Non-Medical Prescribing in Mental Health

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Non-Medical Prescriber
What are the Current Issues...

- Qualified prescribers that don’t prescribe – study done by Ross and Kettles in 2012 stated that more than half of the prescribers that participated the study weren’t actively prescribing. – This is a theme of the research!
- We therefore ask our selves why is that?
- What's our worries and barriers to prescribing?
Why don’t we Prescribe…

• Confidence
• Competence
• Fear of loosing our identity
• Job role changes
• Research and keeping this up to date
• Newer drugs – poly pharmacy
• Spelling – Just me?
How do we Improve our Confidence…

- Research? & Guidelines?
- Supervision?
- More courses?
- Peer Group and Colleagues?
- Exposure, prescribe more?
- Feedback?
How do we Empower Ourselves…

• We are qualified healthcare professionals – say it out loud!
• We survive the dreaded NMP course
• Our patients and colleagues
• We have fantastic skills and we work very hard with complex people
• We know mental health
• Listen to yourself… you’ll be amazed!

Some days I amaze myself.

Other days, I look for my phone while I'm holding it.
What Support is needed…

• Peer Groups Meetings
• NMP Mental Health Networking Meetings – Sharing ideas.
• Updates
• Journals and real world research.
• Time
• Wine - relaxation of choice…. 
How do we Improve ourselves…

• Remembering the Prescribing is a skill gained to add to our existing skills – not to eclipse it. First and foremost we are nurses!!

• Giving ourselves permission to not know everything

• Don’t let yourself be rushed and persuaded into what you don’t want to do – our accountability and professionalism.

• Time to learn, learn and learn some more….
Keeping our Knowledge up to date…

• Sharing ideas – across disciplines.
• Meds Management – NMP Meetings – Trust Leads in NMP and Development.
• Frameworks – supervision with other prescribers. - SCF, ReValidation
• Emails alerts – RPS, NICE, NMC RCPSYCH, BNF
• Conferences
• Journals
Why, NMP is so important in Mental Health

- Patient Centred
- Medicines Optimisation
- Shared Decision Making
- Access to us
- Nurses roll – holistic – not just medicalised.


