

Roadblocks

to mental health treatment in
rural Missouri

PRESENTED BY:

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Agenda

- ▶ Studies
- ▶ Introduction
- ▶ Population
- ▶ Three years ago
- ▶ Today
- ▶ Roadblocks (for rural mental health and SUD tx)
- ▶ Breaking barriers
- ▶ Conclusion



Disclosures

- ▶ I have no disclosures to share.

Studies

A comparison of nurse practitioners, physician assistants, and primary care physicians' patterns of practice and quality of care in health centers. Ellen T. Kurtzman and Burt Barnow.

- ▶ Conclusion: Across the outcomes studies, results suggest that NP and PA care were largely comparable to MD care (Kurtzman, Barnow, 2017).

Studies

The quality and effectiveness of care provided by Nurse Practitioners. Stanik-Hutt, Julie et al, 2013

- ▶ Outcomes for NPs compared to MDs are comparable or better for all 11 outcomes reviewed. (Stanik-Hutt, Julie et al, 2013).

Introduction

- ▶ I work at a small community mental health center in rural southwest Missouri between Joplin and Springfield.
- ▶ I have worked in this community for the past 10 years with the last 5 working as a psychiatric mental health nurse practitioner/Clinic Director.
- ▶ I have been privileged to speak at house and senate committee hearings on nurse practitioner transformation including a hearing concerning SB 718 which became law fall 2018.

Population

- ▶ Clark Community Mental Health Center.
- ▶ Counties served: Barry Lawrence and Dade
- ▶ Served roughly 3400 clients last fiscal year across all three counties.
- ▶ Rural clients
- ▶ Medication assisted treatment
- ▶ Serious mental illness

Three years ago

- ▶ 3 psychiatric nurse practitioners and 1 psychiatrist for one ½ day per week.
- ▶ We had other PMHNPs apply but couldn't hire them due to ratios of 1:3.
- ▶ Searched for a full time psychiatrist for five years.

Three years ago

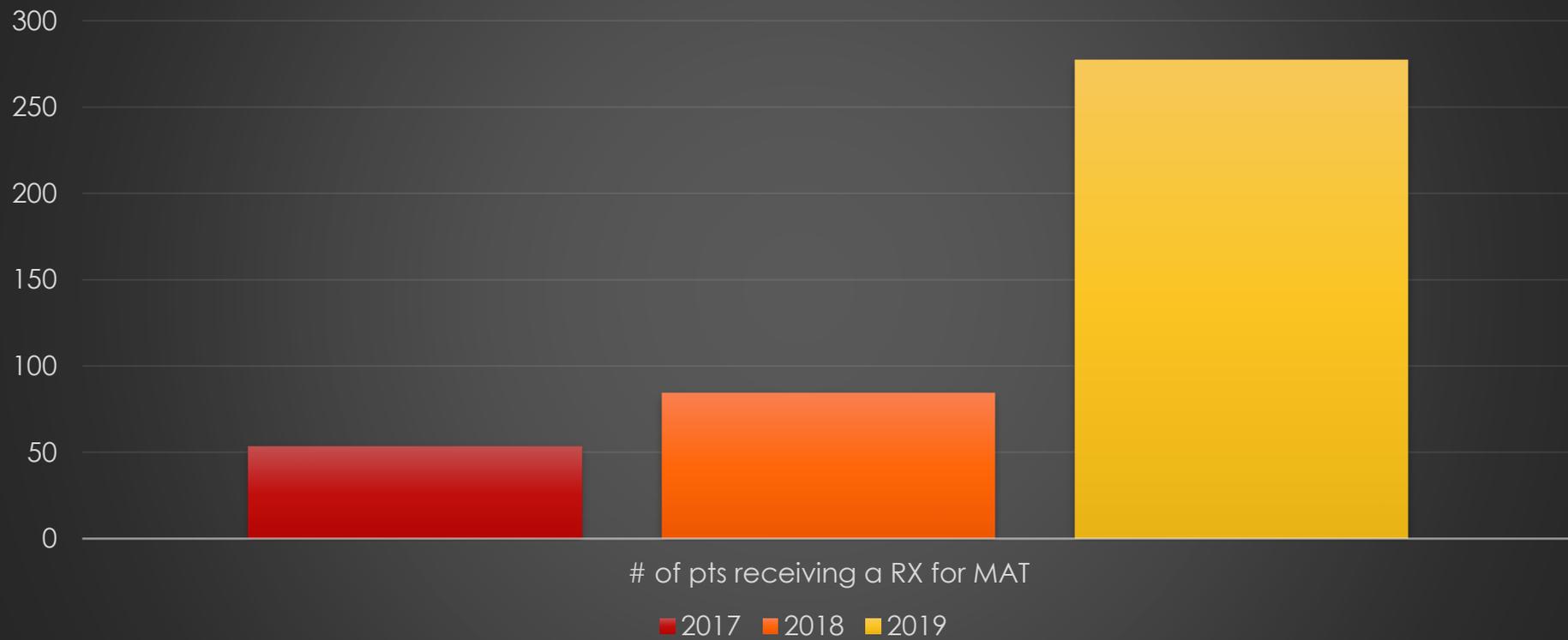
- ▶ Concern: No psychiatrist in specified radius by law would have resulted in the Med Clinic closing resulting in mental health and SUD clients with no medications.
- ▶ Another implication/concern would be the small community losing the tax revenue that the NPs and the rest of the staff bring to rural Missouri.



Today

- ▶ Change: Finally added a full time (32 hours per week) psychiatrist.
- ▶ Due to SB 718, we added a fourth and a fifth PMHNP.
- ▶ Increase in medication assisted treatment (MAT).
- ▶ Increase in access to care.
- ▶ Though things have improved greatly, there is a constant concern among staff that if we lost our psychiatrist, we would be in the same position we were three years ago because of the current laws restricting nurse practitioners.

Progression of clients receiving MAT services



Roadblocks

- ▶ Workforce: we are all competing for the same staff.
- ▶ PMHNPs have to collaborate with psychiatrist in which there are not enough. (CSR 2200-4.200 3A)
- ▶ APRNs are leaving Missouri
- ▶ Mileage restriction/One month rule.
- ▶ Not having full practice authority.

Breaking barriers

- ▶ UMKC APRN program
- ▶ Department of Mental Health
- ▶ SB 718
- ▶ Success stories/why we do what we do.



Success stories

- ▶ 32 year old male with opiate and amphetamine use disorder (methamphetamine).
- ▶ Living with Grandma because he has “burned all my bridges”.
- ▶ Started on Suboxone with PMHNP in November 2018.
- ▶ Reports Suboxone has changed his life.

Success stories

- ▶ More than Medication services. Our nursing staff including PMHNPs work hard treating the “whole person”.
- ▶ Overweight middle-aged male began treatment for alcohol misuse. Other concerns were identified and addressed.
- ▶ At last physician’s appointment his HgbA1C was 5.5 down from 6.2.

Conculsion

- ▶ Missouri needs change.
- ▶ Restrictions need to be lifted to allow better access to care for vulnerable, rural mental health and SUD clients. Restrictions lifted will also help keep APRNs from leaving to other “less restrictive” states.
- ▶ Studies show excellent patient outcomes for care provided by APRNs.



Questions



References

- Kurtzman, E. T., & Barnow, B. S. (2017). A Comparison of Nurse Practitioners, Physician Assistants, and Primary Care Physicians' Patterns of Practice and Quality of Care in Health Centers. *Medical Care*, 55(6), 615–622. doi: 10.1097/mlr.0000000000000689
- Stanik-Hutt, J., Newhouse, R. P., White, K. M., Johantgen, M., Bass, E. B., Zangaro, G., ... Weiner, J. P. (2013). The Quality and Effectiveness of Care Provided by Nurse Practitioners. *The Journal for Nurse Practitioners*, 9(8). doi: 10.1016/j.nurpra.2013.07.004