**Unit Name** West Hants Community Mental Health  

**Unit Location** Hants Community Hospital, 2nd floor  

**Program** Mental Health and Addictions  

**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>
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<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)
- ADHD (children and youth)

### Average Patient Age Range
5-70

### 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
<table>
<thead>
<tr>
<th>Days:</th>
<th>RN</th>
<th>LPN</th>
<th>CTA</th>
</tr>
</thead>
<tbody>
<tr>
<td>Evenings:</td>
<td>RN</td>
<td>LPN</td>
<td>CTA</td>
</tr>
<tr>
<td>Nights:</td>
<td>RN</td>
<td>LPN</td>
<td>CTA</td>
</tr>
</tbody>
</table>

Hours of work are Monday to Friday with one evening shift per week (till 2000 hours). Clinicians must be able to work both independently and collaboratively with other team members.

### Service Hours
Monday to Thursday 8:30 to 4:30, Friday 0830-1245, with one evening shift till 8:00.
### Length of Shift

<table>
<thead>
<tr>
<th></th>
<th>8hr:</th>
<th>12 hr:</th>
<th>Other:</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Other:</strong></td>
<td>One longer shift 1 day a week. Time is smoothed over 13 week schedule.</td>
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</tbody>
</table>

### Staff Mix

|          | RN: 10% | LPN: 0% | CTA: 0% |

### Physician Coverage

<table>
<thead>
<tr>
<th></th>
<th>On Call:</th>
<th>On Site:</th>
<th>N/A:</th>
<th>Other:</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>___</td>
<td>X</td>
<td>____</td>
<td>____</td>
</tr>
<tr>
<td></td>
<td>One 0.7 FTE Psychiatrist and one 0.2 FTE Psychiatrist</td>
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</table>

### Multidisciplinary Team Members

Social workers, OT, psychologists, psychiatrists, Youth Care Worker, SchoolsPlus Mental Health clinician and clerical.

### 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. Providing IM injections for some clients.

- **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

**Completed by** Cheryl Thompson  
**Date:** August 4, 2015