

SOUTH DAKOTA BOARD OF REGENTS

Academic and Student Affairs
Consent

AGENDA ITEM: 3 – H (3)
DATE: December 4-6, 2018

SUBJECT

New Certificate: SDSU Certificate in Post-Graduate Psychiatric Mental Health Nurse Practitioner

CONTROLLING STATUTE, RULE, OR POLICY

[BOR Policy 2:23](#) – Program and Curriculum Approval

BACKGROUND / DISCUSSION

South Dakota State University (SDSU) requests authorization to offer a Post-Graduate Psychiatric Mental Health Nurse Practitioner graduate certificate. The certificate will allow licensed Advanced Practice Registered Nurses (APRN), particularly Family Nurse Practitioners (FNP), to add an additional area of specialty in the mental health area. Target students for the certificate are practicing nurse practitioners who already hold a master’s or doctoral degree. The certificate program is a response to requests from the state’s clinical providers and the SD Board of Nursing to address critical shortages in mental health treatment; currently, less than 3% of nurse practitioners in the state hold advanced psychiatric mental health certification.

IMPACT AND RECOMMENDATION

SDSU requests authorization to offer the certificate online. The certificate consists of 18 credit hours of graduate coursework and the creation of six new courses. While most Regental system certificate programs involve existing courses and a maximum of 12 credit hours, the deviations from these standards are necessitated by licensing requirements and to respond to the market needs in mental health services.

SDSU is not asking for additional resources to offer the program.

Board office staff recommends approval of the program.

ATTACHMENTS

Attachment I – New Certificate Request Form: SDSU – Post-Graduate Psychiatric Mental Health Nurse Practitioner

DRAFT MOTION 20181204_3-H(3):

I move to authorize SDSU to offer the certificate Post-Graduate Psychiatric Mental Health Nurse Practitioner, including online delivery, as presented.



**SOUTH DAKOTA BOARD OF REGENTS
ACADEMIC AFFAIRS FORMS**

New Certificate

UNIVERSITY:	SDSU
TITLE OF PROPOSED CERTIFICATE:	Post-Graduate Psychiatric Mental Health Nurse Practitioner
INTENDED DATE OF IMPLEMENTATION:	2019-2020 Academic Year
PROPOSED CIP CODE:	51.3810
UNIVERSITY DEPARTMENT:	Graduate Nursing
UNIVERSITY DIVISION:	Graduate School

University Approval

To the Board of Regents and the Executive Director: I certify that I have read this proposal, that I believe it to be accurate, and that it has been evaluated and approved as provided by university policy.

10/17/2018

Institutional Approval Signature

Date

President or Chief Academic Officer of the University

1. Is this a graduate-level certificate or undergraduate-level certificate?

Undergraduate Certificate Graduate Certificate

2. What is the nature/purpose of the proposed certificate?

The proposed Post-Graduate Psychiatric Mental Health Certificate will provide evidence-based practice education for currently licensed Advanced Practice Registered Nurses (APRN), particularly Family Nurse Practitioners (FNP), who seek the added advanced practice specialty of psychiatric mental health care. Currently, FNP's treat and prescribe for mental health needs more than any other NP specialty. FNP's are often the initial providers of any type of mental health care, yet they are not certified and trained to practice in this subspecialty and frequently are not able to provide optimal care for their patients. Advanced nursing practice in psychiatric mental health covers both outpatient and inpatient care, children through elderly individuals, and mild depression and anxiety to significantly disabling conditions including substance abuse, bipolar disorders and schizophrenia. The proposed certificate prepares graduates to provide much needed high-quality mental health care to all populations and conditions in a variety of settings in rural and urban South Dakota. South Dakota State University currently offers the Master's of Science - Family Nurse Practitioner degree; SDSU offers all prerequisite courses needed for the proposed certificate. The proposed certificate is an extension of the highly successful FNP program and is primarily intended for practicing FNP's to provide them with an efficient, cutting-edge curriculum and clinical practica within a 4-semester sequence.

According to the American Nurses Credentialing Center (ANCC) the following are requirements for sitting for the certification exam:¹

1. Hold a master's, postgraduate, or doctoral degree from a psychiatric-mental health nurse practitioner program accredited by the Commission on Collegiate Nursing Education (CCNE) or the Accreditation Commission for Education in Nursing (ACEN) (formerly NLNAC | National League for Nursing Accrediting Commission). A minimum of 500 faculty-supervised clinical hours must be included in the psychiatric-mental health nurse practitioner program.
2. Three separate, comprehensive graduate-level courses in:
 - Advanced physiology/pathophysiology, including general principles that apply across the life span,
 - Advanced health assessment, which includes assessment of all human systems, advanced assessment techniques, concepts, and approaches, and
 - Advanced pharmacology, which includes pharmacodynamics, pharmacokinetics, and pharmacotherapeutics of all broad categories of agents.
3. Content in:
 - Health promotion and/or maintenance
 - Differential diagnosis and disease management, including the use and prescription of pharmacologic and nonpharmacologic interventions
4. Clinical training in at least two psychotherapeutic treatment modalities.

The certificate will allow graduates to sit for certification and ultimately provide psychiatric mental health care in a variety of outpatient or inpatient settings throughout the state.

Successful completion of graduate level courses in Advanced Physical Assessment (Lifespan), Advanced Pathophysiology (Lifespan), Advanced Pharmacology / Pharmacotherapeutics (Lifespan) with a course grade of 3.0 or higher within the last 5 years is an admission requirement for the post-graduate certificate. (*Refer to question #8 for admission requirements.*) The post-graduate certificate is completed by students who already have completed a Master's or Doctor of Nursing Practice Degree, however are seeking another credential. Students will have already completed courses in pathophysiology, pharmacology, and physical assessment.

3. Provide a justification for the certificate program, including the potential benefits to students and potential workforce demand for those who graduate with the credential.²

South Dakota ranks second in the nation for *higher* prevalence of mental illness and *lower* rates of access to care.¹ Only 55% to 65% of the people in the state are provided mental health and substance use care; in isolated and reservation areas, 37% to 39% of these populations receiving care.³ A total of 848 nurse practitioners practice in the state of SD. Of these, approximately 2.3% (20) hold advanced psychiatric mental health nurse practitioner certification and practice in the state.⁴ Community mental health services lack psychiatric/mental health providers which leads to an increased demand for care at the state

¹ <https://www.nursingworld.org/our-certifications/psychiatric-mental-health-nurse-practitioner/>

² "The State of Mental Health in America," MHIA, <http://www.mentalhealthamerica.net/issues/state-mental-health-america>

³ Focus on South Dakota-A Picture of Health," Helmsley, <https://helmsleytrust.org/publication/focus-south-dakota-picture-health>.

⁴ Young, South Dakota Board of Nursing, personal communication, June 28, 2018.

psychiatric hospital. Emergency department and hospital utilization for mental health care is high.⁵ The proposed post-graduate certificate will increase much needed access to mental health care provision by psychiatric nurse practitioners in South Dakota where a current serious shortage exists. SDSU's clinical partners and the South Dakota Board of Nursing (SDBON) have implored the University to address this shortage through development of a post-graduate certificate option in the short term, and an additional Master's in Nursing-Psychiatric Mental Health Nurse Practitioner specialty in the long term.

4. Who is the intended audience for the certificate program (including but not limited to the majors/degree programs from which students are expected)?

The intended audience is masters or doctorally prepared family nurse practitioners.

Psychiatric mental health nurse practitioners are employed in the subspecialty of psychiatry. Like other subspecialties of health care (neonatology, oncology, pain management, cardiology, ophthalmology, etc.), psychiatric mental health care requires additional education and practice hours to become proficient for practice. Psychiatric nurse practitioner positions across the United States are typically paid among the highest salaries that nurse practitioners make.⁶ MidlevelU reports psychiatric mental health nurse practitioners will gross approximately \$20,000 more in annual salaries than family nurse practitioners. Psych NPs' salaries have remained steady, holding at the number three highest paid specialty since 2013.⁷

Due to the small number of existing practicing Psych NPs in South Dakota, a comparison of salaries is not obtainable. The Bureau of Labor Statistics projected a 35% growth in openings nationwide between 2014 and 2024, which is much higher than the average growth rate (7%) expected across all occupations during that time period. This upswing in job opportunities is expected to produce positions for 44,700 NPs across all specializations due to the increasing demand for healthcare professionals around the country.⁸

5. List the courses required for completion of the certificate in the table below (if any new courses are proposed for the certificate, please attach the new course requests to this form):⁹

AAC Guideline 2.7 limits certificates to nine to twelve credit hours unless valid reasons exist to exceed the limit. The proposed certificate has a total of eighteen credit hours based on the clinical practice specialization, certification and licensure requirements. The certificate includes six new course requests covering content to meet the psychiatric mental health nurse practitioner certification requirements put forth by the American Nurses Credentialing Center (ANCC). The certification requires content in: a) health promotion and/or maintenance; b) differential diagnosis and disease management, including the use and prescription of pharmacologic and nonpharmacologic interventions and, c) clinical training in at least two

⁵ "Focus on South Dakota-A Picture of Health," Helmsley, https://helmsleytrust.org/sites/default/files/Focus%20on%20South%20Dakota_Part%201.pdf

⁶ <https://www.nursepractitionerschools.com/faq/how-much-does-np-make>

⁷ <https://www.midlevelu.com/blog/10-highest-paying-nurse-practitioner-specialties>

⁸ Bureau of Labor Statistics, U.S. Department of Labor, *Occupational Outlook Handbook*, Nurse Anesthetists, Nurse Midwives, and Nurse Practitioners, on the Internet at <https://www.bls.gov/ooh/healthcare/nurse-anesthetists-nurse-midwives-and-nurse-practitioners.htm> (visited October 02, 2018).

psychotherapeutic treatment modalities. This content includes a minimum of 500 supervised clinical hours needed to qualify graduates for certification and licensure as a Psychiatric Mental Health Nurse Practitioner. The proposed eighteen credits are consistent with other programs across the country as a minimum credit load. Reference Appendix B to see the list of courses, descriptions, prerequisites, co-requisites, and alignment to the ANCC certification requirements. The online delivery of courses follows a sequential format of two courses per semester 1 (*NURS 732, NURS 733*) and semester 2 (*NURS 734, NURS 735*), followed by a practical course each for semester 3 (*NURS 736*) and semester 4 (*NURS 737*). The proposed plan of study effectively adds Psychiatric Mental Health advanced practice content and builds upon the expertise of a currently practicing APRN, particularly the Family Nurse Practitioner.

Prefix	Number	Course Title	Credit Hours	New (yes, no)
NURS	732	Psychopharmacology and Neurobiology Across the Lifespan	2	Yes
NURS	733	Psychopathological Disorders Across the Lifespan	3	Yes
NURS	734	Theories and Interventions for Individuals and Groups	2	Yes
NURS	735	Advanced Psychiatric Assessment and Differential Diagnosis Across the Lifespan	2	Yes
NURS	736	Psychiatric Mental Health Advanced Practice Across the Lifespan I	4	Yes
NURS	737	Psychiatric/Mental Health Advanced Practice Across the Lifespan II	5	Yes
Subtotal			18	

6. Student Outcome and Demonstration of Individual Achievement.¹⁰

A. What specific knowledge and competencies, including technology competencies, will all students demonstrate before graduation?

- Provide primary and integrated mental health care for individual, groups and families across the lifespan utilizing evidence-based health promotion and disease prevention strategies to address mental health conditions, substance abuse and comorbid physical conditions.
- Function in a variety of healthcare settings, including telehealth, in collaboration with the interprofessional team and community organizations to provide integrated mental health care.

B. Complete Appendix A – Outcomes using the system form. Outcomes discussed below should be the same as those in Appendix A.

Students will be able to:

- Assess, diagnose, and plan care for complex psychiatric and concomitant medical issues, including the prescription and management of psychopharmacologic agents.
- Formulate an evidence-based strategy in the assessment, diagnosis and treatment of persons across the lifespan with psychiatric disorders.

¹⁰ Board Policy 2:23 requires certificate programs to “have specifically defined student learning outcomes.”

- Implement advanced psychiatric mental health nursing health promotion and prevention of psychopathology with patients with mental illness across the lifespan.
- Compare and contrast the effectiveness of various psychopharmacologic agents on symptoms of psychiatric illness.
- Discuss ethical dilemmas, cultural considerations, and bias when prescribing psychopharmacological therapeutic agents.
- Incorporate client centered and culturally competent care of psychiatric patients across the lifespan by an advanced practice nurse.
- Demonstrate growth in knowledge and skill of clinical decision making at an advanced practice level.
- Use information and communication technologies, resources and principles of learning to teach patients across the lifespan with mental health/ behavioral health issues.

See Appendix A.

7. Delivery Location.¹¹

A. Complete the following charts to indicate if the university seeks authorization to deliver the entire program on campus, at any off campus location (e.g., UC Sioux Falls, Capital University Center, Black Hills State University-Rapid City, etc.) or deliver the entire program through distance technology (e.g., as an on-line program)?

	Yes/No	Intended Start Date
On campus	Yes	2019-2020 AY

	Yes/No	If Yes, list location(s)	Intended Start Date
Off campus	No		

	Yes/No	If Yes, identify delivery methods ¹²	Intended Start Date
Distance Delivery (online/other distance delivery methods)	Yes	Online	2019-2020 AY

B. Complete the following chart to indicate if the university seeks authorization to deliver more than 50% but less than 100% of the certificate through distance learning (e.g., as an on-line program)?¹³

	Yes/No	If Yes, identify delivery methods	Intended Start Date
Distance Delivery (online/other distance delivery methods)	No		

100% of the Post-Graduate Psychiatric Mental Health Nurse Practitioner Certificate will be offered online.

¹¹ The accreditation requirements of the Higher Learning Commission (HLC) require Board approval for a university to offer programs off-campus and through distance delivery.

¹² Delivery methods are defined in [AAC Guideline 5.5](#).

¹³ This question responds to HLC definitions for distance delivery.

8. Additional Information:

Additional Admission Requirements

GRE: Not required

TOEFL: Score of 600 paper-based, 100 Internet-based, OR

IELTS: 7.0 total band

In addition to meeting basic requirements for admission to the Graduate School, applicants for graduate study in nursing must have:

- Bachelor's degree in nursing from a National League for Nursing Accrediting Commission (NLNAC) or Commission on Collegiate Nursing Education (CCNE) accredited program with an upper division major in nursing with a "B" average (3.0 or higher on a 4.0 point grading system).
- Master's degree in nursing from an NLNAC or CCNE accredited program with a "B" average (3.0 or higher on a 4.0 point grading system).
- Current licensure as a Registered Nurse in the United States or its' territories prior to enrollment in first graduate nursing course.
- 1500 hours of documented nursing practice experience prior to first clinical lab or within first year of program.
- Successful completion of graduate level courses in Advanced Physical Assessment (Lifespan), Advanced Pathophysiology (Lifespan), Advanced Pharmacology / Pharmacotherapeutics (Lifespan) with a course grade of 3.0 or higher within the last 5 years.
- Completed and verified application to the Graduate Nursing program via NursingCAS website.
- Compliance requirements: Background check, FBI rolled fingerprint, drug screen, Basic Life Support for Healthcare Providers, ACLS certification for FNP specialization, professional liability insurance, influenza vaccine, and TB test.
- Interview with graduate faculty for FNP specialization only.
- Completion of written response to questions regarding educational goals, scholarly practice interest and desired practice career.

Appendix A
Post-Graduate Psychiatric Mental Health Nurse Practitioner Certificate – Student Learning Outcomes

Individual Student Outcome	Program Courses that Address the Outcomes					
	NURS 732	NURS 733	NURS 734	NURS 735	NURS 736	NURS 737
Assess, diagnose, and plan care for complex psychiatric and concomitant medical issues, including the prescription and management of psychopharmacologic agents.					X	X
Formulate an evidence-based strategy in the assessment, diagnosis and treatment of persons across the lifespan with psychiatric disorders.		X		X		
Implement advanced psychiatric mental health nursing health promotion and prevention of psychopathology with patients with mental illness across the lifespan.				X		
Compare and contrast the effectiveness of various psychopharmacologic agents on symptoms of psychiatric illness.	X					
Discuss ethical dilemmas, cultural considerations, and bias when prescribing psychopharmacological therapeutic agents.	X					
Incorporate client centered and culturally competent care of psychiatric patients across the lifespan by an advanced practice nurse.			X			
Demonstrate growth in knowledge and skill of clinical decision making at an advanced practice level.					X	X
Use information and communication technologies, resources and principles of learning to teach patients across the lifespan with mental health/ behavioral health issues.			X			

Appendix B

New Course Requests and Alignment to the American Nurses Credentialing Center (ANCC) Certification Requirements

NURS 732 Psychopharmacology and Neurobiology Across the Lifespan

Credits: 2

The study of advanced psychopharmacological treatment of psychiatric symptoms and disorders. Neurobiological processes are emphasized. Medication selection, dosage and monitoring is covered including prescriptive issues.

Prerequisite: None; Co-requisite: None; Registration Restriction: Department Consent

FNPs have completed four credits in pharmacology. This post-graduate certificate prepares them for a specialty practice. More advanced knowledge is needed for the specialized treatment of mentally ill patients which are not normally cared for in a general family practice. Medication actions, determination, and dosing are major elements of the specialized psychiatric nurse practitioner practice.

NURS 733 Psychopathological Disorders Across the Lifespan

Credits: 3

Emphasis on the etiology and epidemiology of selected psychopathological disorders and introduction to assessment and diagnosis of common clinical variations in health patterns. Use of the DSM is foundational.

Prerequisite: None; Co-requisite: None; Registration Restriction: Department Consent

ANCC requires clinical training in at least two psychotherapeutic treatment modalities. NURS 734 focuses on non-pharmacological interventions which include therapy with individuals and groups, two of the three treatment modalities. Clinical experience with therapy in individuals and group is also provided in NURS 736 and NURS 737.

NURS 734 Theories and Interventions for Individuals and Groups

Credits: 2

An overview of theories, interventions and research related to psychotherapeutic treatments utilized by the advanced practice psychiatric nurse in planning, implementing and evaluating care for individuals across the lifespan. Brief applications of cognitive behavioral therapy and motivational interviewing are studied.

Prerequisite: NURS 733; Co-requisite: NURS 735; Registration Restriction: Department Consent.

ANCC requires course work in differential diagnosis and disease management.

NURS 735 Advanced Psychiatric Assessment and Differential Diagnosis Across the Lifespan

Credits: 2

Communication skills, comprehensive history-taking techniques, advanced psychosocial and physical assessment skills, screening/diagnostic testing, and diagnostic reasoning skills required in advanced nursing practice are developed. The focus is on developing these skills from an evidence-based, culturally responsive perspective.

Prerequisite: NURS 733; Co-requisite: NURS 734; Registration Restriction: Department Consent.

Practicing in this specialized role requires unique skills not offered in family NP programs. Specific advanced skills in communication to conduct a detailed psychosocial assessment (vs. a history and physical exam taught in family NP programs) are needed to obtain appropriate and comprehensive information to treat individuals and families in multiple types of settings. This course will also apply concepts learned in NURS 733 – Theories and Interventions for Groups and Families to the Psych NP's assessment abilities.

NURS 736 Psychiatric/Mental Health Advanced Practice Across the Lifespan I

Credits: 4

The study of advanced psychopharmacological treatment of psychiatric symptoms and disorders. Neurobiological processes are emphasized. Medication selection, dosage and monitoring is covered including prescriptive issues.

Prerequisite: NURS 735; Co-requisite: None; Registration Restriction: Department Consent.

NURS 736 fulfills 240 clinical hours.

NURS 737 Psychiatric/Mental Health Advanced Practice Across the Lifespan II

Credits: 5

This course continues and expands clinical training in the full role of the psychiatric mental health nurse practitioner. Emphasis is on the integration of content areas to advance competences in the ethical, safe, collaborative and evidence-based provision of mental health care for all ages.

Prerequisite: NURS 736; Co-requisite: None; Registration Restriction: Department Consent.

NURS 737 lays a foundation for advanced psychiatric nurse practitioner practice. The content is not a part of any family nurse practitioner program. The content is essential to a psychiatric nurse practitioner role. Understanding and using the Diagnostic and Statistical Manual of Mental Disorders – used exclusively to diagnose, plan care and treat persons with mental health diseases is crucial to the psychiatric nurse practitioner role. NURS 737 fulfills 300 clinical hours.