Welcome to the 25th Annual Premier Psychiatric Nursing Event
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(Referenced Slides Not Available)
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How to Win OUR Match Race: Advocacy

...for Psychiatric Nurses
...for Those We are Called To Serve
...for the Profession of PMH Nursing

Keynote Address
American Psychiatric Nurses Association
Annual Conference
Louisville, KY
October 13, 2010
Objectives

At the completion of this presentation the participant will:

1. Define the term advocacy in relationship to nursing
2. Identify opportunities for advocacy in psychiatric nursing for the patient and family, the nurse, and the profession
3. Develop a personal advocacy goal
What is a Match Race?

A race between two competitors going head to head
Who is the Competitor in the Psychiatric Nursing Match Race?

Stigma
Stigma Toward Psychiatry as a Profession
Stigma Toward Psychiatric Nurses
Stigma Toward Those We Serve and Their Families
Seabiscuit As a Metaphor to View Advocacy for Psychiatric Nurses, Those We Serve, and our Profession

(Referenced Video Not Available)
Seabiscuit and Psychiatric Nursing

- Seabiscuit: Psychiatric Nurses
- Jockey: Needs of our Patients and Family Members
- Trainer: Wisdom of Our Experience, Our Research, Our Administrators, Our Faculty
- Mr Howard: American Psychiatric Nurses Association
- War Admiral: Stigma

(Referenced Video Not Available)
What We Are Up Against

“Our horse is too little, our jockey is too big, our trainer is too old, and I’m too dumb to know the difference!”

Charles Howard
Psychiatric Nurses

...Is Our Horse Too Little???

• 300,000,000 people live in the US
• 954,000 physicians
• 3,100,000 registered nurses in USA
  – 260,000 are APRNs (8.4%)
  – 180,000 belong to the ANA (5.8%)
• 93,000 are psychiatric nurses = 3.0%
  – 12,000 are certified PMH-APRNs (13%)
  – 7,000 belong to the APNA = (7.5%)
Age Distribution of RNs

Distribution of RNs and US Racial/Ethnic Background

All Registered Nurses By Education-2008

- ADN 36%
- Diploma 14%
- BSN 37%
- Post-BSN 13%
  - Masters 370,000
  - PhD 28,000 (116 programs) (551 graduates in 2008)
  - DNP 92 programs (361 graduates in 2008)
  - Enrolled Doctoral (PHD) 3,976
  - Enrolled Doctoral (DNP) 3,416

www.aacn.nche.edu/
The Needs of Patients and Families

...Is our Jockey Too Big?

- Persons with mental illness in the world
  - 450,000,000 with mental health diagnoses-over 80% do not receive treatment
  - 95,000,000 with depression
  - 873,000 people commit suicide every year (WHO: [http://www.who.int/mental_health/en/](http://www.who.int/mental_health/en/))

- Persons with mental illness in the US
  - 78,000,000 (approx 26% of those 18 and over)
  - 5,500,000 (approx 7% with serious and persistent mental illness)
    - 2,200,000 suffer from schizophrenia
    - 2,300,000 suffer with bi-polar disorder
The Needs of Patients and Families

• On any given day, 1.8 million of those with schizophrenia and bipolar go without treatment.

• More than two-out-of-five of our most severely mentally ill people go untreated
  – places the people who need treatment the most, and the whole nation, at risk.
  – the failure to treat mental illness takes its toll (e.g. Virginia Tech, Texas, Arizona)

• Approximate number of Americans with untreated severe mental illness who are homeless: 200,000
Faculty, Researchers, Administrators

... Is Our Trainer too Old?

- 60% of faculty are over age 45
  - 20% are over age 60
  - Average age of retirement-62.5
  - Nearly 7% faculty shortage across the US
- Only 13.2% (409,200) of all RNs (hold Master’s or Higher degrees

www.aacn.nche.edu/
Age Distribution of Faculty  (IOM, 2010)
American Psychiatric Nurses Association
…is the ‘owner’ looking out for us?

- 7,000 members strong-up 50% in 4 years
  - 1733 new members in 2010!
- Equity in excess of $1,200,000
- 35 chapters representing 41 states
- Recipient of the $350,000 5 year nursing award from SAMHSA for Recovery to Practice Grant
- JAPNA
- Counseling Points
- Clinical Psychopharmacology Institute
- Annual Conference
- Janssen Scholar Program
• www.apna.org
• Member Bridge: 2,500 eGroup posts in over 95 communities last year
• Our finger is on the pulse of the nation
  – 8 Councils
  – 2 Institutes
  – 2 Task Forces
  – 16 Committees
• We are present at all key tables
• We have started setting the table in our own house!
STIGMA…Can we beat War Admiral?

- Since 1960, more than 90 percent of state psychiatric hospital beds have been eliminated.
- More psychiatric patients are now in jails/prisons than in hospitals
  - 280,000 in jails
  - 70,000 in hospitals
- San Francisco – a City of “Open-Air Asylums”
  “The homeless mentally ill in the city of San Francisco have been so visible for so long they've become almost part of the landscape to us city dwellers--essentially invisible people who, for all intents and purposes, have disappeared, ” (ER physician and author Paul R. Linde—TreatmentAdvocacyCenter.org, 2010)
Getting Seabiscuit Ready to Run the Match Race

(Referenced Video Not Available)
What Can Psychiatric Nurses Do To Win?

ADVOCACY!!!!!!!

ADVOCACY!!!!!!!
Key Nursing Advocacy Roles

- Teaching
- Informing
- Supporting patients and family members
- Protecting patients
- Attending to the whole person
- Being a voice for patients
- Preserving personhood
- Building a caring relationship through carrying out a commitment
- Empowering patients
- Being a risk taker and moral agent
- Guardian of the patient’s rights to autonomy and free choice
“....helping people do what they would ordinarily do for themselves to maintain health, recover from illness, or die a peaceful death when persons lack the strength, will, or knowledge to care for themselves” (Henderson, 1961, p. 41).
Patient Advocacy Started...

- As a result of the Employee Retirement Income Security Act of 1974 (ERISA), enrollees in employer-sponsored health plans are generally unable to pursue legal remedies for injuries resulting from actions or decisions of their health plans under state law.

- The first iteration of the Patient’s Bill of Rights quickly emerged
Nursing Advocacy Followed…

- 1976-the patient advocacy role described in the ANA Code for Nurses with Interpretive Statements:
  - “the nurse acts to safeguard the client and the public when health care and safety are affected by the incompetent, unethical, or illegal practice of any person”. (p. 2)
- ICN-2000 nursing advocacy is a key role
Concept Analysis Based on the Four Advocacy Models

- Patient advocacy includes
  - Safeguarding patients’ autonomy
  - Acting on behalf of patients
  - Championing social justice in the provision of health care

- A parallel process exists for the psychiatric nurses and our profession

(Bu & Jezewsky, 2006)
Patient Care Advocate: Communication Role Categories

1. Liaison
2. Feedback-remediation provider
3. Counseling and support provider
4. System monitor
5. Troubleshooter
6. Investigator
7. Group facilitator

Martin & Tipton, 2007
Barriers to Individual Advocacy

- Conflict of interest between the nurse’s responsibility to the patient and nurse’s duty to the institution where employed
- Lack of institutional support
- Lack of power
- Lack of education
- Lack of time
- Threats of punishment
- Being feminine

Hanks, 2007
What Will Change in the Next 5 Years?

- National health reform legislation—serving more people
- MH/SU parity legislation-Medicare copayment parity
- Integrated healthcare delivery-Medical/healthcare homes—tremendous opportunities for the RN
- Changes in reimbursement approaches/incentives
- Health information technology-electronic health records
- Changing consumer & workforce demographics
- Greater emphasis on recovery & reduction of disparities
- Enhanced focus on quality improvement & use of evidence based practices
- New patterns of leadership & collaboration
- Care coordination
- Interprofessional education
• It is only through the expression of advocacy as a collective responsibility that nursing can advocate for the necessary social and political reforms.
• Associations must depend on nurses to report advocacy needs.
• The Association must respond and ours HAS
Mahlin, 2010
HOW WILL YOU ADVOCATE?
I Don’t Know How
I’m Scared
Get a Seat at the Table

If you are not at the table..... **YOU** are on the menu!!!!!
Key Messages

• Behavioral health is an essential part of health
  ✓ Improves health status
  ✓ Lowers costs for families, businesses and governments

• Prevention works
• Treatment is effective
• People recover
8 Strategic Initiatives

1. Prevention of Substance Abuse and Mental Illness
2. Trauma and Justice
3. Military Families
4. Health Reform
5. Housing and Homelessness
6. Health Information Technology for Behavioral Health Providers
7. Data, Outcomes, and Quality
8. Public Awareness and Support
Partnership: Cannot do it alone

Service Agency Administrators

Advocates

States, Territories & Tribes

Substance Use Treatment Providers

Military

Medical Community

Consumers and Recovery Community

Individuals, Families & Communities

Faith & Community-based Providers

Mental Health Treatment Providers

Faith & Community-based Providers

Educators

Criminal Justice Community

Practitioners

Policy Makers

Media

SAMHSA

A Life in the Community for Everyone
Pick Just One and Go For It!
Seabiscuit’s Final Race

(Referenced Video Not Available)
The healing power of empathy
Psychiatric Nursing *Will* Win Through Advocacy

To be what we are, and to become what we are capable of becoming is the only end of life.

*Robert Louis Stevenson*
Never be afraid to raise your voice for honesty, truth, and compassion.

If people all over the world in thousands of rooms like this one, would do this.

It would change the earth.

William Faulkner
WHO ARE WE????????

THANK YOU AND HAVE A WONDERFUL CONFERENCE
References


References


• Martin, D. R. & Tipton, B.K. (2007). Patient advocacy in the USA: Key communication role functions. *Nursing and Health Sciences*, 9, 185-191.


References


