & emailing clinical
 - Identify Advances in technology resources - googles, nurse portal CNA -
 - Watch video MK Nubody. (Hearings in the community)
 - Activity - identify changes in practise. Locking filing cabinets. Not leaving files on desk.
 - Bringing concerns to Clinical & Admin weekly meetings - to address interprofessional care
- Expected goal completion date _____

Evaluation of changes to my practice

- Identify & ethical pathway to make decisions, & bring case scenarios to nursing group.
- Create a resource sheet to orientation manual. Alert nursing council regarding acts of community considerations, regarding disclosure & confidentiality & policy & procedure concerns; emailing & calling client
- Video - collaboration in care homes - physical health shift & asking about surr.

Actual goal completion date _____

My learning plan addresses:

- | | |
|---|---|
| <input type="checkbox"/> Advances in technology | <input type="checkbox"/> Entry-to-practice competencies |
| <input type="checkbox"/> Changes in my practice environment | <input type="checkbox"/> Interprofessional care |

I have signed and dated the Declaration (see back page)

Initial CL Date April 7, 2010

Learning Activities for Infection Control 2010

- Reviewed MRSA policy (Royal Ottawa Health Care Group, 2009)
- Reviewed VRE policy (Royal Ottawa Health Care Group, 2009)
- Reviewed Fact sheet on Community –Acquired Methicillin-Resistant Staphylococcus (Public Health, 2010).

2011

Developed Learning Goals specific to the mandated College of Nurses Practice Standards:

- Documentation: Greater accountability, security and communication
- Infection Control

Learning Activities for Documentation 2011

- Greater Security of personal health information (faxes, and emails)
- Reviewed Royal email/fax Policy and Procedures
- Reviewed disclaimer on external emails
- I.e. “This Email may contain confidential and/or privileged information, for the sole use of the intended recipient. Any review or distribution by anyone other than the person for whom it was originally intended is strictly prohibited. If you have received this Email in error, please contact the sender and delete all copies. Opinions, conclusions, other information contained in this Email may not be that of the organization”.
- Completed E-learning module on MSE

Learning Activities for Documentation 2011

- Observed process to encrypt memory sticks
- Reviewed community agency procedures on emails related to clients
- Reviewed emailing health care providers using client non-identifiers
- Observed and practised flagging confidential /private emails
- Consulted with the Privacy Officer about the collection of information in black books
- Reviewed acceptable abbreviations and symbols
- Completed Self Test on Documentation (CNO website)

Learning Activities for Infection Control 2011

- Reviewed policy at the ROMHC on Pneumococcal Vaccine
- Read Hand Hygiene Policy and completed e-learning module, “Just Clean your hands” on ROMHC Internal Website
- Completed self test on Hand Hygiene

Future Considerations

- Is Reflective Practise a shared responsibility between the Organization and Nurses?
- How can time, space, and resources for nurses to reflect on practice be integrated into different clinical settings? In patient nursing?
- How can nurses access e-learning, self tests, and policies at any given time, to reflect on practise? Is there access to organizational website when offsite?

References

- Bullman, C., & Schutz, S. (2008). *Reflective practice in nursing 4th edition*. Oxford, United Kingdom: Blackwell Publishing.
- College of Nurses of Ontario. Oct 12 2011. <http://www.cno.org/>
- Graham, I.W. (2000). Reflective practice and its role in mental health nurses' practice development: a year-long study. *Journal of Psychiatric and Mental Health Nursing*, 7, 109-117.
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- Parish, C. (2005). RCN leads call for more reflective approach to mental health nursing. *Nursing Standard*, 20 (7), Oct 26-Nov 1, 10.