

“A Qualitative study: Exploring Mental Health Nurses experience during care of People with Dementia”

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ABSTRACT

Introduction

Nurses at home or hospital setting often have to manage Dementia patients' co-existing health problems and also support for personal care.

Objective

To Explore Mental health Nurses experience during care of People with Dementia

Material and Method

Qualitative Phenomenological research design was adopted for the study. Sample size for the study were 06 Nurses from Mental Health ward .Purposive Sampling technique was used . The Investigator conducted the interview on lived experiences of nurses using in-depth interviews, which was lasted between 45 minutes to 60 minutes. Field notes, observations and nonverbal expressions was maintained. Managed with Interview guide with open ended questions and nurses were instructed to share the experience genuinely and with openness .Qualitative rigor was maintained in the study. The researcher has 'Bracketed' her own feelings and experiences about the study related content. Triangulation and member checking was done under investigation and through. Dependability, transferability and authenticity was ensured. Colaizzi's phenomenological method of data analysis was used

Findings

Themes that were emerged includes concern, caring attitude, workload and Safety and Security.

Conclusion

Primary care management by nurses is well maintained and recorded but care and support from family members and support system is a concern. Till the patient is in hospital the people with dementia receive the good treatment but frequency of admission is high which reflects the challenge of care at home.

KeyWords

Exploring; Mental Health Nurse; Dementia; Qualitative study

Introduction

Nurses at home or hospital setting often have to manage Dementia patients' co-existing health problems and also support for personal care.

Study findings focused on hospitals must minimize restraints to provide nurse the chance to accomplish person-centered care to patient with dementia. Moreover, it is significant to sensitizes nurses and contribute nurses satisfactory training programme and education to empower and allow to care for people with dementia^[1]

In hospitals, acute care are focused for people with dementia are measured low priority to normal routine. It is further stated that People with dementia are stigmatized. Family members and support system plays important roles in the care of a person with dementia in hospital but it is seen are often excluded. It is conclude d that the job satisfaction of nurses caring for people with dementia is poor^[2]

Study findings shown that for people with dementia, cognitive stimulation therapy was found to be effective. Study proposes that the cognitive level of the People with dementia can be improved after cognitive stimulation therapy^[3]. Study findings reveals that people with dementia is the deteriorating in Cognitive level and reality orientation therapy is useful in improving the Cognitive level of People with Dementia.^[4]

Need of the Study

Dementia care includes to handle the symptoms like confusion, forgetfulness, loss of sense of direction and struggle

with personal care and dealing with such symptoms pose challenges to care takers, be family member or health care team member. Studies support that there is less research support in this field and there is inadequacy of Indian study data towards this aspect. This made the researcher to explore Mental Health Nurses experience during care of People with Dementia

Problem Statement

“A Qualitative study: Exploring Mental Health Nurses experience during care of People with Dementia”

Purpose of the Study

Based on the nature of the qualitative research which aims to describe the experiences of Mental Health Team members while caring People with dementia to provide better understanding of their Experiences and identifying psychological distress if any.

Objective

To Explore Mental health Nurses experience during care of People with Dementia

Research Question

What are the lived experiences of nurses during care of People with dementia?

Operational Definitions

Experience

Experience of Clinical Nurse who is working in the mental health department and engaged in serving care to patient with Dementia and are admitted in the hospital.

Mental Health Nurse

Registered Nurses who is posted in Mental Health ward and possess more than two years in serving in psychiatric ward and is involved in direct patient care in the hospital

People with Dementia

Patient who is diagnosed Dementia and possess symptoms like Memory impairment in communication , problem solving capacity and thinking , cognitive decline symptoms which interfere with daily life of patient and is admitted in the hospital

Inclusion Criteria

- Nurses who have more than two years of experience in serving Mental Health ward of hospital.
- Mental Health Nurses who are directly involved in caring in clinical
- Mental Health Nurses who will explore all answers honestly.

Exclusion Criteria

- Mental Health Nurses who were not present at the time of data collection.
- Mental Health Nurses who were unwilling

MATERIAL AND METHOD

Qualitative Phenomenological research design was adopted for the study. The design offers the nurses to get the ‘lived experiences’ from their perspective on care of People with Dementia. Sample size for the study were 06 Nurses from Mental Health ward As the data saturation reached i.e after six nurses interview and no new theme were emerged from the interview .Purposive Sampling technique was used . The Investigator conducted the interview on lived experiences of nurses, who are directly involved in providing care to People with dementia using in-depth interviews, which was lasted between 45minutes to 60 minutes. Field notes, observations and nonverbal expressions was maintained. Managed with Interview guide with open ended questions and nurses were instructed to share the experience genuinely and with openness .

Qualitative rigor was maintained in the study. The researcher has ‘Bracketed’ her own feelings and experiences about the study related content. Triangulation and member checking was done under investigation and through.

Dependability, transferability and authenticity was ensured. Colaizzi's phenomenological method of data analysis was used

Findings

Demographic Variables- Descriptions

All Mental Health Nurses were female nurses and are registered with State Nursing Council with updated renewal. The ages of the Nurses were ranged between 26-42 years. Professional Clinical experience were ranged from 4 -17 years working in Mental health ward.

Themes That Emerged

Theme 1: Concern

Concern towards the patient was noticed by all participants. As mostly old age patients were cared and are admitted, botheration on care was observed. Concern in terms of slight apprehension, worry was noted that after them whether they patient may be looked with same love and concern.

"I feel after me who will take care of my patients. (N 01).

".....They deserve to be loved in this situation by all who attend them. This expectation I wanted from the family members and the support system of patient....." (N05).

Theme 2: Caring Attitude

Under this theme, nurses shown a consistency and integrity while attending the patient .Natural caring attitude was observed by the way of behavior. Some nurses shown that they are satisfied with e care providing and feel happy

.....being with them gives a satisfaction and motivates me to keep watch continuously and full time till my posting hours"(N04).

".....Mostly I feel these patients are my family members and caring relations develop till patient is in ward" (N02)

Theme 3: Workload

This theme expose that nurses wanted to care but dementia patient require continues monitoring and care it finds difficult that all patient don't get the care as desired though wanted to provide which is painful . Other than direct care of patients other activities are also expected from nurses to fulfill and results in shortage of time for nursing care .The following statement refers:

".....Recording , reporting , caring and other administrative activities are expected each day to complete " (N06).

" How can one does complete all such activities in limited staff " (N04)

Theme 4: Safety and Security

This theme refers to safe working surrounding for patients . Many times the relatives shows negligence and does not turn up in spite of reminders and counselling. Welfare facility is prime for patients. Insecurity during night is a safety concern for the patient to be taken care.

"... Negligence is observed during night hours..... ." (N01).

Discussion

Present study findings shown that following themes emerged after collecting the experiences from Nurses who are directly involved in care of people with dementia.

Study findings of Nolan revealed the structural insufficiencies and shortage of the acute hospital as a dementia care atmosphere and the resulting challenges and difficulties of the care experience. In spite of identified challenges,

nurses measured the specific needs of people with dementia and capable to meet the recognized need ^[5]

Conclusion

Primary care management by nurses is well maintained and recorded but care and support from family members and support system is a concern. Till the patient is in hospital the people with dementia receive the good treatment but frequency of admission is high which reflects the challenge of care at home.

Limitations

- The study used the purposive sampling technique to fulfil inclusion criteria and, therefore, not all the nurses of hospital are selected and resulted in a small number of respondents.
- The findings could also not be generalized, due to less number of sample size which is not representative of all mental health nurses.
- The study was limited to descriptive phenomenological research design.

Conflict of Interest: Nil

Source of Funding: Self-Funded

Ethical Clearance

Study was approved by Institute Research Committee. From each participants Informed consent was obtained for the study. Different codes were used for the nurses and thus maintained confidentiality was maintained in the study by hiding the actual details during and when the findings were communicated

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