

Professional Development

RRR READING, REFLECTION, AND APPLICATION IN REALITY

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Reading the article and undertaking this '*Legal highs*' and *mental health* learning activity is equivalent to **60 minutes** of professional development.

This learning activity is relevant to the Nursing Council of New Zealand competencies 1.4, 1.5, 2.2, 2.5, 2.7, 2.8, 2.9, 3.1, 3.2, 3.3, 4.1, and 4.3.

Discuss all your answers with a peer/s

Learning outcomes

Reading and reflecting on this article will enable you to:

- » increase your knowledge of novel psychoactive substances (NPS) and how they affect mental health
- » identify potential physical health and mental health risks resulting from NPS use for clients in your area of nursing
- » increase your understanding of co-existing substance use and mental health problems and some approaches to managing clients that misuse substances like NPS.

A Reading: Identifying the risk factors associated with NPS

1 What are the potential physical health risks to your clients from using NPS?

2 What common mental health risks are associated with NPS misuse?

B Reflecting: Critical reflection

1 What are your beliefs about co-existing problem (CEP) service users who misuse NPS (legal highs)?

2 How might your beliefs and values shape or influence how you care for those clients in your clinical area?

B Reality: Applying in reality

1 How could your practice area encourage awareness regarding the symptoms and effects of NPS misuse?

2 What other strategies could be useful to promote education in your practice area around NPS misuse?

Verification by a colleague of your completion of this activity

Colleague name

Designation

Date

Nursing council ID

Work address

Contact #