

Week 6 Assignment: EBP Change Process form

Name:

Star Point 1: Discovery (Identify topic and practice issue)

Identify the *topic* and the *nursing practice issue* related to this topic. (This MUST involve a nursing practice issue.)

The topic identified in adults following a mental health crisis. While mental health disorders are stigmatized in our society, professionals need to educate and treat those that suffer from the condition and are experiencing a crisis. A crisis is a condition that affects a person's ability to deal with stressors that they cannot manage by using their usual coping abilities. (C.S., D., Legere-Ferreira, L., et al, 2020). Professionals and nurses should identify signs of a crisis, intervene accordingly, and return the individual to their pre-crisis functioning.—those having an emergency must be evaluated immediately for suicidal ideation and self-harm.

Briefly describe your *rationale* for your topic selection. Include the *scope* of the issue/problem.

While the increase in mental health crises is afflicting the healthcare system, 90% or nine out of 10 individuals articulated that the United States is facing a mental health crisis (McPhillips, D, 2022). The deficiency in mental health management has negatively affected and created crisis in the nation's society. Over 50 million individuals, or 21% of Americans, encounter a mental health crisis disorder. (MHA, 2023). The mental health hindrances that the nation face today is due to stigmatization, underfunding, how insurance companies reimburse mental health services, and minimal resource support for those suffering from mental crisis or substance disorders. (Pollack, 2023). If the crisis is not addressed, calamitous outcomes will occur.

Star Point 2: Summary (Evidence to support need for a change)

Describe the *practice problem* in your own words and formulate your PICOT question.

In adults following a mental health crisis, can furnishing mental health interventions exhibit self-deescalate practices? While there are multitudes of individuals suffering from some mental disorders, studies have shown a lack of evidence-based guidance and awareness required to provide trauma-informed crisis interventions by registered nurses. (C.S., D., Legere-Ferreira, L., et al, 2020). Endorsing trauma-informed values can develop client-nurse rapport. While the health care system remains flawed, individuals with little to no access to mental health care who are in crisis may be picked up by Law Enforcement Officers (LEO), incarcerated for a misdemeanor charge, or dropped off at the emergency room for having unsafe behavior. (SAMHSA, 2020). To address mental health crisis, individuals need to reach out to their commissioners, senators, and other politicians, so our voices can be heard.

List the systematic review chosen from the CCN Library databases. Type the complete *APA reference* for the systematic review selected.

The first systematic review is to integrate nursing evidence practice in individuals in a crisis. Another methodical purpose is determining the crisis interventions with trauma-informed ideologies, then associating the two founded on the circumstance of the situation.

C.S., D., Legere-Ferreira, L., Lulat, Z., Nizum, N., Poole, N., Yoon, R. (2020). Nursing