

Professor and class

**What is the most appropriate response by the PMHNP? How can the PMHNP support adherence for this client?**

What brings you in today? How can I assist? Listen. Let Mark express his concerns and reasoning for not taking the medication. Be empathetic in listening and nonjudgmental. Patient adherence is key to medication compliance and outcomes. Negotiating a plan is necessary for the client to invest themselves. We need to be concerned if he has basic needs like housing and food. Socioeconomic status and access the healthcare seem to play a pivotal role in his current compliance. Hopefully he was discharged with a case manager that can help navigate basic needs. Identify his support systems. Educate Mark on the positive effects of compliance with the medication such as improved symptoms, improved quality of life and reduced hospital stays. Explain that antipsychotic medications are associated with metabolic disturbances (Pillinger et al., 2019). Together, help him create a plan to manage/minimize weight gain. Provide him with a crisis hotline number.

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

The American Nurse Association (ANA) code of ethics provides ethical guidelines to provide safe patient centered care (American Nurses Association, n.d.). Patients with mental health diagnosis typically can have poor insight and poor judgement. It is the PMHNP's job to provide respectful compassionate care with confidentiality. We must assess suicidal and/or homicidal ideations (Berardelli et al., 2021). We are mandated reporters. Mark is at greater risk for suicidal/homicidal since he is Caucasian, male, younger age and being unmarried (Berardelli et al, 2021).

**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?**

First, as a nurse and then a provider, caring for our patients has always been mentally, emotionally, and physically demanding. Burnout in healthcare workers includes insomnia, depression, anxiety, PTSD, and/or other mental health challenges (Murthy 2022). Promoting self-care in your professional career and personal life will help reduce mental and emotional burnout (Mott & Martin, 2019). Acknowledging personal feelings and biases with different clients and his/her goals and outcomes can promote self-care. Yoga,