

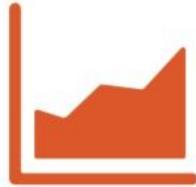


Crisis Stabilization Unit Nursing: Revolutionizing Mental Health Care

Explore the evolving role of nurses in providing revolutionary, trauma-informed, and recovery-oriented care within the growing field of crisis stabilization services.

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Introduction



Growing Practice Area

Crisis Stabilization Units (CSUs) are a rapidly expanding area of mental health care across the United States



Expanding Acute Care

Psychiatric Emergency Departments (Psych ED/EmPath units) are also seeing significant growth in the acute care setting.

The expansion of both Crisis Stabilization Units and Psychiatric Emergency Departments in the U.S. highlights the growing need for specialized mental health care services each state.

Defining Crisis Stabilization Nursing

Distinct Level of Care

Crisis Stabilization Nursing is a distinct level of care, separate from traditional inpatient psychiatric or emergency department settings. It requires a tailored approach to care delivery.

Emerging Subspecialty

Crisis Stabilization Nursing is an emerging subspecialty of nursing, driven by the growing number of Crisis Stabilization Units being established across the country.

Distinct Scope and Standards

To support the expanding Crisis Stabilization Unit practice, there is a need for a distinct scope and standards of practice for Crisis Stabilization Nursing.

Enabling Top-of-License Practice

A defined scope and standards of practice will enable registered nurses (RNs) to practice at the top of their license in Crisis Stabilization Units, leveraging their full skills and expertise.

Holistic, Individualized Approach

Crisis Stabilization Nursing encompasses a holistic, individualized approach to care, addressing the mind, body, and spirit of the individuals served.

Distinct from Crisis Intervention

Crisis Stabilization Nursing has evolved beyond mere crisis intervention, incorporating a comprehensive, recovery-oriented approach to care.



Practices in Crisis Stabilization Nursing

Crisis Stabilization Nursing is an emerging subspecialty that encompasses a holistic, individualized approach to caring for individuals experiencing behavioral and physical health crises. This practice involves triage, trauma-informed and recovery-oriented interventions, comprehensive assessments, and personalized nursing plans of care.

A Day in the Life of a CSU Nurse

- **Triage and Manage Medical Needs**

CSU nurses assess and address a variety of medical conditions like dermatosis, seizures, GI distress, and hypertension to stabilize patients and prevent unnecessary emergency department visits.

- **Substance Use Withdrawal Management**

CSU nurses provide compassionate, evidence-based care to patients experiencing withdrawal from alcohol, benzodiazepines, opioids, and other substances, ensuring their safety and comfort.

- **Psychiatric Crisis Intervention**

CSU nurses use trauma-informed, recovery-oriented approaches to de-escalate psychiatric crises, assess risk, and develop individualized plans of care to stabilize individuals.

- **Holistic Patient Assessment**

CSU nurses conduct comprehensive mental status, physical, and biopsychosocial examinations to understand the whole person and develop tailored nursing plans of care.

- **Patient Education and Empowerment**

CSU nurses provide health education to patients on topics like medication, diagnosis, nutrition, and hygiene, empowering them to manage their own wellbeing.

The Future of Crisis Stabilization

Revolutionary Nursing Care

Crisis Stabilization Unit Nursing represents a revolutionary approach to nursing care, providing a wholistic, trauma-informed, and recovery-oriented approach to address the physical, mental, and emotional needs of individuals in crisis.

The Future of Behavioral Health Nursing

As the mental health crisis continues to grow, the need for skilled and specialized crisis stabilization nurses will only increase, positioning Crisis Stabilization Nursing as the future of behavioral health nursing.

Top-of-License Nursing Practice

Crisis Stabilization Unit Nurses practice at the top of their license, utilizing a wide range of clinical skills and knowledge to triage, assess, and provide individualized care for individuals experiencing mental health, substance use, and physical health crises.

Comprehensive Care Delivery

Crisis Stabilization Unit Nurses take a whole-person approach, addressing the mind, body, and spirit of the individuals they serve through crisis interventions, health education, and individualized nursing plans of care.

Emerging Subspecialty of Nursing

Crisis Stabilization is an emerging subspecialty of nursing, with a distinct scope of practice and standards of care that support the growing Crisis Stabilization Unit practice across the country.

Untapped Nursing Resource

Crisis Stabilization Unit Nursing represents an untapped resource for the nursing profession, offering opportunities for nurses to practice at the top of their license and shape the future of mental health services.

Crisis Continuum and System Realization

Crisis Continuum

The crisis continuum encompasses a range of services, from crisis hotlines and mobile crisis teams to crisis receiving and stabilization units, emergency departments, and inpatient psychiatric care. This continuum ensures that individuals experiencing a mental health or substance use crisis have access to the appropriate level of care.

Crisis Receiving and Stabilization Units

Crisis receiving and stabilization units (CRSUs) provide a safe, non-judgmental environment for individuals in the midst of a mental health or substance use crisis. These units offer immediate assessment, stabilization, and connection to ongoing care, serving as a crucial component of the crisis continuum.

System Realization

Across the country, state and local governments are investing in the development and expansion of crisis receiving and stabilization units, recognizing their importance in addressing the growing need for mental health and substance use crisis services. These investments reflect a broader realization of the critical role that CSUs play in providing effective, community-based crisis care.

The Effect of Strong Nursing Administration with Restraint and CSU Culture

Nursing Administration Influence

Strong nursing administration can have a significant impact on the implementation and management of restraint practices within a CSU environment.

Restraint Protocols and Guidelines

Nursing administration plays a crucial role in developing and enforcing clear protocols and guidelines for the appropriate use of restraints in the CSU, ensuring patient safety and ethical practices.

Fostering a Supportive CSU Culture

Effective nursing leadership can cultivate a culture within the CSU that prioritizes patient-centered care, emphasizes de-escalation techniques, and promotes the minimization of restraint use.

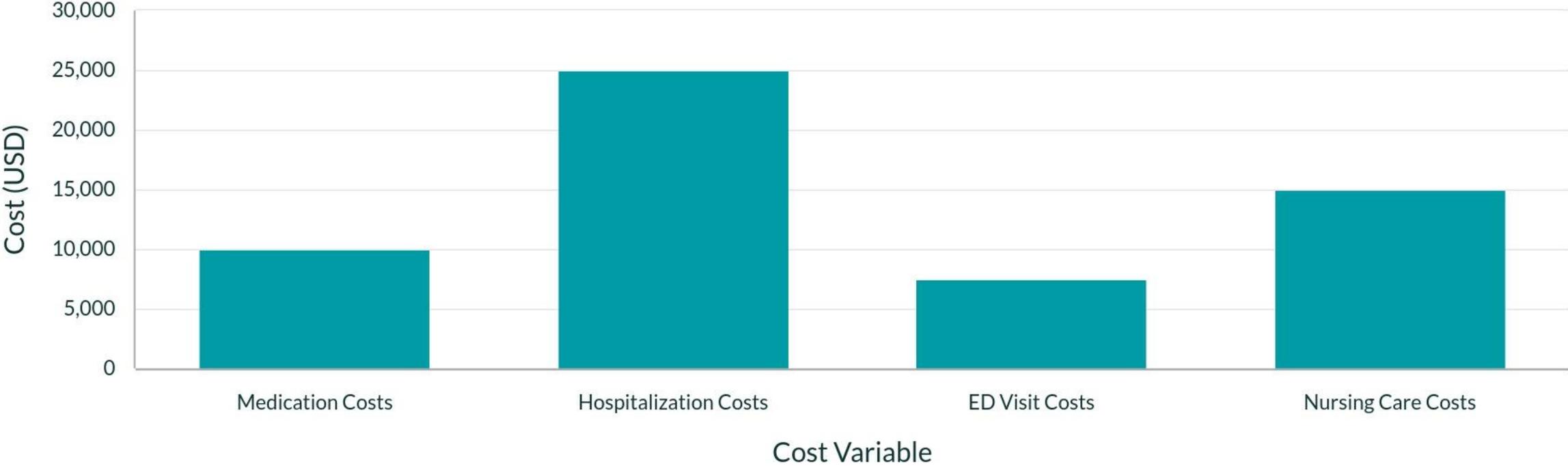
Staff Training and Education

Nursing administration can provide comprehensive training and education to CSU staff, equipping them with the knowledge and skills to recognize and respond to situations that may require restraint, while prioritizing alternative interventions.

Continuous Quality Improvement

Strong nursing leadership can implement robust quality improvement processes to regularly review and assess the use of restraints within the CSU, identifying areas for improvement and implementing evidence-based best practices.

Costs of Medication Errors in a Crisis Stabilization Unit



Medication errors in a Crisis Stabilization Unit can incur significant direct costs across various categories.

*Based on the systematic review of medication error cost studies from 2011-2021.

Nurse Retention Value and Cost of Turnover

Nurse Retention Cost Factor	Average Cost per Factor
Hiring and Onboarding	\$5,000
Training and Development	\$3,000

*Data from a study by the American Nurses Association (ANA) on the cost of nurse turnover.

Addressing Challenges in Mental Health Nursing

Shortage of Specialized Clinicians

Mental health services have struggled before and after the pandemic due to a shortage of specialized clinicians, including mental health nurses. This shortage limits access to care and affects the quality of services provided.

Restrictive Scopes of Practice

Mental health nurses often practice within restrictive scopes of practice, rather than a more holistic approach. This limits their ability to fully address the needs of their patients and can contribute to the struggles of the mental health system.

Challenging Counter-Narratives

Constructing a counter-narrative on the identities of mental health nurses is challenging. Overcoming the perception of mental health nurses as being custodial or practicing under the direction of medicine is crucial for empowering them to practice at the top of their license.

Lack of Comprehensive Evidence

There has not been a comprehensive scoping of the evidence on the clinical practice roles of mental health nurses. This lack of understanding limits the ability to advocate for changes in policy and practice that could enhance the role of mental health nurses.

Evolving Landscape

The global pandemic has further weakened the mental health system, leading to individuals presenting with higher acuity. This evolving landscape requires a re-examination of the role and scope of practice for mental health nurses to better meet the needs of the community.

Thank you!
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Panel Discussion

Questions?

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