CHALLENGES OF NURSING CARE IN PSYCHIATRY

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Introduction

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## Health workers

<table>
<thead>
<tr>
<th>Region</th>
<th>All health service providers</th>
<th>Nurses</th>
<th>Nurses as percentage of health service providers</th>
</tr>
</thead>
<tbody>
<tr>
<td>Africa</td>
<td>13 600 000</td>
<td>773 368</td>
<td>56.9%</td>
</tr>
<tr>
<td>Americas</td>
<td>12 460 000</td>
<td>4 053 504</td>
<td>32.5%</td>
</tr>
<tr>
<td>Europe</td>
<td>11 540 000</td>
<td>6 526 461</td>
<td>56.6%</td>
</tr>
<tr>
<td>World</td>
<td>39 470 000</td>
<td>16 226 175</td>
<td>41.1%</td>
</tr>
</tbody>
</table>

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
17 non-medical occupations

Highest prestige = 10, lowest prestige = 0

**Psychiatric nurses – 5.8 (11)**

The highest prestige:

- paramedics – 7.7
- midwifes – 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 then 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

- 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

- 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 vs. patronizing approach
- Liberal environment vs. 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
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- 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
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Questions