

Understanding the Role Nurse Practitioners Can Play in Maternal Mental Health

June 5, 2024



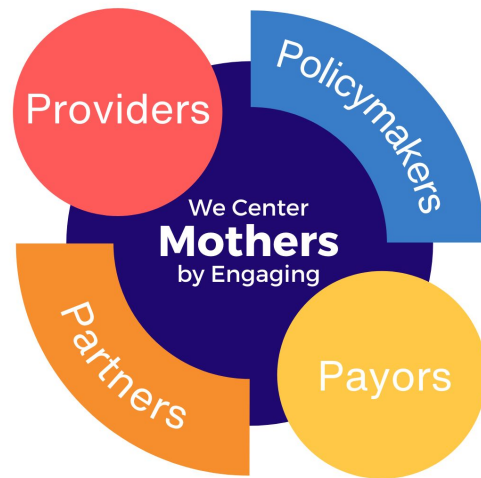
POLICY CENTER
FOR Maternal Mental Health™
Formerly 2020 Mom





Welcome

Joy Burkhard, MBA
Executive Director
Policy Center for Maternal Mental Health



Presenters



Susan Kendig, JD, WHNP-BC, FAANP

Women's Health Practitioner
Director of Women's Health Nurse Practitioner
Practice and Policy

**National Association of Nurse Practitioners in
Women's Health**



My Hanh (Theresa) Nguyen, PhD, PMHNP

Psychiatric Mental Health Nurse Practitioner
National Clinician Scholars Program (NCSP)
UCLA Fellow, 2023-2025

**Los Angeles County Department of Mental
Health (LACDMH) Health System**

An Overview Nurse Practitioners

Susan Kendig, JD, WHNP-BC, FAANP
Director of WHNP Practice and Policy



Objectives

- Identify the different types of Nurse Practitioners and their intersection with maternal mental health.
- Specifically describe the role of the certified Women's Health Nurse Practitioner (WHNP-BC) and the certified Psychiatric Mental Health Nurse Practitioner (PMHNP-BC) in maternal health care.

Why focus on Maternal Mental Health Workforce?



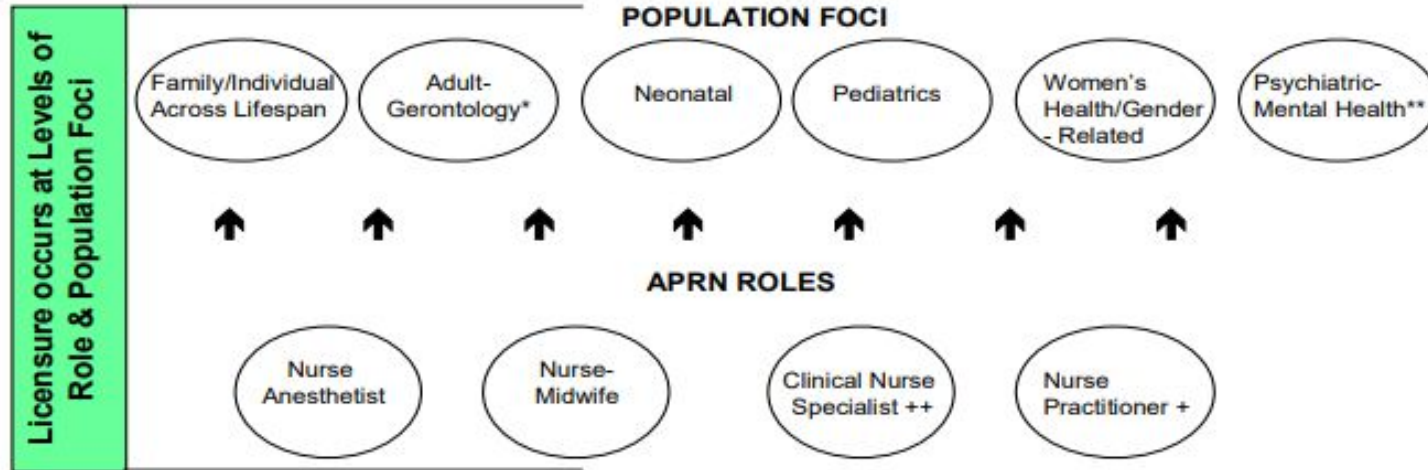
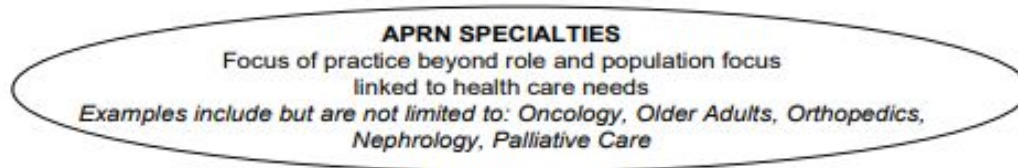
- Perinatal mental health conditions affect more than one in five people and are among the most common complications of pregnancy and postpartum.
- Suicide and overdose/poisoning are the most common causes of pregnancy associated maternal mortality.
 - Maternal mortality secondary to mental health conditions is preventable.
- Perinatal depression affects approximately 1 in 7 women.
- Perinatal anxiety strongly predicts perinatal depression.
- Bipolar disorder affects approximately 2% - 8% of the perinatal population.
- Maternal mental health conditions are associated with adverse obstetric, fetal, neonatal and infant outcomes, including stillbirth, preterm birth, SGA, and other concerns.

Nurse Practitioners Are Part of the Solution

Nurse Practitioners are:

- Advanced Practice Registered Nurses (APRNs) prepared through academic and clinical study, beyond basic nursing education, for practice as a primary care and/or acute care NP
- Hold certification, specific to their population foci, by a nationally recognized credentialing body
- Primary and acute care providers
- Qualified to practice in specialty and subspecialty areas consistent with education and experience

APRN REGULATORY MODEL



Understanding Nurse Practitioner Practice: Population



Population Focus	Description
Adult Gerontology Nurse Practitioner (AGNP) <ul style="list-style-type: none">• Acute Care• Primary Care	Care for adolescents and young, middle and older adults
Family Nurse Practitioner (FNP)	Provide primary care across the lifespan
Neonatal Nurse Practitioner (NNP)	Provide care to preterm and term neonates and children up to 2 years old requiring complex care
Pediatric Nurse Practitioner <ul style="list-style-type: none">• Acute Care• Primary Care	Care for children from birth through young adult
Psychiatric Mental Health Nurse Practitioner (PMHNP)	Provide psychiatric care and treatment for individuals and families with psychiatric disorders
Women's Health Nurse Practitioner (WHNP)	Care for women (inclusive of all gender identities) with an emphasis on reproductive-gynecologic, obstetric, gender-focused non-gynecologic and subspecialty care, and reproductive and sexual health care for men.

Certified Nurse Practitioners (NPs)

- NPs practice independently and collaboratively to provide evidence-based **assessment, diagnosis, treatment and management**, including **prescription of pharmacologic and non-pharmacologic interventions**.
- NPs works in a variety of settings to provide comprehensive care in order to optimize health outcomes and to meet each individual's specific needs.
- As a licensed healthcare provider, the is NP is subject to the scope of practice rules and regulations established by and pursuant to the nurse practice act in their respective states.

NP Workforce Snapshot

- NPs graduate from nationally accredited graduate educational programs fully prepared to provide high-quality, evidenced-based, and cost-effective care to geographically diverse populations
- NPs currently provide nearly one-fifth of all primary care services in the US and represent the fastest growing segment of the primary care workforce.
- Over two-thirds of NPs have received educational preparation in primary care, and collectively NPs positively impact access, quality, and cost effectiveness of primary and acute health care of the nation.

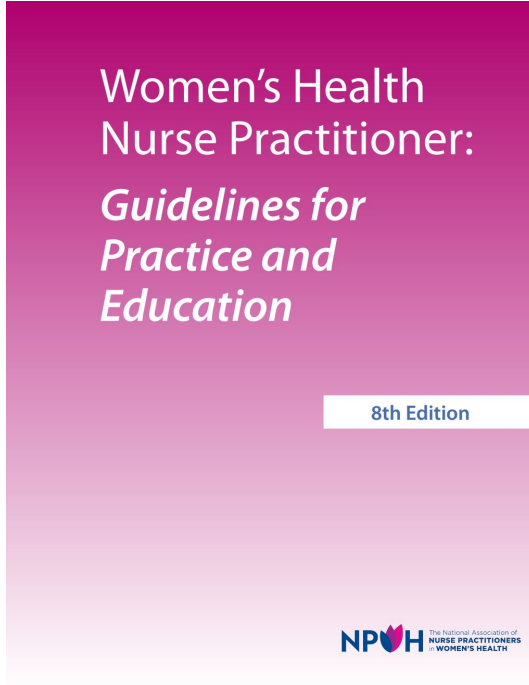
NP Workforce Snapshot: Practice

- Overall, NP supply increased more than physician supply, with highest NP supply in rural HPSAs.
- Evaluation of NP management of rural, uninsured patients with chronic disease showed improvement in 7 of 9 physiologic parameters, decreased ED and inpatient admissions and costs.
- NPs more likely to be located in areas of lower socioeconomic and health status.

WHNP-BC Role Definition

- Client-centered primary care from puberty through the adult lifespan, with a focus on
 - Common and **complex** gynecologic, sexual, reproductive, menopause transition, and post-menopause health care
 - Uncomplicated and **high-risk** antepartum and postpartum care
 - Sexual and reproductive **healthcare for men**
- Curriculum prepares graduates with **competencies that focus on both common and complex** healthcare.
- Care is **inclusive of all gender identities**
- Provides care in outpatient, **inpatient**, community and other settings

What Do WHNP-BCs Do?



Core Competencies:

- Primary Care
- Women's gynecologic, Sexual, Reproductive, Menopause-Transition, and Post-Menopause
- Male Sexual and Reproductive Health
- Obstetric Care



Where Do WHNPs Practice?

There are over 385,000 NPs in the US

- Of these 13,045 are *certified WHNPs (2.2% of all NPs)*
- **Workforce Survey** - Where we work
 - OB/GYN offices
 - Community Health Centers/Health Departments/Rural Health Clinics/Title X clinics
 - Military facilities/Veterans Administration (VA) facilities
 - Schools and colleges
 - Academic Health Centers
 - Hospital-based clinics/Telehealth
 - Approximately 16% report caring for hospitalized patients
 - Majority providing antepartum, postpartum or gynecologic care
 - Pregnancy specific care includes antepartum testing, antepartum triage
 - Gynecologic/oncology, breast conditions/oncology, urogynecology
 - 24% report providing male sexual and reproductive health care
 - Subspecialties: Maternal fetal medicine, reproductive endocrinology, gynecology oncology, urogynecology

Implications for Practice: Maternal Mental Health

- Provides comprehensive antepartum and postpartum care
- Distinct Competencies ... to provide care for high risk antepartum and postpartum people
- Case Example: The WHNP and Mental Health
 - Assess for psychosocial, cultural/lifestyle/environmental/genetic factors that may affect care and outcomes
 - Assess psychological responses...during different stages of pregnancy/postpartum
 - Diagnose health conditions/psychological factors related to pregnancy and postpartum
 - Develop and implement a plan of care (prescribe and treat)
 - Evaluate outcomes of therapeutic interventions to direct care
- Related Curriculum:
 - Pre-pregnancy prenatal and postpartal physical and mental health conditions
 - Complications/high risk pregnancy
 - Principles of drug safety in pregnancy and lactation
 - Urgent conditions in pregnancy/postpartum
 - SUD disorders in pregnancy
 - MAT therapy for opioid use in pregnancy/postpartum



Client Centered Care Competencies

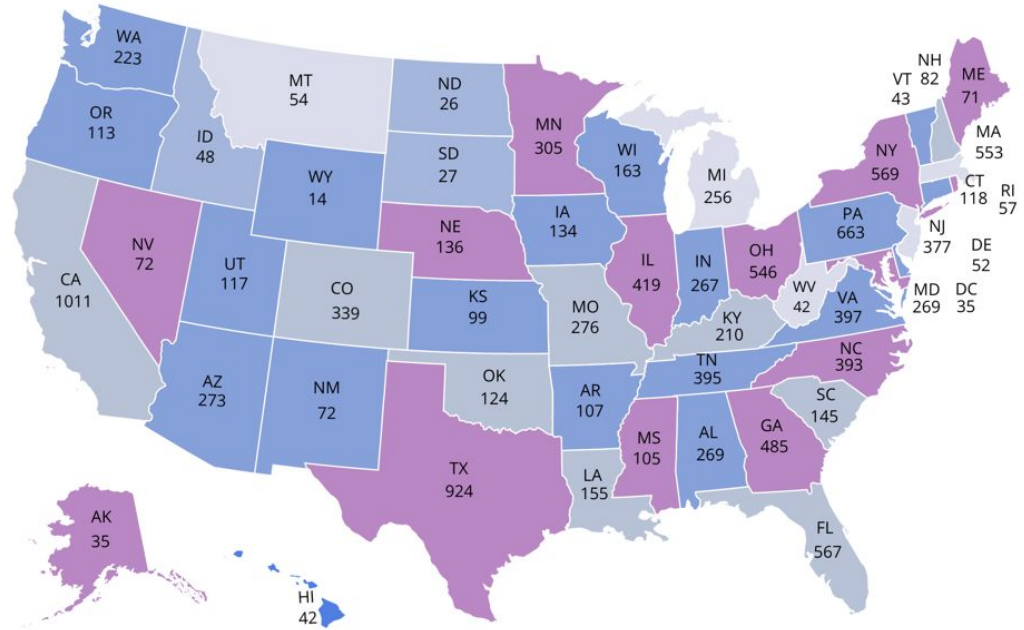
- Assess for **social/structural determinants** that may affect health status
- **Collaborate with health, social and community service** providers to address full integration of client-centered care
- Provide care that incorporates cultural sensitivity/humility and promotes **cultural safety**
- Assess health literacy
- Provide information and education materials appropriate to language, culture, developmental stage, and health literacy
- Provide **trauma informed care**
- Collaborate with other medical, mental and behavioral health, social service and community service providers for **continuous quality improvement** in providing unbiased, **equitable**, client-centered care.



Obstetric Care Provider Projections by 2030:

- Overall demand to increase by 4%.
- Number of OB-GYNs to decrease by 7%
- CNM supply expected to grow by 32 percent
- Women's health NP supply is projected to grow by 89 percent (HRSA, 2021)

Total WHNPs in Each State



Questions

Contact information:

Susan Kendig, JD, WHNP-BC, FAANP
skendig@npwh.org
314-629-2372



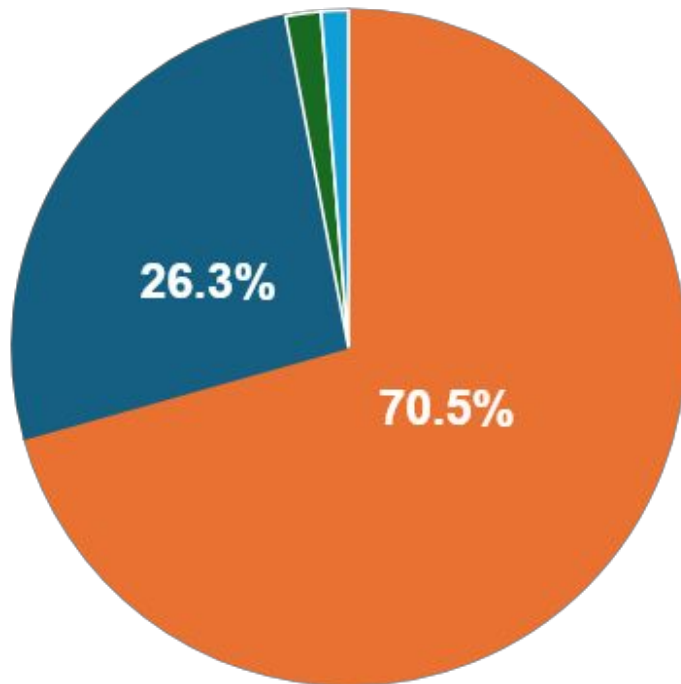
Psychiatric Mental Health Nurse Practitioners (PMHNPs) and Maternal Mental Health

**My Hanh (Theresa) Nguyen, PhD, PMHNP-BC
Postdoctoral Fellow
National Clinician Scholars Program at UCLA**



National Clinician
Scholars Program

PMHNPs are a significant part of the U.S. psychiatric workforce



■ Psychiatrists ■ PMHNPs ■ Psychiatric PAs ■ Psychiatric Pharmacists

(University of Michigan Behavioral Health Workforce Research Center, 2018)

PMHNPs Fast Stats

Demographics

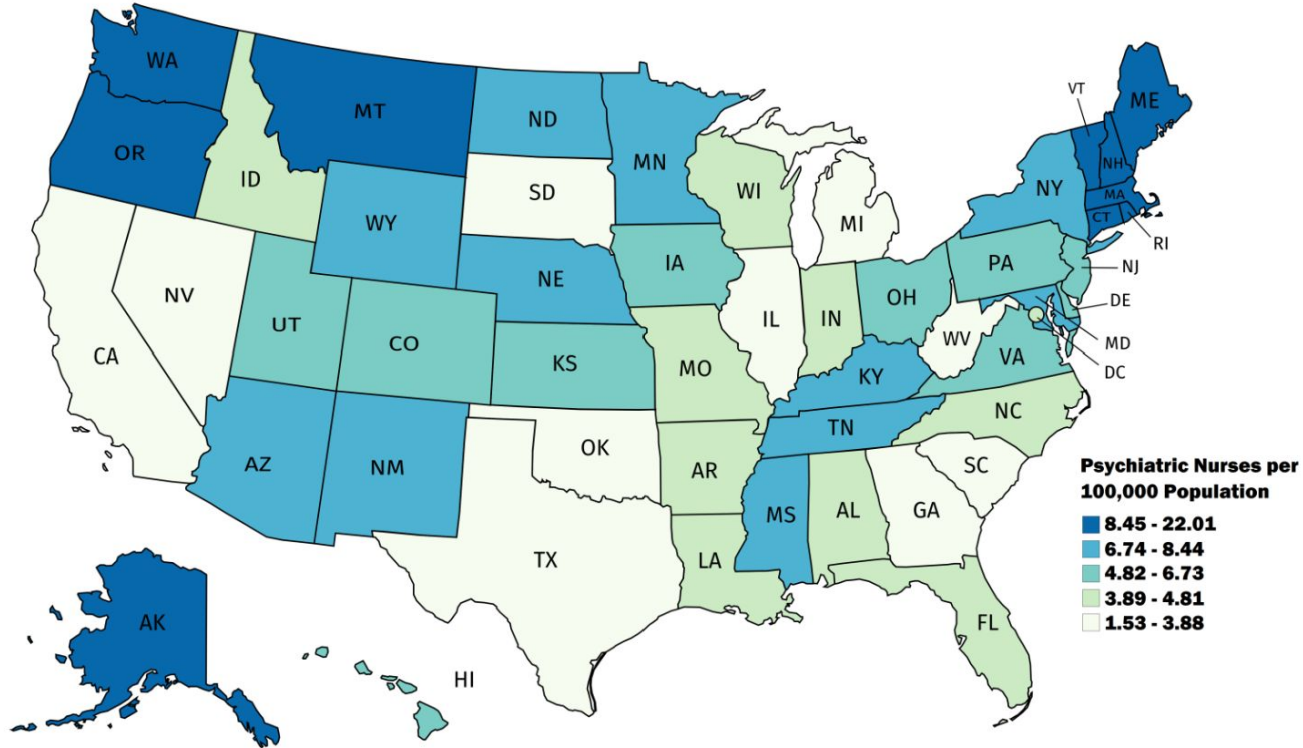
- >22,000
- Median Age: 54 years
- Female Gender: 88%
- White race: 80%

Employment characteristics

- 70% Outpatient
- 100% MAT training
- 86% Telehealth
- 44% treat mostly Medicare/
Medicaid

(APNA Workforce Taskforce, 2022; Health Resources and Services Administration, 2023)

U.S. Advanced Practice Psychiatric Nurses



(Health Resources and Services Administration, 2023)

Services Provided

- Prescribing/ Medication*
- Diagnostic Evaluation*
- Psychoeducation
- Psychotherapy in conjunction with Prescribing
- Crisis Intervention
- Case Management
- Consultation Liaison
- Substance Use Services
- Individual, group, couples, family therapy alone

(APNA Workforce Taskforce, 2022)

PMHNPs and Maternal Mental Health

- PMHNP Education Curriculum
- Post Graduate Fellowships
- PMH-C, with specialty in Psychopharmacology
- Other certificates, CEUs

Key Take Aways

- Significant portion of the psychiatric workforce
- Need more diversity
- Work across various settings
- Concentrated in NE and PNW
- Offer a variety of services
- More data about PMHNPs in MMH



Q&A



Susan Kendig, JD, WHNP-BC, FAANP

Women's Health Practitioner
Director of Women's Health Nurse Practitioner
Practice and Policy

**National Association of Nurse Practitioners in
Women's Health**



My Hanh (Theresa) Nguyen, PhD, PMHNP

Psychiatric Mental Health Nurse Practitioner
National Clinician Scholars Program (NCSP)
UCLA Fellow, 2023-2025

**Health System Los Angeles
County Department of Mental Health (LACDMH)**

Thank You

We appreciate your feedback

Please take a moment to complete the quick survey that will pop up at the end of the webinar

Summer Workforce Webinars



Thursday June 27, 2024 - 10:30 - 11:30 PT

***Using Peers to Support
Maternal Mental Health***

FIRESIDE CHAT



POLICY CENTER
FOR Maternal Mental Health™

Also coming soon in our summer workforce series:

The role of perinatal nurse navigators & perinatal social workers

Learn More & Register: <https://PolicyCenterMMH.org/events/>

Now is the Time for MMH Systems Change



Learn More: PolicyCenterMMH.org



POLICY CENTER
FOR Maternal Mental Health