

# CHALLENGES OF NURSING CARE IN PSYCHIATRY

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**Mgr. Tomas Petr**

# Introduction

## **Tomas Petr,**

**(MSc, BSc, RN)**

- Chairman of Psychiatric Section of Czech National Nurses Association
- Currently Manager of Acute Psychiatric Unit, Central Military Hospital, Prague

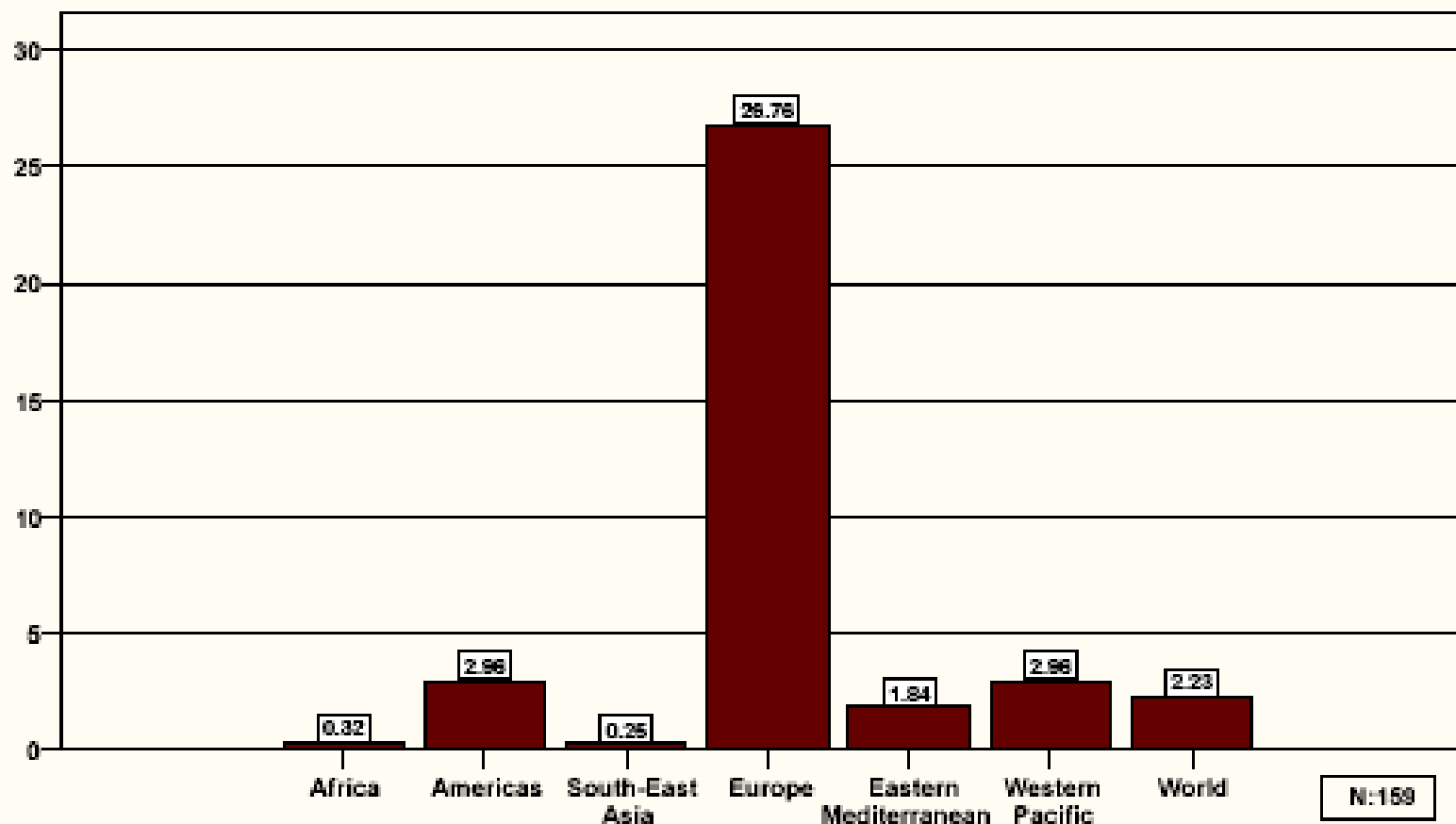


# Health workers

Region	All health service providers	Nurses	Nurses as percentage of health service providers
Africa	1 360 000	773 368	56,9%
Americas	12 460 000	4 053 504	32,5%
Europe	11 540 000	6 526 461	56,6%
World	39 470 000	16 226 175	41,1%

WHO, Mental Health Atlas, 2006


**Figure 2.2** Nurses in mental health settings (median per 100 000 population by WHO regions)



# Mental health nurses



- Nurses play a fundamental role within mental health care teams
- In Europe – number of mental health nurses per capita is six times higher than for every other region



# Challenges of nursing care in psychiatry

# 1. Shortage of nurses



- An international issue
- Problem to recruit and to retain nurses in many countries
- Nurses work in different fields
- Migration to higher income countries
  
- Shortage - approximately 1 million nurses (WHO estimation), CZ – 1 000 nurses

# 1. Shortage of nurses – mental health

- ❑ Poor image and stigma
- ❑ Lack of focus on mental health nursing in nursing education
- ❑ Perception of increased violence in field of mental health
- ❑ Poor perception of mental health practitioners by other professionals





# Image of mental health nursing,

Janoušková, 2004

- 17 non-medical occupations
- Highest prestige = 10, lowest prestige = 0
- **Psychiatric nurses – 5,8 (11)**

The highest prestige:

- paramedics – 7,7
- midwives – 7,6
- nurses in intensive care – 7,6

# 1. Shortage of nurses



- Closing of wards and other services
- Inadequate level of staffing
- Lower quality of performance of nurses

## 2.Role of mental health nurses

Passive role



Active role



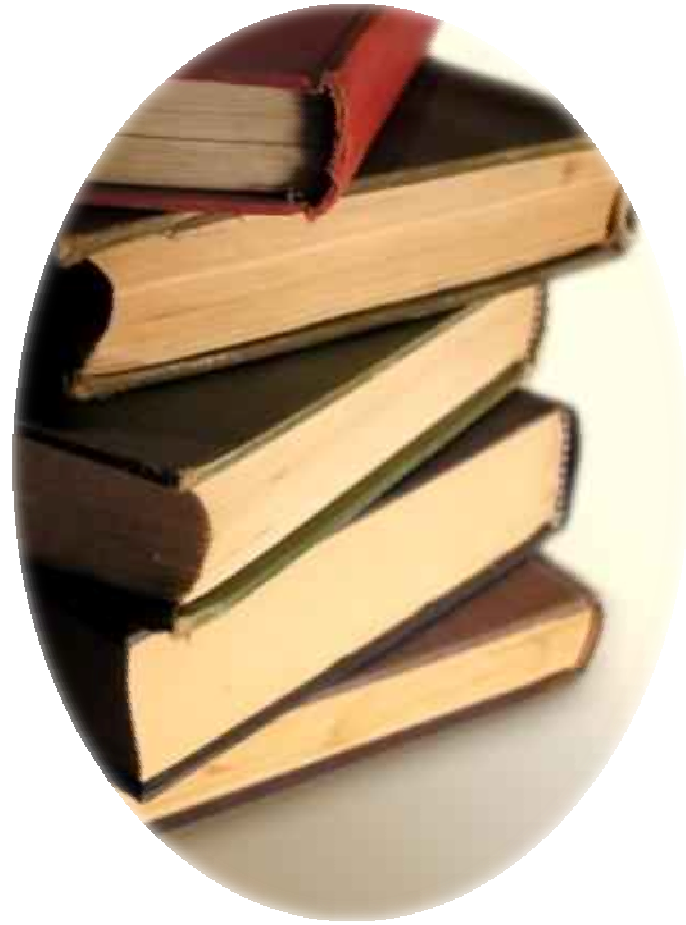
## 2.Role of mental health nurses

- Assessment
- Care planning
- Drug administering (even prescribing)
- Advocacy
- Case management
- Community care
- Psychoeducation
- Psychotherapy



# 3. Training of mental health nurses

- Big variability within EU
- Variable set of knowledge and skills
- Different competencies



# 3. Training of mental health nurses

## Czech Republic

- 3 years study at nursing school or in university ⇒ **general nurse**
- 12 months of field experience
- 3 years distant postgradual study (640 hrs) ⇒ **mental health nurse**

**= total 7 years**

- **Less than 30% of nurses working at mental health settings are specialized in psychiatric nursing.**
- **Lack of competencies at mental health nursing**
- **Good knowledge and skills at general nursing**

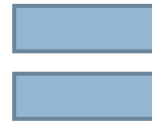
# 3. Training of mental health nurses

## UK

- There are Five branches of Nurse training:
  - Midwifery (4 years)
  - **Mental Health (3 years)**
  - Paediatrics (3 years)
  - Adult (3 years)
  - Learning Disability (3 years)
- All Branches complete **the same first year** which covers the basics of all of the other branches.

- You can **only work within the speciality** for which you are trained.
- Lack of skills at general nursing

# 3. Training of mental health nurses





## 4. Change towards deinstitutionalization



## 4. Change towards deinstitutionalization

- A new field for mental health nurses
- Reallocation of staff from hospital to community based services
- Development of new set of competencies is needed



# 5.Lack of clinical guidelines

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- Absence of national guidelines for mental health nurses
- Lack of evidence based practice
- Lack of research
- European cooperation can be beneficial
- Activity of professional bodies

## 6. Client – center of our activities



- Partnership x patronizing approach
- Liberal environment x restrictions
- Emphasis on patient rights
- Equal rights to get good quality care

## 7. Variable conditions in mental health settings











# Horatio - Association of European Psychiatric Nurses

25



# Horatio - Association of European Psychiatric Nurses

- Established in April 2006
- 15 european countries
- Member of EFN, ESNO

- Croatia
- Georgia
- Czech Republic
- Germany
- Greece
- Finland
- Iceland
- Ireland
- Malta
- Netherlands
- Norway
- Slovenia
- Sweden
- Switzerland
- United Kingdom

# Creating international network of mental health nurses



- 15.-17.4.2010 –  
Congress **Building  
Bridges** in Prague



# Contacts



**tomas\_petr@hotmail.com**

**tomas.petr@uvn.cz**

# Questions



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