

Untold Stories of Nurses Caring Clients with Mental Health Problems

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Abstract: *Nurse's pivotal role in rendering holistic mental health care remains to be underdeveloped and has not been given adequate importance. Hence, it impacts their caring capacities. This study aimed to describe the lived experiences of nurses caring clients with mental health problems through a qualitative, descriptive-phenomenological study also known as transcendental phenomenology. The purposive and snowball sampling were used in the selection of the ten (10) registered nurses within the areas of South Cotabato, Cotabato, Sultan Kudarat, Sarangani Province, and General Santos City, Philippines. Then, a semi-structured interview guide was used to collect the data. The Colaizzi's method of Phenomenological Analysis was done to explicate the collected qualitative data from the participants' responses. The study revealed that nurses' lived experiences revolved around the embedded art of complex care; the cornerstone of crucial roles; challenging experiences in the realm of caring; ways of coping with the challenges; barrier towards the provision of mental health care; family engagement as indispensable element of care; and the spectrum of myriad of emotions. The implication of this study may serve as basis in creating interventions that would address problems among mental health nurses, and provides insight into the quality of mental health care delivery toward clients with mental health problems.*

Keywords: Nursing Care, Mental Health Problems, Nurses' Lived Experiences, Descriptive-Phenomenology

1. Introduction

Mental health is crucial to the well-being of individuals, societies, and countries. It is more than the absence of mental disorders. It involves a state of well-being where individuals recognize their abilities, are able to cope with the normal stresses of life, work productively, and contribute to the community (World Health Organization [WHO], 2019). According to WHO, mental health problems are common. Over 450 million people suffer from a mental or behavioral problem and nearly one million people commit suicide every year. Depression, alcohol use disorders, schizophrenia, and bipolar disorder are among the ten leading causes of disability worldwide and treatment is not available to most people. Despite the existence of effective treatments, the overwhelming majority of people with a mental disorder do not have access to effective treatments.

Significantly, nurses are important providers of treatment and care. In most countries, nurses are the largest group of healthcare professionals providing mental health care in both primary and specialist health services. As emphasized by Joubert and Bhagwan (2018), mental health nurses placed themselves at the crucial juncture of providing quality mental health care whilst trying to manage the challenges that arise with the patient group having mental health issues. Based on WHO, it was found that in many countries, the psychiatric education of nurses is inadequate and their role in providing mental health care is underdeveloped. Hence, the WHO recommends that mental health care should be part of or integrated into primary health care. Modern mental health nursing requires a lot of knowledge, experience and competence, in developing countries. As a result, nurses need effective communication skills, a caring and compassionate nature as well as respect for the dignity and safety of others (Rotich & Tugumisirize, 2017). However, Spomers (2016) mentioned that many nurses still lack the knowledge and skills to identify and treat mental disorders.

In some countries like Africa, Van Den Heever (2012) conclusively stated that there is a general insensitivity of nurses towards client's emotional needs, hence it is highlighted the need for self-awareness and additional interpersonal skills training among nurses to help equip themselves to facilitate a therapeutic relationship towards their client with mental disorders. Also, Giandinoto and Edward (2015) asserted that nurses who have their undergraduate training on caring patients with mental illness is often not considered enough to develop mental health literacy such as diagnosis, psychopharmacology, management, and legislation. As cited by Joubert and Bhagwan (2018), there are various challenges that nurses experienced in caring patients with mental health disorders such as feelings of anger and frustrations brought about by continuous exposure to psychiatric patients having unpredictable behavior; thus, making them experience high level of burnout. It is further supported by Maharaj et al. (2018) by stating that the heavy workload of mental health nurses as a career and being at the forefront of patient care, can leave them overworked and stressed as their demanding nature of the occupation exposes them to a higher risk of developing negative mental states such as depression, anxiety, and stress.

Additionally, Spomers (2016) stressed that the treatment of people with mental health problems worldwide has been marked by abuse and neglect. In reality, however, most low and middle income countries do not have adequate numbers of nurses, and the education and training of nurses in these countries provide little of the knowledge and skills necessary for good mental health care. In Philippines, data showed that about 3.5 million Filipinos suffer from mental health conditions. Unfortunately, there is still a huge gap in the capacity of government health facilities in providing basic mental health services wherein many Filipinos do not get the help they need (Jaymalin, 2019). Statistically, the Philippines is home to over 100 million Filipinos, yet there are around 1,000 nurses working in psychiatric care. The

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