Oral Defense Announcement
University of Missouri – St. Louis Graduate School

An oral examination in defense of the dissertation for the degree
Doctor of Nursing Practice

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B.A, in Technical Theatre, May, 2005, University of Missouri-Columbia
B.S.N in Nursing, June, 2009, Goldfarb School of Nursing at Barnes Jewish College-St. Louis
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Improving Access to Mental Health Care Through Nurse Practitioners

Date: November 21, 2019
Time: 4:00 p.m. to 5:00 p.m.
Place: Nursing Administration Building, Room 117

Abstract

Problem: Over 40% of those with mental illness are untreated since the supply of psychiatrists does not meet the demand for services. The psychiatric mental health nurse practitioner (PMHNP) may be an adjunct in providing those services. The purpose of this quality improvement study was to evaluate outcomes of care between a PMHNP and a psychiatrist (medical doctor [MD]).

Methods: An observational, descriptive design with a retrospective medical record review of adult patients over a six-month period in a suburban, Midwestern, privately-owned psychiatric practice.

Results: A total of 3,679 medical records were reviewed. The PMHNP was more likely to care for younger patients while the MD cared for more older patients ($p<.001$). The PMHNPs cared for a more diverse gender spectrum than the MD ($p = .031$). The MD was more likely to care for Caucasian patients; whereas, the PHMNP cared for a more diverse racial or ethnic population ($p <.001$). The MD was more likely to care for the self-pay patient than the PMHNP who cared for those with a larger range of payor types ($p< .001$). The rate of ED visits and hospitalizations between providers was essentially the same ($p=0.40$) and ($p=0.31$) respectively.

Implications: While there were some differences in the demographics of patients evaluated, there was essentially no difference in the rate of ED visits or hospitalizations between the PMHNPs and MD. More patients were able to be treated and monitored for their mental healthcare needs when PMHNPs were utilized.

Defense of Dissertation Committee
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