

# The Nurse Practitioner and Psychiatrist as Collaborators in Mental Health: What We Needed to Know to Make It Work

Deborah McGoldrick, Nurse Practitioner  
John Haggarty, Psychiatrist

14th Canadian Collaborative Mental Health Care Conference  
June 2013, Montreal, Canada

Conflict of  
interest:

None.



Mimi Gerow 2008

# Learning Objectives



- Practical
- Successful collaboration
- From idea to reality



**FFS → FHT → NP-Led Clinic**

FFS: Fee For Service

FHT: Family Health Team



## *Anishnawbe Mushkiki Nurse Practitioner-Led Clinic*

- Collaborative
- Health Promotion
- Disease Prevention
- Chronic Disease Management

# NPs provide patient care that is Comprehensive, Accessible, and Coordinated.

- Inter-professional team approach
  - Helps us support patients with complex health care needs
- Education
  - NP, RN, MD and medical secretary students welcomed
- Innovative health-care delivery model
- Services available in
  - English
  - Ojibway
  - Oji Cree



## ***Anishnawbe Mushkiki***

### *Nurse Practitioner-Led Clinic*

- 4 Nurse Practitioners
- 4 Allied Health Care Professionals
- 2 medical receptionists
- 1 administrative assistant
- 1 Administrative Lead
- Consulting physician fees per NP position





# Our clients were what we expected.

- No primary care
- Aboriginal and Non-Aboriginal
- Low \$E\$
- Suboptimal housing
- Vulnerable populations
- Depression & Anxiety
- Rheumatoid Arthritis



## And...

... they were more than what we had expected.

- Serious mental health conditions
  - Bipolar Disorders
  - Schizophrenia
- Addictions
- Attention Deficit Disorders
- Clients seeking narcotics





Thunder Bay is a leader in providing collaborative mental health care.

# Early, Indirect Consultation & Education



- NPs, Primary Care Physicians
- Other Psychiatrist
- Crisis MH Team



A Native American woman is captured in motion, dancing in a crowd. She wears a traditional, vibrant dress with a rainbow-colored sash and a feathered headdress. The background is a blurred crowd of people, suggesting a festival or public event. The overall scene is dynamic and celebratory.

Shift.  
Evolve.  
Grow.  
Learn.  
Change.

**Build your Team**  
**Roles &**  
**Responsibilities**  
**Time**  
**Requirements**  
**Resources**  
**Professional**  
**Development**  
**Remuneration**



Mimi Gerow, 2013

### **BUILD YOUR TEAM**

- Determine your mix of providers; no single provider can meet all the needs of the client
- Each profession or discipline brings their specific skills to client care
- Identify competencies required, skills needed, and experience
- Do capacity building where needed
- Consider their ability to work effectively within an interdisciplinary team and their knowledge level of resources within the community
- Your team needs to have a shared sense of purpose and commitment

### **BUILD YOUR TEAM**

- Determine your mix of providers; no single provider can meet all the needs of the client
- Each profession or discipline brings their specific skills to client care
- Identify competencies required, skills needed, and experience
- Do capacity building where needed
- Consider their ability to work effectively within an interdisciplinary team and their knowledge level of resources within the community
- Your team needs to have a shared sense of purpose and commitment*

### **ROLES AND RESPONSIBILITIES**

- Working with other health care professionals to ensure a common understanding of each other’s roles, responsibilities and contributions to client care
- Establishing mutually agreed upon methods for consultation
- Identifying the reason and level of urgency of the consultation
- Agreeing upon the level of consultation requested (opinion, recommendation, intervention , transfer of care
- Joint decision in transfer of care
- Clear transfer of accountability
- Each individual must have their own malpractice insurance

### **TIME REQUIREMENTS**

- Identify how much time will be available from the psychiatrist for consultation, case discussion, short/brief client interviews
- Make a schedule in advance, set time for meetings
- Identify how much time can be made available for capacity building
- Understanding the time frames, wait times for client referrals

### **AVAILABLE RESOURCES**

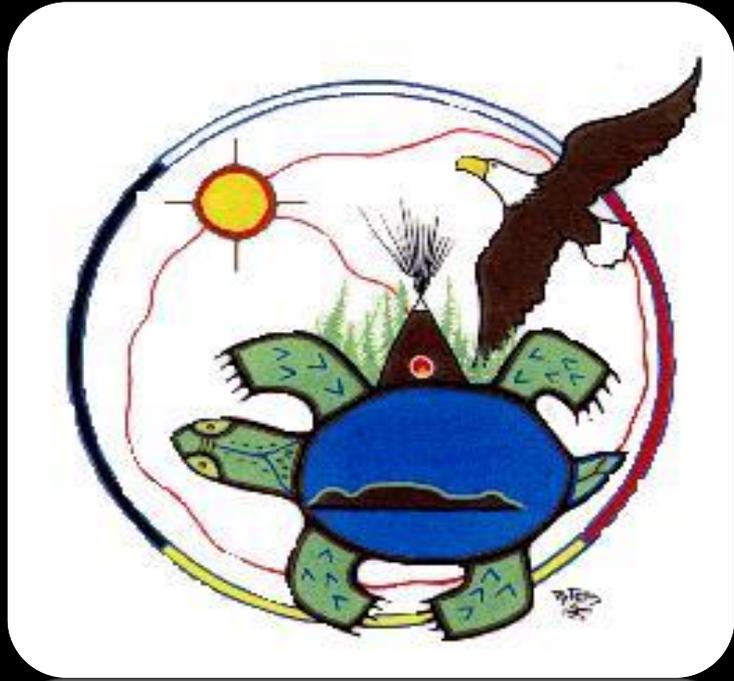
- Early identification of what is available to you as the provider and to the clients.
- Clearly establish who is doing what
- Don’t re-invent the wheel

### **PROFESSIONAL DEVELOPMENT**

- Ongoing professional development
- Up to date on clinical issues
- Medication reviews
- Mental health courses offered by CAMH
- Case studies
- Capacity building

### **REMUNERATION**

- Sessional fees that can cover non-billable items, such as case discussion, consultation, capacity building
- Fee for service for clients seen



[www.amnplc.ca](http://www.amnplc.ca)

## Abstract

Thunder Bay has been known for its collaborative mental health models. Recent advancing of this has included engaging with Government supported 'Stand-alone' Nurse Practitioner Clinics. Two reside in Thunder Bay. This session will describe how a collaborative care model was implemented, key components unique to the 'NP-only' or NP-supported CHC clinics. We will cover components of success, and challenges in patient demands, and efforts to address priority needs through enhancing: 1. core knowledge content and 2. relationship/communication. A description of the NP-only model will be detailed. The session will be interactive, with a focus on unique place and needs of the NP in beginning and succeeding early in the collaborative process