



Standards of Psychiatric Nursing Practice

2010

Adopted by CRPNM April 2010

The College of Registered Psychiatric Nurses of Manitoba Board of Directors adopted the RPNRC *Standards of Psychiatric Nursing Practice*, as their own, in April 2010.

Registered Psychiatric Nurses Regulators of Canada

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Table of Contents

The Standards of Psychiatric Nursing Practice.....	1
Standard 1: Therapeutic Interpersonal Relationships.....	1
Standard 2: Application and Integration of Theory-Based Knowledge.....	2
Standard 3: Professional Responsibility.....	2
Standard 4: Professional Ethics.....	3
Glossary.....	4
Contact Information for the RPN Regulatory Bodies in Canada.....	6

The Standards of Psychiatric Nursing Practice

The *Standards of Psychiatric Nursing Practice* describes, in broad terms, the expected level of performance of all Registered Psychiatric Nurses. There are four (4) Standards of Psychiatric Nursing Practice. A standard may be defined as a benchmark of achievement that is based on a desired level of excellence. The standards provide a guide to the knowledge, skills, values, judgment, and attitudes that are needed to practice safely. They reflect a desired and achievable level of performance against which actual performance can be compared. Their main purpose is to promote, guide, and direct professional psychiatric nursing practice.

Under each standard of practice there are a number of indicators that help determine how to meet the standard of practice. An indicator is a statement that helps illustrate how the standards can be met. The indicators are representative but not comprehensive for each standard.

Standard 1 : Therapeutic Interpersonal Relationships

Registered Psychiatric Nurses establish professional, interprofessional, and therapeutic relationships with individuals, groups, families and communities.

Indicators:

A Registered Psychiatric Nurse:

- Acts as role model for positive professional, interpersonal, and therapeutic relationships.
- Uses professional judgment and practices with personal integrity to initiate, maintain, and terminate professional, interpersonal, and therapeutic relationships.
- Consistently applies processes of self-awareness within professional practice.
- Collaborates and advocates with individuals, families, groups, and communities.
- Creates therapeutic environments in diverse practice settings.
- Creates partnerships in professional, interpersonal, and therapeutic relationships.
- Recognizes and addresses power imbalances in professional, interpersonal, and therapeutic relationships.

Standard 2 : Application and Integration of Theory-Based Knowledge

Registered Psychiatric Nurses apply and integrate theory-based knowledge relevant to professional practice derived from psychiatric nursing education and continued life-long learning.

Indicators:

A Registered Psychiatric Nurse:

- Uses theory-based knowledge in psychiatric nursing practice.
- Synthesizes and applies recognized theories or frameworks to engage in innovative problem solving.
- Provides theoretical and/or evidence-based rationale for psychiatric nursing practice.
- Applies theory to psychiatric nursing decisions and interventions.
- Applies theory-based knowledge, skill, and judgment to assess, plan, implement, and evaluate the practice of psychiatric nursing.
- Applies critical thinking in the problem solving process.
- Applies communication theory to ensure effective verbal and written communication.
- Applies documentation principles to ensure effective written communication.
- Remains current in knowledge relevant to the professional practice setting.
- Engages in life-long learning.

Standard 3 : Professional Responsibility

Registered Psychiatric Nurses are accountable to the public for safe, competence, and ethical psychiatric nursing practice.

Indicators:

A Registered Psychiatric Nurse:

- Practices in accordance with the *Code of Ethics, Standards of Psychiatric Nursing Practice*, and relevant legislation.
- Assumes responsibility and accountability for own practice.
- Recognizes personal and professional limitations and consults and refers appropriately.
- Creates and maintains professional boundaries.
- Integrates cultural safety into psychiatric nursing practice.
- Recognizes and reports unprofessional and/or unethical conduct.
- Assumes responsibility and accountability for continuing competence.

Standard 4: Professional Ethics

Registered Psychiatric Nurses understand, promote, and uphold the ethical values of the profession.

Indicators:

A Registered Psychiatric Nurse:

- Practices and conducts one's self in a manner that reflects positively on the profession.
- Promotes and adheres to the professional *Code of Ethics*.
- Uses ethical principles to guide psychiatric nursing practice.
- Applies the elements of confidentiality and consent in psychiatric nursing practice.
- Recognizes the power imbalance in the therapeutic relationship and mitigates the risks of exploiting that power.
- Supports the rights of clients to make informed decisions.
- Maintains boundaries between professional and personal relationships.

Glossary

Boundaries

Boundaries are limits that protect the space between the professional's power and the client's vulnerability. Boundaries define and separate professional roles from other roles. Boundaries are the limits that allow a safe connection between a professional and a client and are always based on the client's needs (Peterson, M. 1992).

Competencies

Competencies are the knowledge, skills, judgments, attitudes, and values required for successful functioning as a Registered Psychiatric Nurse.

Continuing Competence

Continuing Competence is the ongoing ability of a Registered Psychiatric Nurse to integrate and apply the knowledge, skills, judgment, and interpersonal attributes required to practice safely and ethically in a designated role and setting.

Cultural Safety

Cultural Safety addresses the diverse mental health needs of people living in Canada by communicating and practicing in a way that respects and takes into account the cultural, social, political, linguistic, and spiritual realities of the people with whom one is working (Toward Recovery and Well-Being, Mental Health Commission of Canada, 2009).

Health

Health is a state of complete physical, mental, and social wellbeing and not merely the absence of disease or infirmity (World Health Organization).

Mental Health

Mental Health can be conceptualized as a state of well-being in which individuals realize their own abilities, can cope with the normal stresses of life, can work productively and fruitfully, and are able to make a contribution to their community (World Health Organization).

**Mental Health
Promotion**

Mental Health Promotion is the process of developing positive mental health both for and with the community in general and individuals who experience mental illness. It is linked to relationships with others, environmental, and lifestyle factors, and the degree of power one has over one's life (Canadian Mental Health Association).

Recovery

Recovery is a process in which people living with mental health problems and illnesses are empowered and supported to be actively engaged in their own journey of well-being (Toward Recovery and Well-Being, Mental Health Commission of Canada, 2009).

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