

Nursing Practice Council

The Nursing Practice Council meets monthly to provide leadership and direction in promoting excellence in professional nursing practice.



Contact

Professional Practice Leader
Mental Health Nursing
Mental Health Services site
Providence Care
752 King Street West
Postal Bag 603
Kingston, ON K7L 4X3

Tel: 613-546-1101

Providence Care

is the leading provider of compassionate, non-acute health care in southeastern Ontario, and is affiliated with Queen's University. Treating each person with respect, dignity and compassion, we specialize in complex continuing and long-term care, geriatric and rehabilitation programs, mental health services and palliative care.

Our Vision

Providence Care will lead the way in compassion and discovery.

Our Mission

Trusting in Providence and strengthened by the spirit and tradition of our Founders, the Sisters of Providence of St. Vincent de Paul, we enhance the quality of life by meeting the physical, emotional, social and spiritual needs of each person.

We work with our partners to innovate and excel in education and research.

We treat each person with respect, dignity and compassion.

Our Values

*Respect & Dignity ♦ Compassion
♦ Stewardship*

Providence Care

- ♦ Providence Manor
- ♦ Mental Health Services
- ♦ St. Mary's of the Lake Hospital in Kingston, plus a number of community locations throughout southeastern Ontario

www.providencecare.ca

July 2009

Mental Health Nursing



To assist individuals with mental illness to maximize their life potential.

Providence Care

Mental Health
Services site

What is mental health nursing?

Mental Health Nursing is the specialty of nursing that cares for people of all ages with mental illness or mental distress, such as:

- ♦ schizophrenia
- ♦ bipolar disorder
- ♦ psychosis
- ♦ depression
- ♦ dementia

Nurses in this area receive additional training in:

- ♦ psychological therapies
- ♦ building a therapeutic relationship
- ♦ dealing with challenging behavior
- ♦ administration of psychotropic (psychiatric) medication

Using an interprofessional client-centered approach, mental health nurses work with psychiatrists, occupational therapists, general practitioners, social workers and other health professionals to plan and deliver care.

What do mental health nurses do?

At Providence Care's Mental Health Services site nurses activities include:

- ♦ assessing and caring for clients who are experiencing acute mental distress or have an enduring mental health disorder
- ♦ building therapeutic relationships with clients, families, and friends by listening to and interpreting their needs and concerns
- ♦ supporting clients to manage their emotions and behaviour
- ♦ educating families, friends, and clients' care providers on mental health disorders
- ♦ promoting a "recovery" based approach to care: "a journey of healing that builds on individual, family, cultural and community strengths, and enables people living with mental health problems and illnesses to lead meaningful lives in the community, despite any limitations imposed by their condition" (World Health Organization)

Are there standards of practice for mental health nursing?

- ♦ The College of Nurses of Ontario helps its members achieve high standards in a number of ways. For example, the College develops Practice Standards and Practice Guidelines that all nurses are expected to follow. Nurses are required to meet these standards of practice to provide safe and effective quality care to the public.
- ♦ The Canadian Federation of Mental Health Nurses developed The Canadian Psychiatric-Mental Health Nursing Practice Standards.

