

What is the most appropriate response by the PMHNP?

You have had some difficult medication side effects that negatively impact your life and relationship.

How can the PMHNP support adherence for this client?

Patient adherence is the patient's behavioral response to health care provider's treatment recommendation and medication prescription. (Panahi et al., 2022). Adherence to a treatment plan is associated with positive health outcomes such as reduction in rehospitalization, symptom control, increased quality of life, increased survival rate and productivity (Rashidi et al., 2020). Some factors that drive patient adherence include patient's socio-economic status, healthcare access, provider-patients discordance, and patient's chronic health condition (Panahi et al., 2022). The PMHNP could support adherence for this client by involving the patient in the treatment decision making process, reviewing the possible side effects of prescribed medication(s) that they jointly agreed upon, encourage client to schedule proper follow-up to monitor new medication side effects and referral to social worker to assist with housing.

What are the ethical and legal obligations for the PMHNP in the above situation?

The ethical obligation of the PMHNP in this situation should be the same as with any other patient. The American Nurse Association (ANA) code of ethics for nurses provide ethical guideline to guide our practice. The provision includes providing care with compassion and respect, commitment to the patient and protecting the rights of the patient, among others (American Nurses Association, n.d.).

Patients with schizophrenia may become agitated, have poor impulse control, or decreased social sensitivity when ill (Boland & Verduin, 2022). impulsivity may include suicide or homicidal attempts. PMHNP, as mandated reporters are required to report threats of violence to law enforcement (Wisconsin Department of Children and Families, n.d.).

Goals that are not mutually shared between providers and patients can be very challenging, both clinically and emotionally. What steps can the PMHNP take to promote their personal emotional and mental health when working with clients whose health choices are likely to lead to adverse health outcomes?

PMHNP must practice self-care at all times but especially when working with patients that might be challenging. Self-care could be physical (nutrition, exercise, sleep), mental (mindfulness, self-talk therapy), emotional (gratitude journal), spiritual (religion, meditation, nature, yoga), intellectual (reading,