



Monterey County Behavioral Health Policy and Procedure

Policy Number	511
Policy Title	Psychiatric Mental Health Nurse Practitioner (PMHNP)
References	California Code of Regulations (CCR) title 16, Section 1474, 1379, Title 42; Section 1: 42 C.F.R.410.32 Section 1482 of the Nurse Practice Act Medical Board of California Monterey County Behavioral Health policies and procedures Monterey County Health Department policies and procedures
Form	none
Effective	5/31/18

1 Policy

2 The purpose of this policy and procedure is to define the role and scope of practice of the
3 Psychiatric Mental Health Nurse Practitioner (PMHNP) by establishing The Standard Procedures
4 for PMHNP in the provision of services in Monterey County Behavioral Health (MCBH).”

5
6 A Psychiatric Mental Health Nurse Practitioner (PMHNP) is a registered nurse at the master’s
7 degree level who possesses advanced clinical knowledge and skills in psychiatric-mental health
8 diagnosis and treatment which includes prescriptive practice of psychotropic medications;
9 individual, group and family psychotherapy; crisis intervention; case management; and
10 consultation; and who has met the requirements of Section 1482 of the Nurse Practice Act.

11
12 The PMHNP may perform The Standardized Procedures within their training, specialty area and
13 consistent with their competency, experience and credentials. The Standard Procedure functions
14 are to be performed in areas which allow for the supervising or consulting physician to be available
15 to the PMHNP by telephone, electronically, or in person where required, in accordance with the
16 state or federal directives.

17
18 The PMHNP is a professional health care provider who assumes responsibility and accountability
19 for assessment and maintenance of the psychiatric mental health of clients at MCBH and/or
20 contract agencies in collaboration with the supervision and/or consulting physician.

21
22 These standardized procedures are developed collaboratively by nurse practitioners and
23 physicians in compliance with Title 16, California Code of Regulation (CCR), Section 1474, Medical
24 Board of California, Title 16, CCR, Section 1379. The Standardized Procedures developed for use
25 by the PMHNPs are designed to define the role and scope of practice of the PMHNP, to meet the
26 required legal guidelines for the provision of health care, and to promote the highest standard of
27 care for clients at Monterey County Behavioral Health (MCBH) clinics and contract agencies. The

28 standardized procedures are implemented by the PMHNPs to perform the functions outlined in this
29 document. Problem-specific guidelines may be used to supplement the client care process.
30 Alteration and adjustments may be necessary in an individual client's situation.

31
32 The Standard Procedures are to be approved by Quality Improvement Committee (QIC) whose
33 membership consists of, but not limited to, nurse practitioners, physicians, directors, and Quality
34 Improvement (QI) administrators.

35 36 Scope of Practice:

- 37 1. A PMHNP is a registered nurse at the master's degree level who possesses advanced
38 clinical knowledge and skills in psychiatric-mental health diagnosis and treatment which
39 includes prescriptive practice of psychotropic medications; individual, group and family
40 psychotherapy; crisis intervention; case management; and consultation; and who has met
41 the requirements of Section 1482 of the Nurse Practice Act.
- 42
43 2. The PMHNP is a professional health care provider who assumes responsibility and
44 accountability for assessment and maintenance of the psychiatric mental health of clients
45 at MCBH and/or contract agencies under The Standard Procedures and in collaboration
46 with the supervision and/or consulting physician.
- 47
48 3. The PMHNP may perform the following functions within his/her training specialty area
49 consistent with his/her competency, experience and credentials:
 - 50 • Collect subjective and objective data for comprehensive psychiatric assessment
 - 51 • Diagnose and treat acute/chronic psychiatric problems, illness, and crises
 - 52 • Psychopharmacologic management in collaboration with a supervising physician
 - 53 • Formulate treatment plans in coordination with the multidisciplinary team and revise as
54 indicated
 - 55 • Provide individual, group, and family psychotherapy
 - 56 • Coordinate with the multidisciplinary team for clients with complex psychosocial
57 problems
 - 58 • Monitor common physical health problems and refer to specialized medical
59 professional/treatment as needed
 - 60 • Provide comprehensive individual/family psychiatric mental health education
 - 61 • Perform or recommend age-appropriate screening procedures; order and interpret
62 laboratory and diagnostic tests
 - 63 • Advocate for clients and their families to promote physical and mental wellness
- 64
65 4. The Standard Procedures functions are to be performed in areas which allow for the
66 general supervision (defined by Medicare Title 42; Section 1: 42C.F.R.410.32), where the
67 supervising or consulting physician is to be always available to the PMHNP either in person or by
68 electronic/telephonic means which are HIPAA compliant.

69 70 **Procedure**

71
72 An PMHNP shall:

- 73 • Performs The Standard Procedure functions must have a registered nursing license, be a
74 graduate of an approved nurse practitioner program and be certified as a nurse practitioner
75 by the California Board of Registered Nursing.
- 76 • Furnish/order drugs and devices must have a furnishing number issued by the Board of
77 Registered Nursing. PMHNPs who furnish controlled substances must also have a current
78 Drug Enforcement Agency (DEA) registration certificate.
- 79 • Have documented graduate or post graduate training in advanced practice psychiatric
80 nursing.

81 82 83 Supervision

84 It is the intent of this document to authorize the PMHNP to perform The Standard Procedures
85 without the direct or immediate observation, supervision or approval of a supervising or consulting
86 physician. It is not the intent of The Standard Procedures to have a PMHNP independently treat
87 clients, but rather to utilize his/her assessment and health care management skills to meet the
88 health care needs of the clients. Physician consultation is always available either in person or by
89 electronic/telephonic means

90
91 All PMHNP will be evaluated on the following and general competency of the PMHNP performing
92 The Standard Procedures is evaluated in the following ways:

- 93
94 • Each PMHNP is to function under the supervision of a supervising or consulting physician.
95 The physician may supervise no more than four (4) PMHNP at one time (Board of
96 Registered Nursing, Criteria for Furnishing Number Utilization by Nurse Practitioner
97 <http://www.rn.ca.gov/pdfs/regulations/npr-i-16.pdf>)
- 98
99 • General competency of the PMHNP performing The Standard Procedures is evaluated in
100 the following ways:
 - 101 1. Initial formal review of clinical work upon hire
 - 102 2. During the probationary period
 - 103 3. Annual evaluation
- 104
105 • Evaluation of PMHNP is provided through feedback from colleagues, physicians, and chart
106 review. Evaluations are ongoing to support the delivery of quality services. Supervising
107 physician shall follow Monterey County Human Resources policies and procedures for
108 evaluation.
- 109
110 • Quality issues may be identified through client complaints, physician, peer, or
111 management observation, self-identified by the nurse practitioner and/or chart reviews.
112 Such issues shall be made known to the PMHNP. Issues may be brought forth by the
113 physician supervisor and/or quality improvement utilization review teams.
- 114
115 • PMHNP may communicate with a physician, including, but not limited to the following:
116

- 117
- 118
- 119
- 120
- 121
- 122
- 123
- Physician consultation, referral or intervention is to be obtained in situations which go beyond the competencies, scope and practice, of the PMHNP, or as specified under the following circumstances:
 - Problem which is not resolving as anticipated
 - Historical, physical or laboratory findings inconsistent with the clinical presentation,
 - Or at the request of clients, client representative, PMHNP or physician.

124 Record Keeping

125 All interactions with clients are to be recorded in the medical record in a timely manner in
126 accordance to current MCBH QI documentation policies.

127

128 The Standard Procedures shall be kept by MCBH QI and made available on the QI website. The
129 Standardized Procedures are to be reviewed periodically, when there are changes in common
130 clinical practices and/or changes in regulatory agency requirements. All changes in the
131 standardized procedures are reviewed by PMHNPs, medical directors, and supervising physicians,
132 and QIC members. Changes in, or additions to, The Standard Procedures may be initiated by any
133 of the signatories and must be approved by QIC. The Standard Procedures are to be reviewed
134 periodically by the Medical Director, PMHNPs and supervising physicians.

135

136 The PMHNP shall follow all polices standards set for in Monterey County Health and Behavioral
137 Health policies. The PMHNP shall follow all documentation standards in accordance with Monterey
138 County Behavioral Health documentation practices.

139



COUNTY OF MONTEREY HEALTH DEPARTMENT

Elsa Jimenez, Director of Health

Administration
Behavioral Health

Clinic Services
Emergency Medical Services
Environmental Health/Animal Services

Public Health
Public Administrator/Public Guardian

Recipient of The California Endowment's 2017 Arnold X. Perkins Award for Outstanding Health Equity Practice

Statement of Approval

By signing this *Statement of Approval*, we, the below named Nurse Practitioners, and Physicians agree to maintain a collaborative and collegial professional relationship and abide by the provisions of the *Standardized Procedures*.

(Medical Director/Supervising Physician)

(Date of Signature)

(Print Employee Name)

(Signature of Employee)

Date of Signature