



Nurses as Therapists:

A Policy Answer

Policy Answer

This essay ~~advocate~~ advocates for ~~an evolution~~ role change in the professional role of ~~for of~~ psychiatric ~~mental health nurse~~ nurses in Australia. Australia ~~is having currently~~ faces ~~experiencing an~~ epidemic of mental ~~problems~~ health conditions ~~right now~~ that respond better to psychological interventions, such as counselling, than ~~to as opposed to~~ pharmacological solutions. ~~counselling than medicine. Notwithstanding~~ However ~~Despite the~~ superiority of psychological interventions in treating such disorders, because ~~the~~ medical model still dominates ~~of mental health dominates~~ health care ~~healthcare delivery in~~ Australian health care delivery, so ~~psychological therapies are not popular~~ popular. After exploring the ~~problem, this essay demonstrates that~~ Particularly given ~~This essay suggest~~ psychiatric nurses ~~should provider of of~~ psychological therapies. After exploring the scope of the problem, this ~~essay proposes that mental health~~ mental health ~~psychiatric~~ psychiatric nurses are ideally poised ~~positioned~~ to become the ~~to~~ primary providers of these psychological ~~therapies~~ treatments. therapy.

Ceontext

According to the Australian Institute of Health and Welfare (AIHW) (2007), ~~mental~~ problems mental health conditions are ~~the~~ leading cause of disability in Australia. The 2007 National Survey of Mental Health and Wellbeing ~~fare~~ (Slade et al., 2009) ~~show~~ revealed that 45.5% of the population currently have or will experience a mental health problem at some point in their lifetime lives. Anxiety ~~is~~ disorders comprise the ~~most common mental~~ problem health conditions, affecting 1 in 7 Australians (Slade et al., 2009). This p ~~Prevalence of~~ anxiety also has ~~reflects~~ highlights gender differences, with women suffering ~~being diagnosed~~

Commented [CP1]: If the first-person point of view is acceptable for this document, perhaps 'In this essay, we/I advocate'.

Commented [CP2]: In keeping with the drive towards a more holistic view of mental health, the term 'mental health nurse' is now preferred over the term 'psychiatric nurse'.

Commented [CP3]: Typically expressed as one word in UK English

Commented [CP4]: Consider 'less popular'.

Commented [CP5]: 'Background' would be an alternative subtitle here.

Commented [CP6]: Please confirm that my change to 'the' is accurate, i.e. that mental health conditions are *the* leading cause rather than *a* leading cause.

Commented [CP7]: Perhaps 'the Australian population' would be more specific (if accurate).

more frequently ~~more~~ than men (17.9% v. 10.8%, respectively) (Slade et al., 2009).

~~Unfortunately, Mental-mental problems-health conditions~~ are ~~also expensive to treat~~. From 2013–2014, Australia spent ~~AUD(e.g., \$8 billion,000,000,000- or (AUD\$344 per person)~~, which is how much was spent on psychiatric services in Australia from 2013 and 2014 (Australian Institute of Health and Welfare IHW, 2015).

Barlow (2004) observed ~~s~~ that psychological interventions are efficacious and safe for ~~the treatment of treating~~ social anxiety disorder. More recently, following a systematic review of the literature and a large-scale meta-analysis, ~~Mayo-Wilson et al. (2014)~~ concluded that cognitive behavioural therapy (CBT) was ~~actually~~ more effective than pharmacotherapy with selective serotonin reuptake inhibitors (SSRIs), such as sertraline, for the treatment of social anxiety. ~~Additionally,~~ Moreover, while sertraline has been regarded as the gold standard ~~of~~ for pharmacological interventions for social anxiety, Gordon and Melvin (2013) listed many side-effects, ~~especially particularly~~ for ~~teenager adolescent~~ -patients, ~~that would suggesting~~ that sertraline might not be the ~~ideal initial first~~ treatment.

~~But Although, while~~ CBT may be a safer ~~treatment~~ and more effective treatment for social anxiety than ~~the administration of~~ SSRIs, it ~~also be is more~~ taxing in terms of resource ~~usage usage~~. Priyamvada ~~and others et al.~~ (2009) ~~have report described~~ a ~~17-session~~ treatment regimen for social anxiety ~~requiring comprised of seventeen, with social anxiety over 17 one hour 1 hour 1-hr~~ sessions. ~~Morris, Mensink, and Stewart et al. have described 12 2.5 hours per sessions, each lasting 2.5 hours. From this, we can conclude that Thus, hour~~ CBT demands a substantial time investment ~~of time~~. In Australian ~~context~~, this time commitment might be ~~highly~~ problematic ~~given that because~~ clinical psychologists comprise the bulk of cognitive ~~behavioral behavioural~~ therapists. According to the 2014 National Health Workforce Data Set, there ~~were are~~ 23,878 clinical psychologists in Australia in 2014 (Australian Institute of Health and Welfare AIHW, 2016). This ~~would imply suggest gives~~ a

Commented [CP8]: Is this general or specific to a treatment type, i.e. therapy versus pharmacological?

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Commented [CP10]: Please remember to provide a corresponding reference in the References section before finalising the document. This applies to several in-text citations within this manuscript.

Commented [CP11]: This should be written as “seventeen 1-hr sessions.”

1) As you have done here, whenever two numbers are written in succession, one should be written out, and the other should be in its numerical form. The decision of which is in the numerical form is based on supremacy. APA 7 requires that numbers associated with units be written in their numerical form, e.g., “1-hr,” which gives this value supremacy in this sentence.

2) In APA style, unit abbreviations (e.g., “hr” rather than “hour”) should be used when they are associated with a value.

Commented [CP12]: A year of publication is necessary here for the reader to be able to locate the study.

ratio of 87 clinical psychologists per 100,000 ~~population individuals~~, which is ~~in no way~~ inadequate ~~to address in terms of given~~ the scope of the problem ~~that posed by~~ anxiety disorders ~~pose~~. Moreover, not all psychologists working ~~ing~~ in health-care, so ~~the~~ actual figure is ~~no doubt~~ likely to be considerably lower. Training new clinical psychologists might seem like ~~the a~~ logical response to this shortfall; however, the minimum training time ~~to train for a~~ clinical psychologist in Australia ~~is~~: 6 years (4 years honours and 2 years provisional registration) (AIHW ~~internship (Australian Institute of Health and Welfare, 2016)~~). ~~Therefore,~~ ~~we must e~~ Either ~~the approach change our approach~~ to training clinical psychologists ~~must change,~~ or ~~society must~~ ~~we must~~ look elsewhere to meet the workforce demands for cognitive behavioural therapists ~~so that we may in order to~~ respond to the high incidence of social anxiety ~~disorders~~.

~~Chance~~ Practical Solutions

Although ~~cognitive behavior therapy done mostly by~~ clinical psychologists ~~perform the~~ majority of CBT, the law does not prohibit ~~other professionals from other~~ disciplines from ~~using practising~~ ~~cognitive behavioural therapists~~ CBT. In fact, the Australian Association for Cognitive and Behaviour Therapy (2016), ~~the Australia's primary peak~~ training and registering agency for cognitive behavioural therapists ~~in Australia,~~ ~~has~~ recognised ~~various other disciplines, such as~~ providers of CBT ~~from several other disciplines~~, including teachers, social workers, dentists and nurses. ~~With As~~ mental health nurses ~~comprising comprise~~ ~~make up~~ 77% of ~~the~~ psychiatric workforce in Australia (Fisher, 2015), ~~these mental health workers~~ ~~they~~ are ideally poised to become ~~to become~~ the primary providers of CBT ~~with which to~~ ~~for~~ treating social anxiety ~~disorders~~.

In 2012, there were 334,078 nurses in Australia, 238,520 of whom were ~~R~~ Registered ~~N~~ Nurses (AIHW, 2013). According to the 2014 National Health Workforce Data Set, ~~only~~ 1 in 15 ~~of the 334,078 total~~ nurses in Australia are ~~Registered~~ ~~registered~~ ~~Psychiatric mental~~

Commented [CP13]: I have rephrased the subheading in favour of a more substantively informative one.

~~health Nurses~~nurses. Therefore, the per capita ratio of mental health nurses ~~is worse than~~ ~~clinical psychologists~~ (82 ~~psychiatry~~nurses for every 100,000 ~~population~~individuals) is ~~poorer than that of clinical psychologists~~ (AIHW, 2016). ~~Notwithstanding~~~~Moreover~~~~However~~, the ~~turnaround time in terms of~~training ~~period~~ for mental health nurses is significantly shorter than ~~that of~~for clinical psychologists, ~~with all~~as registered nurses ~~complete their~~ ~~faster to train: 3–4 year~~ bachelor programmes ~~in 3–4 years~~. Based on current award wages, registered ~~4 years~~. Registered nurses are also ~~cheaper~~less expensive to employ than clinical psychologists: (AUD\$57.754 ~~versus~~v. AUD\$74.099) (PayScale, 2016).

Some nurses, ~~however~~, might argue that ~~if~~ training as cognitive ~~behavior~~behaviour therapists, ~~we are~~ would further ~~diluting~~dilute their ~~our~~ roles or that they are simply too busy to provide a heavily structured intervention like CBT. ~~This A~~~~However, such reluctance to~~ ~~provide CBT~~~~reluctance to provide CBT, however, runs is disputed~~ ~~contrary to~~by the literature, ~~which shows~~ ~~establishes~~ that nurses have always had a role in the provision of psychological therapies (Delaney and Handrup, 2011).

Commented [CP14]: I would suggest rounding the figures here, e.g. 57.75 and 74.10 or 58 and 74. I do not think the meaning would be significantly altered by doing so.

Commented [CP15]: The References list cites '2016b'; I suggest clarifying here in the text and References section.

References

Australian Association ~~for~~ Cognitive and Behavioural Therapy (2016) ~~Skills~~. Available at:

<https://www.aacbt.org.au/product/membership/> (Accessed: 23 November 2016).

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https://mhsa.aihw.gov.au/Resources_Topics/Labour_force/Registered_psychologist_workforce/ (Accessed: 23 November 2016).

Barlow, DH (2004). *Anxiety and its disorders ~~interference~~*: The nature and treatment of anxiety and panic. 2nd ed. ~~EDN-2~~. New York: Guilford Publications.

PayScale (2016b). *Registered nurse (RN) salary (Australia)*. Available at:

[http://www.payscale.com/research/AU/Job=Registered_Nurse_\(RN\)/Hourly_Rate](http://www.payscale.com/research/AU/Job=Registered_Nurse_(RN)/Hourly_Rate)
(Accessed: 23 November 2016).

Commented [CP16]: I have removed *Skills* because the access information directs the reader to the cited material, which was located in the 'Membership' subsection.

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