



Netwerk VS GGZ

Meet your peers

Network meeting

Nurse practitioners Mental Health

Disclosure presenter



✓	No (potential) conflict of interests	
✗	1. Relations that could be relevant for the meeting	
✗	2. Sponsorship or research funds	
✗	3. Payment or other (financial) remuneration	
✗	4. Shareholder	
✗	5. Other relation	

Who's present?

Netherlands
abroad

Mental health care
Somatic health care

Inpatients
Outpatients

Children and adolescents
Adults
Elderly people



Nurse practitioners in the Netherlands

2000: graduation of the first Nurse Practitioners

2009:

Officially five specialisms:

- preventive care for somatic conditions *
- acute care for somatic conditions *
- chronic care for somatic conditions *
- intensive care for somatic conditions *
- mental healthcare

* the four registers of nurse practitioners for somatic conditions are expected to be merged into one general healthcare register

Nurse practitioner title changed > 'verpleegkundig specialist'
analogy with title medical specialist > 'medisch specialist'

Nurse practitioners in the Netherlands

2012

Government decree with an experimental period of 5 years:
Nurse practitioners are allowed to independently perform medical tasks, such as prescribing prescription-only medication, giving injections and catheterize (and order medical tasks, with the exception of prescribing medication).

2017

the legislative proposal for task reallocation was adopted by the Dutch government

01-09-2018

final legislation of the independent authority of Nurse practitioners



Nursing and medical care in mental health

Nurse practitioner independently provides nursing care on an expert level, as well as medical care in accordance with protocols within his/ her area of expertise.

- Primary practitioner (regiebehandelaar)

Independent authority:

- Doing research and/or interpreting research needed for a diagnosis (intake, hetero-anamnesis, physical examination, psychiatric/ psycho-diagnostic)
- Sets up a multidisciplinary treatment plan
- Initiates and performs diagnostic, therapeutic and preventive interventions
- Independently initiates and finalises treatment
- Indicates admissions, treatments, discharges and referrals



Academic Anxiety Center

Stans Wanders

Nurse practitioner at the Altrecht Academic Anxiety Center in Utrecht - The Netherlands

Multi-disciplined team composed of mainly (about 20) psychologists, one more mental health nurse specialist, two psychiatrists and three qualified mental health care nurses.

Treatment of all anxiety disorders (f.e. panic disorder, OCD, social phobia) but mostly PTSD.

Treatment consists of cognitive behavioral therapy (CBT) -both individually and in groups-, medication, lifestyle education, and psycho education for patients and their relatives.

Specialization: narrative exposure therapy for refugees

Polyclinic mood and stability for Elderly

Bart van den Bergh

Nurse Practitioner at Reinier van Arkel, mental health hospital in the southern part of the Netherlands

- Polyclinic Mood and Stability for Elderly
 - Primary practitioner for 85 cliënts above the age of 65
 - 70% Bipolar disorder I or II
 - 20 % Unipolar major depression
 - 10% Schizoffective disorder bipolar type
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- Primary goals: Keep the mood stabil and rehabilitation



Longstay clinical department

Pauline Nijboer

Nurse practitioner at GGZ WNB, a mental hospital in the southern part of the Netherlands

- In a longstay clinical department
- Team composed of mental health nurses, a psychiatrist and social worker
- Severe mental problems like PTSD, psychose, bipolair disorders, Korsakow
- Some with judicial authorization, some forced medication, some a forensic background
- Emphasis lays on recovery and rehabilitation
- But some are often on the edge of a crisis
- Primary practitioner
- with emphasis on reducing stigma



Longstay clinical department

- Primary practitioner
- Diagnose and determine treatment
- Make all treatment plans
- Prescribe medication
- Give trauma-treatment, treatment of psychose, treatment of sleeping problems
- I try to reconnect with family, help finding meaningful living and try reducing stigma



Children and adolescents, outpatients

Kirsten Fransen

Nurse practitioner at Kenter Jeugdhulp, organization for mental health and youth and parenting aid

Multidisciplinary team, outpatients 5 – 23 years and their parents/caretakers and social environment (school)

Diagnostic research (intakes, psychiatric research, hetero-anamnesis, physical), pharmacotherapy, multidisciplinary patiëntmeetings, screening patients in order to schedule diagnostic research

Chairman workgroup anxiety- and mooddiseases

Chairman pilot blended care



Networkgroups nurse practitioners

V&VN VS

- professional organisation of Nurse Practitioners (Verpleegkundig Specialisten) in the Netherlands.
- part of the Dutch professional nurses organisation V&VN.

35 networkgroups are part of the V&VN VS

- Intensive care, cardiology, surgery, pediatrics, dermatology, pulmonary care, oncology, mental health

Network VS GGZ / Network nurse practitioners mental health



Development, profiling and exchange:

By combining and exchanging knowledge and experiences, the network wants to make a positive contribution to the development and profiling of nursing specialists who work in the broad field of mental health care

275 members

Activities first year

Participation in comment phase of clinical guidelines
Advise to the board of the professional association of NP's
Exchanging experiences/ opinions

Activities next year

development online community

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Discussion time

Discussion

Profile the role of nurse practitioners

3 theses

- Independence
- Expertise
- Professional development



Let's discuss about

Independence

'The nurse practitioner independently shapes the care process offered to the patient by entering into a treatment relationship within her area of expertise.'

- Are you exploring or protecting your boundaries of independence? Why?



Let's discuss about

Expertise

‘The nurse practitioner is an expert in a subarea of the nursing profession and uses insights from other areas of expertise, including the corresponding medical speciality.’

- How do you integrate cure and care
- What are your strengths and challenges as a NP

Let's discuss about

Professional development

'the nurse practitioner is responsible for a proactive (self-steering rather than subservient) attitude in her professional development'

- Leadership in nursing practice is the core element that defines a nurse practitioner. Agree or disagree.