

Implications of Resilience Interventions to the APN Role

APN Domains & Core Competencies:	Clinical	Educational	Research
Management of Patient Health/Illness Status	<p>Provide anticipatory guidance to at risk clients.</p> <p>Assess bio (presenting problem) as well a psycho social stress.</p> <p>Implement</p> <p>Follow up and refer at risk individuals with complex needs</p>	<p>Instruct clients in protective factors (assets) during teachable moments.</p> <p>Provide psychoeducational prevention & intervention programs that determine what keeps people healthy and enhance those skills</p>	<p>Explore the link between substance abuse & resilience.</p> <p>Explore the link between prenatal neglect/failure to bond on future resiliency.</p> <p>Perform retrospective studies of resilient adults that were at risk children.</p> <p>Explore the mediating effect of genetic influences that lead to positive adaptation in the face of adversity.</p>
Nurse Practitioner-Patient Relationship	<p>Partners with clients to assists identify need for resilience-based interventions.</p> <p>Be present and supportive of the client's bio- psychosocial needs.</p> <p>Notes life transitions and identify stressors.</p> <p>Assists with accessing resources for psychological care.</p>	<p>Keep developmental level of the client in mind when teaching resilience strategies.</p> <p>Maintain a psychologically safe and supportive learning environment.</p>	<p>Perform longitudinal studies on resilient individuals.</p> <p>Investigate and report how age affects resilience as client's age.</p> <p>Investigate and report how gender differences affect resilience.</p>
Teaching-Coaching Function	<p>Assess for depression & its deleterious effects on learning.</p> <p>Access community resources for families affected by maternal depression.</p> <p>Remind, support, and encourage foreign born clients to access community resources.</p>	<p>Determine learning style & perceived barriers when developing resilience-based lessons.</p> <p>Monitor outcomes (protective factors) in order to evaluate teaching effectiveness.</p>	<p>Perform longitudinal studies on which learning styles are most beneficial at each level of human development.</p> <p>Perform replication studies on how to best promote resilience.</p>
Professional Role	<p>Advocates for ,</p> <p>consults with</p>	<p>Raise awareness of the need for teaching</p>	<p>Investigate and report on the relationship</p>

	<p>providers Direct & coordinate care for all family members faced with multiple stressors. Discern way to minimize stigma for use of mental health services.</p>	<p>resilience in the community by teaching seminars to parents and community leaders. Educate nursing students and ancillary staff about ways to assess and enhance resilience and positive adaptation to stress.</p>	<p>between health issues and social problems and how they impact clients. Experimentally examine how major, chronic, and daily stressors impact resiliency. Seek grant opportunities to expand mental health services in the community and schools.</p>
<p>Managing & Negotiating Health Care Delivery Systems</p>	<p>Provide integrated care for individuals, families, & communities faced with multiple stressors.</p>	<p>Plan, develop, & implement public & community programs that are time-limited & community based. Train allied health workers in facilitating resilience-based interventions.</p>	<p>Provide research in determining the most effective strategies to promote resilience. Remain current in what is currently known about resilience outcomes.</p>
<p>Monitoring & ensuring the Quality of Health Care Practice</p>	<p>Uses evidence-based research in evaluating outcomes.</p>	<p>Use evidence-based research in developing programs.</p>	<p>Investigate & report why some clients benefit from professional intervention and some do not. Be alert to specific & nonspecific outcomes in research studies.</p>
<p>Cultural Competence</p>	<p>Assess the influence of the client's body-mind-spirit connection.</p>	<p>Provide culturally sensitive lessons based on health beliefs, behaviors, and traditional practices.</p>	<p>Investigate and report on whether or not resilience is culture-dependent. Perform qualitative studies on how religious faith impacts resilience.</p>

Adapted from: Ahern, N. R., Ark, P., & Byers, J. (2008). Resilience and coping strategies in adolescents. *Paediatric Nursing*, 20(10), 32-36. Retrieved from <http://www.paediatricnursing.co.uk>; National Organization of Nurse Practitioner Faculties (2000). Domains and core competencies of nurse practitioner practice. Retrieved from <http://www.nonpf.com>

