



# YOU ARE THE WHOLE HEALTH CONNECTION.

## 2019 NURSES' WEEK

### APNA TIPS AND GUIDANCE FOR NEW PMH NURSES

**"CONNECTIONS ARE VITAL.** They are what make us who we are as psychiatric-mental health nurses. The face-to-face interactions that we have with our patients who are often otherwise isolated - the connections we build with them - these are all serving to support their whole health. This is how we help them thrive, not just manage their illness."

*APNA President Gail Stern*

"Always remember that interactions with those in need of mental health nursing is not about you: it's about them. This is often an extremely challenging transition during the early years of psychiatric nursing. Always try to meet them where they are and with unconditional positive regard."

*Adam Barkeloo*

"Gain as much exposure/experience among the many different sub specialties which psych is famous for. Once you feel more confident you may find yourself specializing in one particular area.

Also, since psychiatry is about multiple professions working in the field I found it extremely helpful to gain insight from those professionals, such as psychologists and social workers as each is trained with a different perspective."

*Rosanne Visco*

"Psychiatric mental health symptoms and diagnoses permeate every nursing specialty and patient population....I consider public health to be a vital component of psychiatric-mental health care within our communities."

*Michelle Kuo*

"Focus on your relationship with your patients. It is the therapeutic alliance that impacts treatment adherence and outcome. We know that early, initial, active engagement can make a huge difference, even in severe illness. Check in with your assigned patients regularly. Engage in 1:1 interaction with those who respond well to your efforts. Don't get discouraged about the others, just pace your involvement so that you give them time to get to know you in more brief interactions. Show that you are reliable, honest, approachable, and consistent.

Listen to their stories, to their perceptions. Ask questions. Ask about what's important to them; explore their goals. (Those can give you insight into motivational factors you might be able to engage later.) Through your collaboration, your humanity, you can form connections, through which you can demonstrate respect, positive regard and similar qualities."

*Sharon Van Fleet*

"All nursing is psych nursing...It is the most holistic nursing you will ever get the chance to do."

*Susan Corkran*

"Listen with two ears. We all want to be heard. Before speaking remember to keep it simple and highlight the benefits of each choice. People under stress do better with small chunks of info to chew on in order to make an informed decision."

*Darlene Schultzjohn*

