

# National Youth health Nursing Knowledge and Skills Framework (Draft)

*"Society of Youth Health Professionals  
Aotearoa New Zealand"*

# Rationale



- Does not replace Nursing Council competencies.
- Supports nurses to deliver high quality care to young people.
- Acts as a standard and could be used for accreditation.
- Assists both nurses and employers.
- Developed by a national group of nurses.

# Areas of practice



- **Generalist nurses:** may participate either frequently or for short intensive periods of time in the care of young people.
- **Specialty nurses:** work predominantly with young people and require to be proficient in youth health nursing knowledge and skills.
- **Specialist nurses:** require advanced knowledge and skills are required to take a leadership and scholarly approach to practice.

# Registration Competencies

Management of Nursing Care

Professional Relationships

Interpersonal relationships

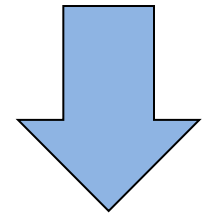
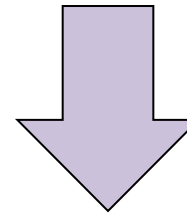
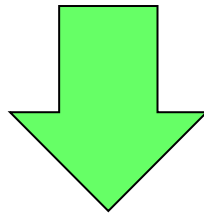
Interprofessional Relationships & Quality Improvement

## AREA OF PRACTICE

Generalist Nurses

Specialty Youth Health Nurses

Specialist Youth Health Nurses



## POPULATION GROUPS

General Population

School Populations/ Youth One Stop Shops/Youth Justice Populations

## POST REGISTRATION EDUCATION PATHWAY

NETP

Short Courses

PG Cert

PG Dip

Masters/PhD

# Clinical Skills



- The next slides are an example of the clinical skills within the framework.
- Based on the three areas of practice.
- Framework has section to add where the evidence is found for example portfolio, education and training attendance record, staff appraisals.

Aspect of Care	Level of Knowledge and Skills
<b>Generalist: Clinical Skills</b>	
<b>Sexual Health</b>	<p>Identifies the need for a comprehensive reproductive and sexual health assessment and the appropriate referral pathway.</p> <p>Identifies key risk and protective factors.</p> <p>Describes legislation pertaining to young people and their sexual and reproductive health.</p> <p>Has knowledge of appropriate services to refer on to for a young person sexual and reproductive health care.</p> <p>Recognises and respects the issues relating to sexual orientation and identity.</p>
<b>Mental Health</b>	<p>Undertakes a mental health screen as part of a HEeADSSss assessment.</p> <p>Recognises urgent and complex mental health problems in young people and refers to appropriate service.</p>
<b>Chronic Illness/Disability</b>	<p>Can identify the impact a chronic health condition has on adolescent development</p> <p>Demonstrates knowledge of how adolescent developmental issues impact on the management of a chronic health condition</p> <p>Is aware of specific support groups/services to refer the young person with a chronic health condition onto</p>
<b>Alcohol and Other Drug</b>	<p>Undertakes a substance use screen as part of a HEEADSSSS assessment.</p> <p>Undertakes assessment of Substance use in young people- Substance And Choices Scale (SACS)/ timeline</p> <p>Recognises urgent and complex substance abuse in young people and refers to appropriate service</p>
<b>Physical Assessment</b>	<p>Recognises and responds to acutely ill/injured young people</p> <p>Identifies the need for a physical assessment and refers as appropriate..</p> <p>Identifies risk factors through HEeADSSss and refers to appropriate services</p> <p>Describes the policy for management of young people requiring care and protection.</p>
<b>Eliciting Change</b>	<p>Engenders “hope” in young people, family/caregivers/whānau regarding their health and wellbeing.</p> <p>Uses a non-judgmental approach and open-ended questions when engaging with young people</p> <p>Affirms the potential to change</p> <p>Assesses the readiness of the young person to change or modify their behavior</p>

Aspect of Care	Level of Knowledge and Skills
<b>Specialty: Clinical Skills</b>	
<b>Sexual Health:</b>	<p>Demonstrates knowledge and skills to undertake sexual health screening.</p> <p>Recognises the common sexual health conditions and management.</p> <p>Works under standing orders to provide holistic care as appropriate.</p> <p>Can discuss and support informed choice in contraception choices.</p> <p>Can initiate contraception under standing orders as appropriate</p>
<b>Mental Health</b>	<p>Can undertake a comprehensive mental health assessment and identify, refer and follow up as required.</p> <p>Has knowledge of most common behavioural and mental health conditions in young people.</p> <p>Demonstrates knowledge of current evidence based diagnostic tools and management and availability of therapies.</p> <p>Manages mild to moderate behavioural and mental health conditions.</p> <p>Utilises therapeutic techniques in management, i.e. Motivational interviewing, counseling skills</p>
<b>Chronic Illness/Disability</b>	<p>Demonstrates comprehensive understanding of how adolescent developmental issues impact on the management of a chronic health condition</p> <p>Utilises effective strategies when working with young people for enhancing compliance with health interventions</p> <p>Is able to implement the principles of effective transition in managing youth with chronic health conditions</p>
<b>Alcohol and Other Drug</b>	<p>Undertakes a comprehensive substance use assessment, refers and follows up as required.</p> <p>Demonstrates knowledge of common substances used by young people and the impact on physical and mental health</p> <p>Demonstrates knowledge of most common behavioural and mental health conditions in young people related to substance use.</p> <p>Demonstrates knowledge of current evidence based diagnostic tools, management and availability of therapies.</p> <p>Manages mild to moderate behavioural and mental health conditions associated with substance use. Utilises therapeutic techniques in management, i.e. Motivational interviewing, counseling skills.</p>
<b>Physical Assessment</b>	<p>Manages common illnesses and injuries works collaboratively and uses standing orders</p> <p>Undertakes a comprehensive risk assessment</p> <p>Identifies and manages young people presenting with care and protection issues.</p> <p>Consults or refers as required</p>
<b>Eliciting Change:</b>	<p>Provides an environment which supports reflection concerning personal health and identifies with young people their motivation to change</p> <p>Ability to undertake brief interventions</p>

Aspect of Care	Level of Knowledge and Skills
<b>Specialist: Clinical Skills</b>	
<b>Sexual Health:</b>	<p>Demonstrates advanced sexual and reproductive health assessment skills, diagnosis, and management.</p> <p>Supports and develops strategies for sexual and reproductive health promotion within the community.</p> <p>Identifies and influences population based interventions to improve sexual and reproductive health. outcomes</p>
<b>Mental Health</b>	<p>Demonstrates and practices a range of cognitive and talk based therapies that are useful in young people.</p> <p>Interprets and manages results in collaboration with mental health services.</p> <p>Knows the uses and side effects of commonly used medications in youth mental health.</p> <p>Works in collaboration with a mental health specialist to manage young people with a behavioural and/or mental health condition.</p> <p>Works in partnership with the young person, their family and significant others to support positive change.</p>
<b>Chronic Illness/Disability</b>	<p>Enables hard to engage young people with chronic health conditions to achieve normal development and manage their condition successfully</p> <p>Within the health care setting can design and implement effective clinical programmes/models of care for young people with chronic health conditions</p> <p>Is aware and can manage the ethical considerations that may arise when working with this population of young people</p>
<b>Alcohol and Other Drug</b>	<p>Knows and practices a range of cognitive and talk based therapies that are useful in young people.</p> <p>Can interpret and manage results in collaboration with mental health services/Community Alcohol and Drug Services.</p> <p>Knows the uses and side effects of commonly used medications in youth mental health.</p> <p>Works in collaboration with a mental health/ addictions specialist to manage young people with a behavioural and/or mental health condition.</p> <p>Works in partnership with the young person, their family and significant others to support positive change.</p>
<b>Physical Assessment</b>	<p>Advanced clinical assessment and clinical reasoning.</p> <p>Diagnosis and management of acute and chronic physical health problems.</p> <p>Works autonomously</p>
<b>Eliciting Change:</b>	<p>Articulate understanding of the “Motivational Interviewing” model and demonstrates engagement with young people informed by this model</p> <p>Understands the principals of motivational interviewing and incorporates these into health care practice with young people</p> <p>Articulates theoretical understanding concerning behaviour and resilience which is supported by positive connection to family, school and pro-social adults.</p> <p>Uses evidence based approaches to engender change in young people, communities and populations to make a difference in youth health</p>

# Summary



- Supports continuing professional development.
- Provides a framework for career progression in youth health.
- Supports employers
- Supports nursing leadership roles in youth health nursing.