# Psychiatric Mental Health NP Role-Specific Competency Self-Assessment

Student Name:

## PMHNP Core Competency: Scientific Foundation

Table : PMHNP Core Competency: Scientific Foundation

| **Role-Specific Competency** **CORE, *not* role specific**  | **Examples of Partial or Complete Attainment of the Competency** | **Areas Needing Further Development** |
| --- | --- | --- |
| Critically analyzes data and evidence for improving advanced nursing practice. |   |   |
| Integrates knowledge from the humanities and sciences in the context of nursing science. |  |  |
| Translates research and other forms of knowledge to improve practice processes and outcomes. |  |  |
| Develops new practice approaches based on the integration of research, theory, and practice knowledge. |  |  |

## PMHNP Core Competency: Leadership

Table : PMHNP Core Competency: Leadership

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| **Role-Specific Competency** | **Examples of Partial or Complete Attainment of the Competency** | **Areas Needing Further Development** |
| Participates in community- and population-focused programs that promote mental health and prevent or reduce risk of mental health problems and psychiatric disorders. |   |   |
| Advocates for complex patient and family medico-legal rights and issues. |   |   |
| Collaborates with inter-professional colleagues at the local, state, and national levels about advocacy and policy issues related to reducing health disparities and improving clinical outcomes for populations with mental health problems and psychiatric disorders. |   |   |

## PMHNP Core Competency: Quality

Table : PMHNP Core Competency: Quality

| **Role-Specific Competency** | **Examples of Partial or Complete Attainment of the Competency** | **Areas Needing Further Development** |
| --- | --- | --- |
| Evaluates the appropriate uses of seclusion and restraints in care processes. |  |  |

## PMHNP Core Competency: Practice Inquiry

Table : PMHNP Core Competency: Practice Inquiry

| **Role-Specific Competency** **CORE, *not* role specific** | **Examples of Partial or Complete Attainment of the Competency** | **Areas Needing Further Development** |
| --- | --- | --- |
| Provides leadership in the translation of new knowledge into practice. |   |   |
| Generates knowledge from clinical practice to improve practice and patient outcomes. |  |  |
| Applies clinical investigative skills to improve health outcomes. |  |  |
| Leads practice inquiry, individually or in partnership with others. |  |  |
| Disseminates evidence from inquiry to diverse audiences using multiple modalities. |  |  |
| Analyzes clinical guidelines for individualized application into practice. |  |  |

## PMHNP Core Competency: Technology & Information Literacy

Table : PMHNP Core Competency: Technology & Information Literacy

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| --- | --- | --- |
| **Role-Specific Competency** **CORE, *not* role specific** | **Examples of Partial or Complete Attainment of the Competency** | **Areas Needing Further Development** |
| Integrates appropriate technologies for knowledge management to improve health care. |   |   |
| Translates technical and scientific health information appropriate for various users’ needs.* 1. Assesses the patient’s and caregiver’s educational needs to provide effective, personalized health care.
	2. Coaches the patient and caregiver for positive behavioral change.
 |  |  |
| Demonstrates information literacy skills in complex decision making. |  |  |
| Contributes to the design of clinical information systems that promote safe, quality, and cost-effective care. |  |  |
| Uses technology systems that capture data on variables for the evaluation of nursing care. |  |  |

## PMHNP Core Competency: Policy

Table : PMHNP Core Competency: Policy

| **Role-Specific Competency** | **Examples of Partial or Complete Attainment of the Competency** | **Areas Needing Further Development** |
| --- | --- | --- |
| Employs opportunities to influence health policy to reduce the impact of stigma on services for prevention and treatment of mental health problems and psychiatric disorders. |   |   |

## PMHNP Core Competency: Health Delivery System

Table : PMHNP Core Competency: Health Delivery System

| **Role-Specific Competency** **CORE, *not* role specific** | **Examples of Partial or Complete Attainment of the Competency** | **Areas Needing Further Development** |
| --- | --- | --- |
| Applies knowledge of organizational practices and complex systems to improve healthcare delivery. |   |   |
| Effects healthcare change using broad-based skills including negotiating, consensus-building, and partnering. |  |  |
| Minimizes risk to patients and providers at the individual and systems levels. |  |  |
| Facilitates the development of healthcare systems that address the needs of culturally diverse populations, providers, and other stakeholders. |  |  |
| Evaluates the impact of healthcare delivery on patients, providers, other stakeholders, and the environment. |  |  |
| Analyzes organizational structure, functions, and resources to improve the delivery of care. |  |  |
| Collaborates in planning for transitions across the continuum of care. |  |  |

## PMHNP Core Competency: Ethics

Table : PMHNP Core Competency: Ethics

| **Role-Specific Competency** **CORE, *not* role specific** | **Examples of Partial or Complete Attainment of the Competency** | **Areas Needing Further Development** |
| --- | --- | --- |
| Integrates ethical principles in decision making. |   |   |
| Evaluates the ethical consequences of decisions. |  |  |
| Applies ethically sound solutions to complex issues related to individuals, populations, and systems of care. |  |  |

## PMHNP Core Competency: Independent Practice

Table : PMHNP Core Competency: Independent Practice

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| --- | --- | --- |
| **Role-Specific Competency** | **Examples of Partial or Complete Attainment of the Competency** | **Areas Needing Further Development** |
| Develops an age-appropriate treatment plan for mental health problems and psychiatric disorders based on biopsychosocial theories, evidence-based standards of care, and practice guidelines. |   |   |
| Includes differential diagnosis for mental health problems and psychiatric disorders. |   |   |
| Assesses impact of acute and chronic medical problems on psychiatric treatment. |  |  |
| Conducts individual and group psychotherapy. |  |  |
| Applies supportive, psychodynamic principles, cognitive-behavioral and other evidence based psychotherapies to both brief and long-term individual practice. |  |  |
| Applies recovery-oriented principles and trauma-focused care to individuals. |  |  |
| Demonstrates best practices of family approaches to care. |  |  |
| Plans care to minimize the development of complications and to promote function and quality of life. |  |  |
| Treats acute and chronic psychiatric disorders and mental health problems. |  |  |
| Safely prescribes pharmacologic agents for patients with mental health problems and psychiatric disorders. |  |  |
| Ensures patient safety through the appropriate prescription and management of pharmacologic and non-pharmacologic interventions. |  |  |
| Explains the risks and benefits of treatment to the patient and their family. |  |  |
| Identifies the role of the PMHNP in risk-mitigation strategies to clients in the areas of opiate use and substance abuse. |  |  |
| Seeks consultation when appropriate to enhance one’s own practice. |  |  |
| Uses self-reflective practice to improve care. |  |  |
| Provides consultation to healthcare providers and others to enhance quality and cost-effective services. |  |  |
| Guides the patient in evaluating the appropriate use of complementary and alternative therapies. |  |  |
| Uses individualized outcome measures to evaluate psychiatric care. |  |  |
| Manages psychiatric emergencies across all settings. |  |  |
| Refers patient appropriately. |  |  |
| Facilitates the transition of patients across levels of care. |  |  |
| Uses outcomes to evaluate care. |  |  |
| Attends to the patient-nurse practitioner relationship as a vehicle for therapeutic change. |  |  |
| Maintains a therapeutic relationship over time with individuals, groups, and families to promote positive clinical outcomes. |  |  |
| Therapeutically concludes the nurse-patient relationship, transitioning the patient to other levels of care when appropriate. |  |  |
| Demonstrates ability to address sexual/physical abuse, substance abuse, sexuality, and spiritual conflict across the lifespan. |  |  |
| Applies therapeutic relationship strategies based on theories and research evidence to reduce emotional distress, facilitate cognitive and behavioral change, and foster personal growth. |  |  |
| Applies principles of self-efficacy/ empowerment and other self-management theories in promoting relationship development and behavior change. |  |  |
| Identifies and maintains professional boundaries to preserve the integrity of the therapeutic process. |  |  |
| Teaches patients, families, and groups about treatment options with respect to developmental, physiological, cognitive, and cultural ability and readiness. |  |  |
| Provides psychoeducation to individuals, families, and groups regarding mental health problems and psychiatric disorders. |  |  |
| Modifies treatment approaches based on the ability and readiness to learn. |  |  |
| Considers motivation and readiness to improve self-care and healthy behavior when teaching individuals, families, and groups of patients. |  |  |
| Demonstrates knowledge of appropriate use of seclusion and restraints. |  |  |
| Documents appropriate use of seclusion and restraints. |  |  |