

## Library: Mental & Emotional Health

### Relevant Standard: MM.06.01.01

The hospital safely administers medications.

#### Element of Performance: 9

Before administering a new medication, the patient or family is informed about any potential clinically significant adverse drug reactions or other concerns regarding administration of a new medication. (See also MM.06.01.03, EPs 3–6; PC.02.03.01, EP 10)

#### Program Titles

Why Opioids Are Addictive

Mental & Emotional

Medical Withdrawal from Opioids

Mental & Emotional

### Relevant Standard: MM.06.01.03

Self-administered medications are administered safely and accurately.

Note: The term "self-administered medication(s)" may refer to medications administered by a family member.

#### Element of Performance: 3

The hospital educates patients and families involved in self-administration about the following: Medication name, type, and reason for use. (See also MM.06.01.01, EP 9; PC.02.03.01, EP 10)

#### Program Titles

Managing Depression: Medications

Mental & Emotional

### Relevant Standard: PC.01.02.07

The hospital assesses and manages the patient's pain.

#### Element of Performance: 8

The hospital educates the patient and family on discharge plans related to pain management including the following:

- Pain management plan of care
- Side effects of pain management treatment
- Activities of daily living, including the home environment, that might exacerbate pain or reduce effectiveness of the pain management plan of care, as well as strategies to address these issues
- Safe use, storage, and disposal of opioids when prescribed

#### Program Titles

Medical Withdrawal from Opioids

Mental & Emotional

### Relevant Standard: PC.02.03.01

The hospital provides patient education and training based on each patient's needs and abilities.

**Element of Performance: 10**

Based on the patient's condition and assessed needs, the education and training provided to the patient by the hospital include any of the following:

- An explanation of the plan for care, treatment, and services
- Basic health practices and safety
- Information on the safe and effective use of medications (See also MM.06.01.01, EP 9; MM.06.01.03, EPs 3–6)
- Nutrition interventions (for example, supplements) and modified diets
- Discussion of pain, the risk for pain, the importance of effective pain management, the pain assessment process, and methods for pain management
- Information on oral health
- Information on the safe and effective use of medical equipment or supplies provided by the hospital
- Habilitation or rehabilitation techniques to help the patient reach maximum independence
- Fall reduction strategies

**Program Titles**

Why Opioids Are Addictive	Mental & Emotional
Opioid Withdrawal	Mental & Emotional
Medical Withdrawal from Opioids	Mental & Emotional
Life After Opioid Addiction - Avoiding Relapse	Mental & Emotional
Supporting Someone Addicted to Opioids	Mental & Emotional
What is PTSD?	Mental & Emotional
PTSD Treatment	Mental & Emotional
Living with PTSD	Mental & Emotional
PTSD Support	Mental & Emotional
What Is Anxiety?	Mental & Emotional
Do I Have an Anxiety Disorder?	Mental & Emotional
How Is Anxiety Treated?	Mental & Emotional
Living with Panic Attacks	Mental & Emotional
Living with Generalized Anxiety Disorder	Mental & Emotional
Living with Social Anxiety Disorder	Mental & Emotional
Living with a Phobia	Mental & Emotional
Understanding Cognitive Behavioral Therapy	Mental & Emotional
Anxiety and Depression	Mental & Emotional
What Is Bipolar Disorder?	Mental & Emotional
Treatments for Bipolar Disorder	Mental & Emotional
How Bipolar Disorder Differs from Depression and Anxiety	Mental & Emotional
What Is Schizophrenia?	Mental & Emotional
Schizophrenia: Understanding Hallucinations and Delusions	Mental & Emotional
Treatments for Schizophrenia	Mental & Emotional
Common Skills to Help You Cope with Stress	Mental & Emotional
Healthy Choices to Relieve Stress	Mental & Emotional
Is Stress Hurting Your Health?	Mental & Emotional
Stress Management: Changing Your View of a Stressor	Mental & Emotional
Stress Management: Identifying Your Stressors	Mental & Emotional
Stress Management: Are You Stressed?	Mental & Emotional
What is Stress?	Mental & Emotional
Managing Depression: Medications	Mental & Emotional
Managing Depression: Overcoming Barriers and Getting Help	Mental & Emotional
Managing Depression: Psychotherapy	Mental & Emotional
Relieving Depression Through Lifestyle Changes	Mental & Emotional
Signs and Symptoms of Depression	Mental & Emotional
What is Depression?	Mental & Emotional

Finding Help for Addictions	Mental & Emotional
Suicide and the Elderly	Mental & Emotional
Depression: More Than Sadness	Mental & Emotional
Recognizing Signs of Methamphetamine Use	Mental & Emotional
Coping with Societal Traumatic Events	Mental & Emotional
PCP Mental Health	Mental & Emotional
Early Autism Screening	Mental & Emotional
About the 988 Suicide & Crisis Lifeline	Mental & Emotional
Recognizing Suicide Warning Signs in Children and Teens	Mental & Emotional
Coping with Suicidal Thoughts	Mental & Emotional

**Relevant Standard: PC.04.01.05**

Before the hospital discharges or transfers a patient, it informs and educates the patient about his or her follow-up care, treatment, and services.

**Element of Performance: 2**

Before the patient is discharged, the hospital informs the patient, and also the patient's family when it is involved in decision making or ongoing care, of the kinds of continuing care, treatment, and services the patient will need.

**Program Titles**

Supporting Someone Addicted to Opioids	Mental & Emotional
Finding Help for Addictions	Mental & Emotional

**Element of Performance: 7**

The hospital educates the patient, and also the patient's family when it is involved in decision making or ongoing care, about how to obtain any continuing care, treatment, and services that the patient will need.

**Program Titles**

Finding Help for Opioid Addiction	Mental & Emotional
Supporting Someone Addicted to Opioids	Mental & Emotional
What is PTSD?	Mental & Emotional
PTSD Support	Mental & Emotional
Finding Help for Addictions	Mental & Emotional