The influence of diet, cognitive behavioral therapy (CBT) in combination with pharmacological treatment to reduce ADHD symptoms in children, adolescents, and adults.

1. A clear description of the topic
2. Significance – Why is this important?
3. Application/Integration – implications/dimensions/current state of the topic
4. How this applies to professional work
5. Relate the topic to other courses you have taken, this program, and your goals (This section may be written using the first-person language)

Papers must be a minimum of five pages in length (not including title, abstract, or reference pages), in APA format and “ZERO PLAGIARISM”. It must be original work.

For example: Select at least six current original research articles published within the last five years to support your treatment plan.

Two (2) recent original articles to support the treatment plan of **diet** on ADHD to reduce ADHD symptoms in children, adolescents, and adults.

Two (2) recent original articles to support the treatment plan of **cognitive behavioral therapy (CBT)** to reduce ADHD symptoms in children, adolescents, and adults.

Two (2) recent original articles to support the **pharmacological** treatment to reduce ADHD symptoms in children, adolescents, and adults.

See APA Format:

<https://owl.purdue.edu/owl/research_and_citation/apa_style/apa_formatting_and_style_guide/general_format.html>

**Use this literature below to answer question # 5:**

1. **Relate the topic to other courses you have taken, this program, and your goals (This section may be written using the first-person language)**

**This is the program goals:**

Psychiatric Mental Health Nurse Practitioner Post Master’s Certificate

Program of Study - Psychiatric/Mental Health Nurse Practitioner Purpose The post master’s Certificate in Psychiatric/Mental Health Nursing is designed as a specialty within graduate nursing education to include programming that will assist a student to acquire advanced knowledge and clinical skills to provide best practice and comprehensive care to clients across the lifespan. The course work and practicum will focus on a range of mental health care needs of individuals and families whether in outpatient, inpatient or private practice settings. The foundation for advanced practice is focused on content included in core courses in physiology, pathophysiology, pharmacotherapeutics and health assessments.

Graduate Outcomes The major outcomes of the graduate programs are to develop the ability to:

1. Function as a scholar with critical thinking skills supported by theories from the behavioral, physical, and nursing sciences

2. Demonstrate organizational and systems leadership in the application of client/patient care interventions, incorporating informatics and health care technology to improve population health care outcomes

3. Collaborate as a member of an inter-professional health care team to advocate for safe and effective client/patient care, being cognizant of cultural, societal, economic, political, and ethic legal issues

4. Promote quality improvement in the provision of culturally competent care to diverse populations through integration of health policy, planned programs, education, and advocacy

5. Translate and integrate scholarship and research into masters-level practice that is grounded in the sciences and humanities Psychiatric/Mental Health Nurse Practitioner Specialty Outcomes

The student successfully completing the post master’s Certificate in Psychiatric/Mental Health Nurse Practitioner will be able to:

1. Apply theories, research and conceptual models from nursing and related disciplines to facilitate best practice and clinical decision-making.

2. Integrate the use of communication skills, information systems, technology and systematic reviews in relation to client management across the lifespan

3. Develop collaborative and interdisciplinary relationships and partnerships that are critical in best practice health care environments.

4. Demonstrate leadership, ethical decision-making and safe practice in the conceptualization, design, implementation, and evaluation of health care delivery across the lifespan.

5. Provide leadership in human resources development, education, and management to improve nursing care across diverse populations.

The course NURS 6260 below is the only course that I have taken so far in this program:

NURS 6260: Theoretical Diagnostics for Mental and Substance Use Disorders [2-0] This course focuses on the theoretical foundations of psychiatric and mental health care across the lifespan and the role of the psychiatric mental health nurse practitioner in providing primary care in multiple settings. The theories will be examined for usefulness to various age and diverse populations groups.