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u11d1 Discussion: Role of Mental Health Practitioner in Children/Adolescents

Student Name:

Institution:

Course:

Instructor

Due Date:

Role of Mental Health Practitioner in Children/Adolescents

Upon accessing Symptom Media Film Library, the assigned video for Symptom Media Discussion 11 involves a young girl accompanied by her father with symptoms suggestive of Disruptive Mood Regulation Disorder (DMDD), including severe temper tantrums characterized by physical aggression towards property, animals or people. These outbursts are revealed verbally or behaviorally and are intensely out of proportion epitomized by persistent irritability and anger nearly every day (Symptom Media, 2014).

As such, Psychiatric-Mental Health Nurse Practitioners (PMHNPs) have maximum impact in children and adolescents' mental health, such as children with DMDD among other disorders by providing various interventions at different level in their roles. As primary care health workers in mental health specialty, PMHNPs educate patients and their families, diagnose, treat and manage acute diseases (Kumar et al., 2020). Besides, PMHNPs prescribe drugs for chronic and acute disorders, provide psychotherapy and coordinate care by referring patients, ordering, and interpreting diagnostic studies and laboratory tests in children, adolescents and their families.

At secondary level, PMHNPs provide health promotion and preventative care services, such as screening and consultative role to expand preventative services, including healthy nutrition, sleep hygiene, relaxation techniques, improve parent-child relationship and coping strategies collaborating with other providers in pediatric and adolescent population (Kumar et al., 2020). As well, PHMNP's capitalize on collaborative approach to work effectively with professionals and provide community-based care by offering opportunities to increase access care to children and adolescents (Soltis-Jarrett, 2023).

PMHNPs have significant role at the tertiary level to advance health equity and promote health and wellness as specialist by providing holistic care and increase awareness on mental health issues, marginalization and stigma using advanced their skills (Soltis-Jarrett, 2023). PHMNP's also provide rehabilitation, social work and recreational therapy and long-term care to empower and foster mental health in young population. As policymakers, PMHNPs advocate for call for action to address barriers and underlying issues in healthcare system and equitable communities (Soltis-Jarrett, 2023).

References

Kumar, A., Kearney, A., Hoskins, K., & Iyengar, A. (2020). The role of psychiatric mental health nurse practitioners in improving mental and behavioral health care delivery for children and adolescents in multiple settings. *Archives of psychiatric nursing*, 34(5), 275-280.
<https://doi.org/10.1016/j.apnu.2020.07.022>

Soltis-Jarrett, V. (2023). The future of psychiatric-mental health nursing: Observe, reflect, and take action to empower knowledge for the greater good. *Issues in mental health nursing*, 44(10), 1071-1079. <https://doi.org/10.1080/01612840.2023.2270066>

Symptom Media (2014). [Video/DVD]. F34.8 Disruptive Mood Dysregulation Disorder.
<https://video.alexanderstreet.com/watch/f34-8-disruptive-mood-dysregulation-disorder>