Improving Nurse Perceptions and Psychiatric Patient Care

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ABSTRACT

Nurses provide care to various patient populations, each with unique challenges and needs. During these encounters, nurses may experience undesirable interactions involving physical harm, psychological violence, and other discomforting situations ([1]). Unfortunately, these interactions most often occur when treating patients experiencing mental illnesses. Due to the mentioned negative patient interactions, nurses often develop negative attitudes and judgments toward patients experiencing psychiatric symptoms. Thus, further contributing to the social stigma related to mental illnesses ([2]). This project aims to improve nurse perceptions towards patients experiencing mental illnesses through pertinent evidence and educational materials. The benefits of this project include relevant approaches and insights to assist nurses with providing holistic patient-centered care. These strategies can help reduce the social stigma surrounding those with mental illnesses.

PICO QUESTION

How does an evidence-based education program regarding mental health disorders for patients diagnosed according to the DSM-V for nursing staff at the Huntsman Mental Health Institute improve nurse perceptions over one year?

LITERATURE REVIEW

Literature was gathered and synthesized to mitigate gaps in knowledge and identify strategies for nursing staff to implement into practice. Implementing these strategies will help provide insight into negative nurse perceptions toward those experiencing mental illnesses and their treatment quality. In addition, significant themes were identified to enhance the quality of life for psychiatric patients during hospitalization and follow-up care. Nurses can provide higher quality care to this patient population by improving their perceptions through:

- Initiating purposeful contact interventions ([3, 4, 5])
- Embracing a focus of recovery ([3, 6, 7])
- Applying enhanced follow-up interventions ([8, 9, 10])

PROJECT METHODOLOGY

The findings of the project will be widely disseminated and made available to nurses through project deliverables to improve nurse perceptions of patients experiencing mental illnesses. The project deliverables include:

- A pre- and post-designed survey to evaluate nurse perceptions.
- A poster presentation with peers, Weber State University faculty, and the Huntsman Mental Health Institute administrative staff.
- Electronic learning modules with integrated multiple-choice questions.
- In-person education during staff meetings and annual conferences regarding implicit biases.
- Printed pamphlets, flyers, and periodic emails to facilitate continuous delivery.
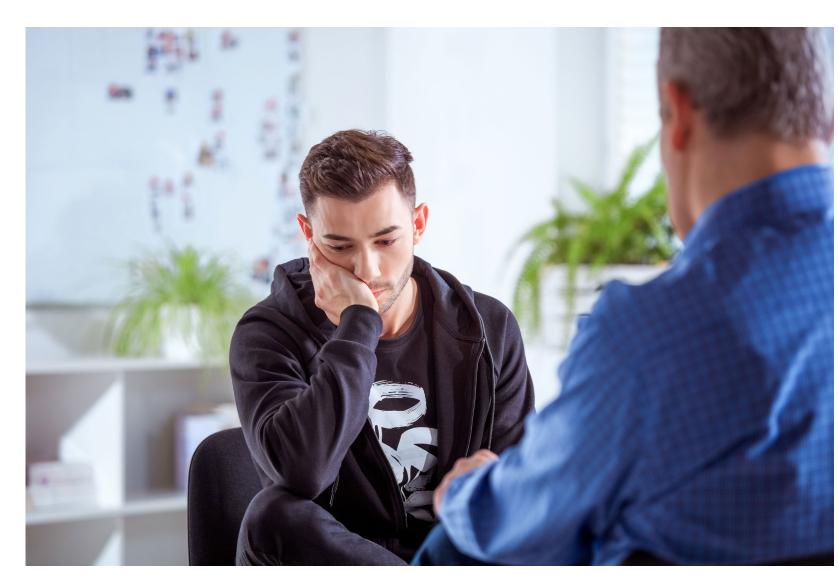
Plan and Development

The implementation plan and process of the project will take place over one year at the Huntsman Mental Health Institute. The proposed plan is to present the project findings and deliverables according to the following schedule:

- Pre-survey delivered to nursing staff.
- Poster presentation to HMHI nursing administrative staff during shared governance meeting.
- In-person training during staff meetings following evaluation of pre-survey.
- Electronic modules created and assigned following in –person training.
- Post-survey administered at the completion of training, then repeated at one month, three months, six months, and a year to evaluate knowledge retention.
- Pamphlets and flyers will be placed in highly visible areas and emails will be sent monthly for one year as reminders for improved patient encounters.

Evaluation

The effectiveness of the project will be evaluated through a pre- and post-survey design. The pre-survey will be provided to the Huntsman Mental Health Institute nursing staff to gather their initial perceptions of patients experiencing mental health disorders and identify common themes. Evaluation methods will include:

- Statistical analysis of pre- and post-survey data for changes in perceptions or identified themes.
- Continued administration of the post-survey at regular intervals to determine knowledge retention.

Figure 1

Figure 2

THEORETICAL FRAMEWORK

The Johns Hopkins Nursing Evidence-Based Practice (JHNEBP) model was selected as the framework for implementing an evidence-based education program for nursing staff at the Huntsman Mental Health Institute. The JHNEBP model was chosen for this project as it primarily focuses on improving the nursing profession by implementing current evidence-based research into clinical practice ([11]). Thus, this evidence-based practice model has an appropriate structure and methodology for developing an evidence-based education program to improve nurse perceptions of patients experiencing mental illnesses.

CONCLUSIONS

The literature review presented in this project offers nurses additional strategies and areas for improvement to meet the needs of those experiencing mental disorders. Nurses can strive to reduce stigmatizing attitudes through:

- Engaging in purposeful contact with patients
- Focusing more on recovery after hospitalizations
- Developing increased follow-up connections

By placing a more significant focus on these three areas, nurses can provide better holistic patient care while developing strategies to reduce social determinants of health. Nurses should strive to reduce implicit biases to be readily available for their patients with mental health disorders.

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Figures

1. Microsoft PowerPoint. (2021). Photograph.
2. Microsoft PowerPoint. (2021). Photograph.