



**Mental Health Programme
 Skills Checklist**

Please indicate your experience in relation to the following using the options below:

Options:

- 1 = Performs Well**
- 2 = Some Experience**
- 3 = Minimal Experience**
- 4 = No Experience**

Care of patient with:	1	2	3	4
Substance abuse disorders				
Alcohol dependency				
Sedative-hypnotic, anti anxiety drug abuse				
Amphetamine abuse				
Cocaine abuse				
Opioid abuse				
Mind altering substance abuse				
Affective disorders				
Depressive disorders				
Bi polar disorder				
Suicidal behaviour				
Hallucinatory disorder				
Organic mental disorders				
Dementia				
Organic delusional disorder				
Organic hallucinations				
Organic mood disorder				
Schizophrenic disorders				
Anxiety disorder				
Panic disorder				
Generalized anxiety disorder				
Obsessive compulsive disorder				
Phobic disorder				
Somatization disorder				
Hypochondriasis				
Depersonalization disorder				
Multiple personality disorder				
Post traumatic disorder				
Personality disorders				
Family violence				
Sexual abuse				
Child and adolescent disorders				

Eating disorders				
Anorexia nervosa				
Bulimia nervosa				
Assaultive patients				
Profoundly cognitively impaired				
Therapies:				
Group therapy				
Family therapy				
Milieu therapy				
ECT				
Seclusion				
Psychopharmacology				
Rapid tranquilization				
Antipsychotic drugs				
Antidepressants drugs				
Anti-manic drugs				
Anti-anxiety drugs				
Types of unit or services:				
Acute care inpatient setting				
Open unit				
Closed or locked unit				
Forensic unit				
Psychiatric ICU				
Psychiatric emergency response team				
Community care				
Home health				
Out-patient service				
Rehabilitation				
Primary prevention				
Patient and family teaching				
Stress reduction				
Psychosocial support				
Secondary prevention				
Screening				
Crisis intervention				
Suicide prevention				
Short-term counselling				
Emergency nursing care				
Tertiary prevention				
Vocational training				
Aftercare support				
Partial hospitalization				
Respite care				
General hospital psychiatric unit				
Psychiatric hospital				
Patient admission				
Initial nursing assessment				
Care plans				
Initial treatment plans				

Nursing diagnosis				
Discharge planning				
Aftercare				
Group therapy leadership				
Active multi disciplinary team member				
Counselling				
Telephone crisis intervention				
Patient teaching				
Application of patient restraint				
Management of violent patient				
Involuntary admission (initiate)				
Involuntary admission (active role)				
Procedures:				
Record vital signs				
NG tube feeding				
Oxygen administration				
Urinary catheter (male)				
Urinary catheter (female)				
Pressure area cares (prevention)				
IV insertion				
Angiocath				
Butterfly				
Heparin lock				
Infusion pumps				
Insulin administration				
Medication (Administration):				
Oral				
Vaginal				
Rectal				
IM				
IV				
SC				
Topical				
Insulin				
Infusion pumps				

Briefly describe your current or most recent unit/service:

I certify that the information given is an accurate account of my proficiency and experience:

Print Name _____ Signature: _____

Date (day/month/year): _____