



Centre de santé mentale

Royal Ottawa

Mental Health Centre

Hope for the Future: A Clinical Innovation for Advanced Psychiatric Nursing Practice

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*Mental health and well-being for all • La santé mentale et le mieux-être pour
chacun*

Learning Objectives

1. Identify two features of the Tidal Model of Mental Health Recovery and Reclamation
2. Identify two features of Cognitive Behaviour Therapy (CBT)
3. List two similarities that the Tidal Model and CBT share



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How This Began

Started in March 2004

Clinical Nurse Consultant

- Advanced practice



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Responsibilities of Role

- Clinical leadership and consultation
- Specialized treatment
- Education and research



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Clinical Leadership and Consultation

- Clinical consultation
- Holistic assessment
- Positive working relationships
- Performance evaluation



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Specialized Treatment

- Assessment of referred patients
- Direct patient care



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Education and Research

- Facilitates education
- Research utilization and projects



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The Anxiety Disorders Program: Clinical Criteria



- Adults 18-65 y
- Axis I diagnosis of a DSM-IV-TR Anxiety Disorder
 - Refractory or complicated course of illness
 - need for specialized/intensive assessment and treatment
 - Indications for complex care needs
 - advanced CBT, medication, multi-professional intervention



Referral from family physician or treating specialist
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Anxiety Disorders

Categories:

- GAD
- OCD
- Panic Disorder
- PTSD
- Phobic Disorders

Complexity:

- Mood Disorders
- Substance Use
- Medical illnesses
- Social Adjustment

Adapted from: Shlik, 2007



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Anxiety Disorders Program

Who we are:

- Administrative Assistant
- Operations Director
- Clinical Director
- 2 Psychiatrists
- 3 Psychologists
- Clinical Nurse Consultant
- Occupational Therapist
- Social Worker

Partnerships:

- IMHR Clinical research Unit
- Family physicians
- Specialist physicians
- Community agencies
- ROHCG programs



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What We Do

- Consultation and assessment
- Psychiatric treatment and follow-up
- Psychological treatment: individual and group CBT
- Social and occupational involvement
- Treatment plan and coordination
- Program evaluation



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What is the Tidal Model?

- A key mid-range theory for nursing practice
- Tidal focuses on helping people, who have experienced some 'breakdown', to recover their lives as fully as possible

Buchanan-Barker & Barker, 2008



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Features of the Tidal Model

- Nurse-led
- Research-based
- Holistic
- Collaborative
- Person-centered
- Solution-focused
- Narrative-based
- Pragmatic and systematic



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What is Cognitive Behaviour Therapy (CBT)?

A form of time-limited, evidence-based psychotherapy proven in numerous clinical trials to be effective for a wide variety of disorders



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Origins of CBT

“Men are disturbed not by the things which happen, but by the opinions about the things”.

(Epictetus, Roman Philosopher, 100 A.D.)



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Origins of CBT (cont'd)

New York therapist Dr. Albert Ellis
and University of Pennsylvania's
Dr. Aaron Beck



Empirical Support for CBT

- Beck (2005): Current State of Cognitive Therapy
- Butler, Chapman, Forman & Beck (2005): The empirical status of cognitive-behavioral therapy
- Haby, Donnelly, Corry & Vos (2005). Cognitive behavioural therapy for depression, panic disorder and generalized anxiety disorder



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Empirical Support for CBT (cont'd)

- Houghton & Saxon (2007). CBT Psycho-Education & Nursing
- Myhr & Payne (2006). Cost-Effectiveness of Cognitive-Behavioural Therapy for Mental Disorders



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What I Do



Integration of Practices

Strengths of integration:

- Both evidence-based
- Collaborative
- Pragmatic/practical
- Identification of main problems in assessment assists in formulation of goals for therapy
- Cross over of some tidal commitments to therapy model (e.g. being transparent)



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Feedback

- ✓ “Got me thinking about problems that I hadn’t before. The impact on my life. Covered other things such as my personal philosophy and I see a thread through them”
- ✓ “Made me think about problems I have and what to do with them. Gives me a plan of action”
- ✓ “It is helpful to say things out loud”

Feedback (cont'd)

- ✓ “Never realized how important board games are. No one never asked me that”
- ✓ “Hard to gage at this point for helpfulness. Have been asked questions over the years and seen many doctors”
- ✓ “Realizing how much problems are interfering with my life ... on a daily basis”



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What Needs to Happen Now

Nursing research ...

Publish, publish, publish ...



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Thank
You!



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