

ORIGINAL RESEARCH

“A Qualitative Study to Assess the Experiences of Psychiatric Clinical Practice Among Student Nurses of Desh Bhagat University School of Nursing Mandi Gobindgarh.”

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Abstract

A Qualitative Study to Assess the Experiences of Psychiatric Clinical Practice Among Student Nurses of Desh Bhagat University School of Nursing Mandi Gobindgarh. The purpose of the study is to assess the Experiences of Psychiatric Clinical Practice Among student Nurses it is observed that majority of nursing students (90%) had no previous psychiatric experience whereas (10%) had previous psychiatric experience.

Key Words- Experience, Clinical practice, Nurses, Psychiatric

Introduction

Psychiatric mental health nursing is a specialized area of nursing practice, education, and research that draws on unique knowledge from nursing and related health and social sciences to update the practice and to establish its disciplinary boundaries. Psychiatric clinical practice helps in developing students' competencies in their applying gained knowledge, skills, and attitudes to psychiatric clinical environmental circumstances. Consequently, it is very important to utilize psychiatric clinical time effectively and productively.

Need for study

Globally, psychiatry as a subject, psychiatrists as professionals, and patients with psychiatric disorders are subjected to cultural stereotypes and negative attitude by the general population. What is of alarming concern is that these prejudices exist within the medical & nursing community as well.

The study aims at assessing the nursing students experience regarding psychiatric clinical posting and also evaluating the perception, knowledge, and attitude toward psychiatric disorders, therapeutic modalities used in psychiatry, psychiatry as a subject and psychiatrists as professionals among undergraduate student nurses.

A negative attitude toward psychiatry harbored by nurses professionals may prove to be an obstacle in providing quality care to the mentally ill persons in need.

Problem statement

“A Qualitative Study to Assess the Experiences of Psychiatric Clinical Practice Among Student Nurses of Desh Bhagat University School of Nursing Mandi Gobindgarh.”

Objectives

General Objective

1. To investigate the student nurses experiences about their psychiatric clinical practice.

Specific Objectives

1. To develop open ended questionnaire to assess the experiences of student nurses regarding psychiatric clinical practice.
2. To record the experiences of student nurses regarding psychiatric clinical practice through paper pencil method.
3. To categories the obtained experiences of student nurses regarding psychiatric clinical practice.
4. To quantify the categorized experiences of student nurses regarding psychiatric clinical practice.
5. To analyse the quantified experiences of student nurses regarding psychiatric clinical practice.

Operational definition

Assess

It refers to investigate the experience of student nurses regarding psychiatric posting through open-ended questionnaire by using paper pencil method.

Experience

Events or circumstances experienced by psychiatric nursing students during their psychiatric posting.

Psychiatric clinical practices

A specialized skills which psychiatric nursing students receives psychiatric clinical experience with hospitalized mentally ill patients.

Student nurse

A student who is admitted in nursing course (GNM, BSc, Post Basic BSc) at Desh Bhagat University School of Nursing and undergone psychiatric clinical posting.

Delimitation

1. This study is limited to all the student of Desh Bhagat University School of Nursing Mandi Gobindgarh who undergone psychiatric clinical posting.
2. Student who are present at the time of study.

Research questions

This study would seek to find answers to the following questions:

Research Question 1

What is the meaning of psychiatric clinical experiences?

Research Question 2

Do psychiatric clinical experiences helpful in various field of study of student?

Research Question 3

Was there anything about the psychiatric clinical field that might cause you to feel anxious about it?

Assumptions

- The level of anxiety is more in student nurses during their first psychiatric clinical posting.

- The students may have varying degree of experiences including stress, anxiety, fear, attitude, interests & knowledge.
- Simulation may decrease the level of anxiety in students.
- Variation in experiences may vary according to selected demographic variables.

Research design

The research design adopted for the study was Phenomenological design.

Research setting

Research study will conducted in Desh Bhagat University School Of Nursing Mandi Gobindgarh who had undergone psychiatric clinical posting. Present study will adopt Random sampling

The criterion for selection of this setting was feasibility of conducting study in the setting and investigators familiarity with setting and people.

Variables

Independent variable

- An independent variable is that which is believed to cause or influence the dependent variable.
- In this study, the independent variable refers to age, gender, area of residence, type of family, level of education, previous psychiatric experience, family history of psychiatric disorder and one of the parents worked/working in psychiatric setting.

Dependent variable

- Dependent variable is the response due to the effect of the independent variable, which researcher wants to predict or explain.
- In this study, Experiences of Psychiatric Clinical Practice among selected nursing students are dependent variables.

Sample and sampling technique

The sample of study comprised Random sampling of student nurses of Desh Bhagat University School of Nursing Mandi Gobindgarh who had undergone psychiatric posting. of 50 nursing students.

Random sampling was used to select the nursing students of Desh Bhagat University Mandi Gobindgarh.

Development of tool and techniques

Data collection tools are the devices that a researcher uses to collect data. A search for literature was made for the purpose of locating appropriate tool.

The present study aimed to assess the Experiences of Psychiatric Clinical Practice Among Student Nurses of Desh Bhagat University School of Nursing Mandi Gobindgarh.”

The following data tools were used in order to obtain the data:

- Demographic data profile sheet
- Self-Structured open ended questionnaire

Description of the tool

The present study aimed to assess the Experiences of Psychiatric Clinical Practice Among Student Nurses of Desh Bhagat University School of Nursing Mandi Gobindgarh.”

The tool comprised of two sections:

- **Demographic data profile sheet**

Demographic data profile sheet was used for assessment of demographic variables such as age, gender, area of residence, type of family, level of education, previous psychiatric experience, family history of psychiatric disorder and one of the parents worked/working in psychiatric setting.

- **Self-Structured open ended questionnaires**

Self-structured open ended questionnaires was used to assess the Experiences of Psychiatric Clinical Practice Among Student Nurses of Desh Bhagat University School of Nursing Mandi Gobindgarh.”

Content validity of the research tool

Content Validity of tool was checked by:

- Consultation with the Guide and Co-guide regarding the validity of content and language of tool.
- Seven experts from the fields of nursing department validated the tool for its content, relevance, clarity and sequence.
- Relevant Modifications were made as per suggestions given by experts and discussion with Nursing guide and Co-guide. Changes were incorporated in the tool accordingly.

Ethical consideration

Ethical approval was obtained from ethical committee of Desh Bhagat University, Mandi Gobindgarh for conducting the study. Written permission had been taken from the Director of Desh Bhagat University, Mandi Gobindgarh, Fatehgarh Sahib, Punjab. Confidentiality and anonymity of the subjects information had been maintained.

Procedure of data collection

The formal administrative permission was taken from Director of Desh Bhagat University School of Nursing, Mandi Gobindgarh for conduction of research. The main study was conducted by Random sampling of the nursing students of Desh Bhagat University Mandi Gobindgarh on 5/04/2018. The demographic Performa sheet was given to the nursing students to assess their socio- demographic status. A self-structured open ended questionnaire was administered to sample to assess the Experiences of Psychiatric Clinical Practice Among Student Nurses. The raw data of research study had been presented in thematic form.

Plan of data analysis

Data analysis is a systematic of research data and testing of research hypotheses using those data. The data obtained is analyzed as follow:

- Demographic variables were analysed by using frequency and percentage.
- There were five main themes identified, and under some themes a number of subthemes were merged. The main Five themes are factors; related to Attitudes towards psychiatric clients, attitudes towards psychiatric clinical experience, anxiety/worries, confidence building and Co-worker/ Staff Facilitating role towards clients.

Expected outcomes

- The student nurses will show negative attitude towards psychiatric clinical posting.

Section-I

Socio-Demographic characteristics of selected student nurses of Desh Bhagat University, Mandi Gobindgarh

Table-I: Frequency and percentage Distribution of Socio-Demographic characteristics of selected student nurses.

N=60

Sr. No	Demographic Characteristics	Frequency (f)	Percentage (%age)
1.	Age (in years)		
1.1	20-21=1,	04	08
1.2	22-23=2	40	80
1.3	24-25=3	06	12
2.	Gender		

2.1	Male	05	10
2.2	Female	45	90
3.	Residence		
3.1	Rural	26	52
3.2	Urban	24	48
4	Type of Family		
4.1	Nuclear	38	76
4.2	Joint	12	24
4.3	Extended	00	00
5.	Level of Education		
5.1	GNM	10	20
5.2	BS.c (N)	35	70
5.3	Post Basic BS.c (N)	05	10
6.	Previous exposure to any psychiatric hospital		
6.1	Yes	05	10
6.2	No	45	90
7.	Family history of psychiatric disorder		
7.1	Yes	00	00
7.2	No	100	100
8	Have one of your parents worked/working in psychiatric setting		
8.1	Yes	00	00
8.2	No	100	100

Table no:1 Depicted the frequency and percentage distribution of socio-demographic characteristics of selected student nurses of Desh Bhagat University, Mandi Gobindgarh District Fatehgarh Sahib.

In relation to age (8%) student nurses were in the age group 20-21, (80%) were in the age group of 22-23 years, and (12%) were in the age group of 24-25 years. Maximum numbers of student nurses (90%) were female and (10%) were male. Maximum student nurses (52%) were from rural area and (48%) were from urban area. Most of student nurses (76%) were from nuclear family and (24%) were from joint family. The (70%) of student nurses were from B.Sc (N) 4th year, (20%) were from GNM 3rd year and (10%) were from Post Basic BSc 2nd year. Majority of nursing students (90%) had no previous psychiatric experience whereas (10%) had previous psychiatric experience. There is no family history of any psychiatric disorder and there is no sample have been found whose parents worked/working in psychiatric setting.

Recommendations

On the basis of the findings of the study, the following recommendations had been made for the further study

- College tutors should designed a programme for accompaniment and avail themselves in clinical settings on a continuous basis to guide student nurses. They should regularly update their knowledge and skill on the latest in clinical practice to enable them to teach procedures which are relevant to the current practices and technological developments in the clinical setting.
- Student nurses must be allocated to a specific discipline for a reasonable period of time
- i.e. unnecessarily frequent rotations should be avoided, in order to maximize the learning opportunities for student nurses.
- There is difference in learning opportunities between institutions and clinics where necessary students nurses should be rotated between different clinical area.
- There should be co-operation between college tutors, preceptors, ward sister, unit manager and student in the selection of learning opportunities and formulation of clinical learning outcomes.
- Further studies in the area of student nurses clinical learning experience during placement in psychiatric clinical setting are required.
- The study can be replicated on large sample to validate and generalize its findings.

Interpretation and conclusion

It was concluded that **Theme1. (Attitude towards psychiatric client)** In this research design the (90%) of the students having positive attitude towards psychiatric clients whereas (10%) of the students having negative attitude towards psychiatric patient. **Theme2. (Attitude toward psychiatric clinical experience)** In this research study (86%) of the students having positive attitude towards psychiatric clinical experience whereas (14%) of the students having negative attitude towards psychiatric clinical experience. **Theme3. (Anxiety /Worries)** In this research study (82%) of the student nurses having anxiety/worries before their psychiatric clinical posting, whereas (18%) of the students having no anxiety/worries before their psychiatric clinical posting. It also revealed that (79%) of the students has relieved their anxiety/worries after their, Whereas (21%) of the students not relieved their anxiety/worries after their psychiatric clinical posting. **Theme4. (Confidence Building)** In this research study (98%) of the students gain confidence after psychiatric clinical posting, Whereas (2%) students did not gain confidence. **Theme5. (Staff & worker helping role towards clients)** In this study (86%) of the students said that there was good dealing of co-worker/staff towards the psychiatric clients. Whereas (14%) of the students said that the co-worker/staff behavior was not appropriate with the clients.

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