

MINUTES FROM NDP MAS NURSE/MATT RN QUARTERLY MEETING

Thursday, May 19, 2022

Per Beverly Jackson, NDP Coordinator:

- MATT RN Roll Call was conducted.
- Carter English, ADMH Pharmacist, did not attend. He had nothing to share for this meeting.
- MAS Manual continues to be updated. Currently in the final stage. Projected to be available before the next meeting in August. Significant changes from last manual (2013).
- ADMH Operational Guidelines have changed for DD and will change for MH/SA (SUD). The revised MAS Manual will coincide with the changes.
- Christine Young, RN, BSN, working on her Masters, presented a PowerPoint entitled: "**Visual Tools: To Aide in the Safe Administration and Disposal of Medications.**" Parts of the PowerPoint will be incorporated into the revised MAS Manual. Once corrections to the PowerPoint are made, it will be posted to ADMH NDP Website.
- Mesha Lanier, MATT RN, stated her agency uses ***Drug Buster Drug Disposal System*** for disposal of medications. She stated it is provided by their pharmacy.
- The TB Education PowerPoint for the DD Population has been updated and will be added to the ADMH Website.
- 2021-2022 ABN Data Submission was requested on April 1st, 2022. Agencies have until June 1st, 2022, to submit their data via Google Forms: (<https://forms.gle/chNJ9JDDX1Pf4JbZ7>).
Submission of ABN Data is regulated by the ABN and is a part of the Certification Process. The Agency's Policy should include who is responsible for submitting the ABN Data.

- There are 3 new MATT RNs. Congratulations to each one of them!
- Requirements to become a MATT RN:
 - MAS RN for 2 years
 - Taught at least 2 MAC Classes
 - Application Submission (located on NDP Website)

Next MATT RN Training is tentatively scheduled for November 1st and 2nd, 2022.


- NDP MAS/MATT Meetings will continue via Zoom by a vote of 99%.
- ***“Becoming an Approved Delegating Nurse”*** (MAS Nurse): The class size is limited to 20 participants to train effectively. See upcoming training dates on the attached agenda. Upcoming Training Dates for MAS Nurse Update Training are also on the attached agenda. These classes are taught by Beverly Jackson, NDP Coordinator, and require you to register on Relias. The cost is \$20 and you will receive CEs. See website address below for registration:
www.admh.academy.reliaslearning.com
- See ***“My Mental Health: Do I Need Help?”*** attachment. Remember the Airplane Analogy – *Always put oxygen mask on yourself **first** for you to help others.*
- Please be reminded Standing Orders must be on MARs. Medication and/or Treatment with a Prescriber’s Order must be on the MARs.
- To avoid sending a whole blister pack of medications on a home visit, it is ok to cut the number of meds needed out of the blister pack. Be sure to attach a copy of the original label to the medications for instructions on administration.
- Prescribed OTC Meds can be purchased at any store such as WalMart, Dollar General, Dollar Tree, etc. Each person must have their own meds. Meds may be placed in a plastic bag by the MAS Nurse with a copy of the order(s) in the bag. The MAS Nurse must document signature and date the meds were placed in the bag. Meds must be documented on the MAR as well.
- QuickFacts for MACs will be updated next.

Next Meeting Date: Thursday, August 18, 2022

Attachments:

- Meeting Agenda
- My Mental Health: Do I Need Help?

HAPPY THURSDAY, EVERYONE!!!!!!!!!!!!!!

Angela W. Marks, RNIII, MATRN 
Regional Nurse, ADMH - Region 3

Date: June 2, 2022

MAS/MATT MEETING AGENDA May 19, 2022

Welcome - sign in/Please enter your name in the chat box. This will serve as our roster.

- MAS/MATT Meeting Schedule -10am-
 - Roll Call for MATT nurses
 - Pharmacy
 - a. Carter English, ADMH Pharmacist- nothing new, available
 - Manual update progress – final edit stage
 - Christine Young- Presentation
 - a. Visual Aides for nurses
 - b. Medication Safety
 - c. Disposal of Medications
 - Form Changes:
 - Website changes:
 - a. TB Education revised
 - b. Added to website for Agency training
 - Annual ABN Data
 - a. 155/350 reports turned in
 - b. Certification requirement
 - c. Link: <https://forms.gle/chNJ9JDDX1Pf4JbZ7>
 - MATT Training
 - a. Nov 1 & 2
 - Training Dates – MUST REGISTER ON RELIAS

ALL TRAINING CONTINUES TO BE ZOOM

a. Becoming a Certified Delegating Nurse (Initial Training)

- i. June 14 & 15
- ii. July 12 & 13
- iii. August 6 & 7
- iv. September 6 & 7
- v. October 4 & 5
- vi. November 8 & 9
- vii. December 6 & 7


b. MAS UPDATE 2021

- i. June 2
- ii. July 14
- iii. August 16
- iv. September 13
- v. October 18
- vi. November 16
- vii. December 13

- **Next MAS/MATT meeting**
 - a. August 18, 2022, add to your calendar –
- How do I register for training?
www.admh.academy.reliaslearning.com
- Mental Health Awareness:


My Mental Health: Do I Need Help?

First, determine how much your symptoms interfere with your daily life.



Do I have mild symptoms that have lasted for less than 2 weeks?


- Feeling a little down
- Feeling down, but still able to do job, schoolwork, or housework
- Some trouble sleeping
- Feeling down, but still able to take care of yourself or take care of others



If so, here are some self-care activities that can help:


- Exercising (e.g., aerobics, yoga)
- Engaging in social contact (virtual or in person)
- Getting adequate sleep on a regular schedule
- Eating healthy
- Talking to a trusted friend or family member
- Practicing meditation, relaxation, and mindfulness

If the symptoms above do not improve or seem to be worsening despite self-care efforts, talk to your health care provider.



Do I have severe symptoms that have lasted 2 weeks or more?

- Difficulty sleeping
- Appetite changes that result in unwanted weight changes
- Struggling to get out of bed in the morning because of mood
- Difficulty concentrating
- Loss of interest in things you usually find enjoyable
- Unable to perform usual daily functions and responsibilities
- Thoughts of death or self-harm

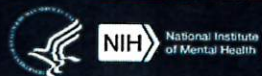


Seek professional help:

- Psychotherapy (talk therapy)—virtual or in person; individual, group, or family
- Medications
- Brain stimulation therapies

For help finding treatment, visit www.nimh.nih.gov/findhelp.

If you are in crisis, call the National Suicide Prevention Lifeline at 1-800-273-TALK (8255), or text the Crisis Text Line (text HELLO to 741741).



www.nimh.nih.gov/findhelp