**Unit Name** Bedford/Sackville Community Mental Health  
**Unit Location** Cobequid Community Health Centre  
**Program** Mental Health  

**Nova Scotia Health Authority Outpatient Service Profile**

The purpose of this Profile is to provide Nurses with an overview of each service area.

<table>
<thead>
<tr>
<th>General Information</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Service</strong></td>
</tr>
<tr>
<td><strong>Site</strong></td>
</tr>
<tr>
<td><strong>Brief description of the Unit</strong></td>
</tr>
<tr>
<td><strong>Unit Orientation</strong></td>
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<tr>
<td><strong>Number of Beds</strong></td>
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</table>
## Patient Care

### Patient Population
We provide assessment and individual and group psychotherapy. Some of the more common illnesses that we treat are:

- Anxiety Disorders
- Mood Disorders
- Psychotic Disorders
- Adjustment Disorders
- Personality Disorders
- Concurrent Disorders (both mental illness and addiction issues)

### Average Patient Age Range
19-70

### Nursing Model of Care
Primary Nursing: _____ Team Nursing: _X_ Other: _____ Total Patient Care: _____
Modified Total Patient Care: _____
Other: 

### Systems

### Medication System
Traditional: _____ Unit Dosage: _____ Other: _____
Other: May administer long acting antipsychotic injections.

### Scheduling
Manager: _____ Self: _X_ _____
Staff submit their schedules to the manager for approval based on operational requirements.

### Average Number of Staff per Shift
Days: RN_____LPN_____CTA_____  
Evenings: RN_____LPN_____CTA_____  
Nights: RN_____LPN_____CTA_____  

Hours of work are Monday to Friday with one evening shift per week (till 1930 hours). Clinicians must be able to work both independently and collaboratively with other team members.

### Service Hours
Monday to Friday 8:30 to 4:30 with one evening shift till 7:30.
Length of Shift

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<thead>
<tr>
<th></th>
<th>8hr: <strong>X</strong></th>
<th>12 hr: ___</th>
<th>Other: ___</th>
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</thead>
</table>

**Other:** One longer shift 1 day a week. Time is smoothed over 14 week schedule.

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**Staff**

**Staff Mix**

<table>
<thead>
<tr>
<th></th>
<th>RN: 10%</th>
<th>LPN: 0%</th>
<th>CTA: 0%</th>
</tr>
</thead>
</table>

**Physician Coverage**

<table>
<thead>
<tr>
<th></th>
<th>On Call: ___</th>
<th>On Site: <strong>X</strong></th>
<th>N/A: ___</th>
<th>Other: ___</th>
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</table>

**Multidisciplinary Team Members**

Social workers, OT, psychologists, psychiatrists, and clerical.

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**Required Skills, Qualifications & Experience**

**RN**

*Registered Nurses provide professional nursing services, deliver health education programs and provide consultative nursing services to promote, maintain and restore patient health.*

- **Responsibilities**

  Conducting initial “Choice” intake appointment, seeing clients in follow up to provide psychotherapy either 1:1 or in groups, symptom monitoring and medication response.

- **Skills Required**

  Assessment using DSM formulations, psychotherapy (may be different models such as CBT, SFT, MI, DBT, etc) and group facilitation skills.

- **Additional Responsibilities**

  High mental stress. Ability to tolerate the emotion and distress of others.

- **Additional License/Certification/Education required**

  Psychotherapy training

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**Completed by:** Kim Fleming  
**Date:** July 30, 2015