

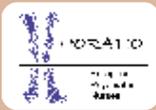
# HORATIO, EUROPEAN PSYCHIATRIC NURSING CONGRESS 2013

October 31 - November 2, 2013  
Harbiye Military Museum & Cultural Center

Istanbul / Turkey

*Stepped care provided by psychiatric nurses  
in different parts of the world...*

## ABSTRACT BOOK





# HORATIO, EUROPEAN PSYCHIATRIC NURSING CONGRESS 2013

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Harbiye Military Museum & Cultural Center

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**ABSTRACT BOOK**

Editors

Neslihan Keser Özcan - Hülya Bilgin



HORATIO, EUROPEAN  
PSYCHIATRIC  
NURSING  
CONGRESS 2013

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INDEX

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5	Welcome
8	Organising and Scientific Committees
10	General Information
15	Keynote Speakers
26	Congress Programme
42	Workshops
52	Oral abstracts
145	Poster abstracts
220	Author Index



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## Welcome



Dear Colleagues,

We cordially invite you to attend the HORATIO: European Psychiatric Nursing Congress 2013 with the theme “Stepped care provided by psychiatric nurses in different parts of the world”, 31 October-2 November 2013.

Worldwide, minimizing the consequences of mental health problems is a major public health concern. A stepped-care model is one of the options to organise the provision of services in a proportional way in order to help people in the most efficient way and taking into account which issues services users and carers can manage themselves. Stepped care, implicates the provision of the least intensive and intrusive intervention on a individualized basis according evidence informed standards.

In modern psychiatry, it is crucial to collaborate in a multidisciplinary fashion to deliver the highest possible quality of care. A stepped care model is also needed for the promotion of well-being and reducing healthcare costs. Appropriate access and continuity of care are the important to enable positive treatment outcomes. Mental health nurses are key professionals to make this happen.

We are looking forward to share all the available expertise which is relevant for day to day practice in mental health nursing roles. Abstracts for lecturers, workshop and poster presentation are more than wellcome to be reviewed by our scientific committee by now.

We look forward to welcoming you to the beautiful and inspiring city of Istanbul in 2013.

On behalf of the Organisation and Scientific Committees

***Yasemin Kutlu***

*Chair of Congress*

*President, Turkish Psychiatric Nurses Association*

# HORATIO, EUROPEAN PSYCHIATRIC NURSING CONGRESS 2013

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## Welcome



The Board of Horatio is delighted to work with our Turkish colleagues in organising our 2013 Congress in the wonderful city of Istanbul.

Over the coming days Psychiatric Mental Health Nurses from throughout Europe and other parts of the World will come to Turkey to enhance our knowledge, share our experience and seek understanding of the best ways forward in developing services to those who need our care. Continuing Professional Development is the hallmark of any contemporary profession. The presence of so many Psychiatric Mental Health Nurses at this Congress demonstrates each of our delegates personal commitment to not just their own professional development but our commitment to the enrichment of our profession.

Our contemporary world is, for most countries, very challenging for our consumers and very demanding for our nurses. More and more we are challenged to justify our roles, to demonstrate our value to society and prove that our services are truly needed. More and more we are asked to provide more with less.

Our countries are at varying stages of development. In some countries the old institutions are closed, care being primarily delivered in community based units or by domiciliary care; in other countries the institution remains at the centre of care. While Governments commit to equitable expenditure on mental health in many cases such commitment is for international consumption rather than any real acceptance of the real needs of mental ill health.

Horatio seeks at international level to canvass for better and more equitable resources for mental health services. Through this Congress and next year's Festival in Malta we seek to provide fora for the dissemination of knowledge and experience in our pursuit of excellence on behalf of our profession.

On behalf of our Board I hope each delegate has a wonderful experience at Congress and an enjoyable time in the wonderful city of Istanbul.

***Des Kavanagh***

*President, Horatio: European Psychiatric Nurses Association*

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**October 31 - November 2, 2013 - Istanbul / Turkey**

## Welcome



Dear colleagues,

It is indeed a great pleasure to welcome you to Istanbul that is a cosmopolitan, trendy, historical and exciting, truly wonderful place of Turkey. We are very delighted and happy for having a great interest in participating to Horatio European Psychiatric Nursing Congress 2013. Our main goal is to share the new scientific knowledge and experiences in psychiatric nursing and to prepare common innovative approaches according to our discussions that will be presented at this congress. To share the ideas and seek a common vision for psychiatric and mental health nursing and established the future of nursing is very important.

The mission of nursing and psychiatric nursing in all over the world must be approximately equal. To prepare well trained psychiatric nurses for society; to help nursing schools maximize their effectiveness in producing knowledgeable, skillful compassionate health care providers. In order to help individuals, families and groups to determine and achieve their physical, mental and social potential and also to do so within the challenging context of the environment in which they live and work.

What had already been done and what is being done now to satisfy the main psychological needs of the peoples to be healthy, happy and able to work? I underlined that cornerstones of the world health service system are the professional nurses in our overanxious, stressful world in nowadays.

People of all ways of life in any country, want to live and work in peace, to see their children healthy and happy and also have healthy generations.

To be a psychiatric nurse, need a big responsibility and an endless love, in order to solve or handle the mental health problems of our society and improve the happiness. Let us take hand by hand with our honour, excitement and responsibility for a better healthy world. To be able to attain this goal we need a professional view of our priorities. These are:

- We must growth of philosophical common ideas in psychiatric and mental health nursing.
- If we need to change the way that psychiatric nurses work, we'll need creativity in health care.
- We must improve the quality of psychiatric and mental health nursing.
- We must take into account the culture to understand and respect the health care.
- We need scientific knowledge, from which nurses can develop their clinical practice.
- Implementing evidence based health care, is the key component, for psychiatric nurses to deliver high quality approach to their patients.
- Work on common research projects and have internet competencies are essential for a good quality psychiatric and mental health care.
- We need excellent leadership within the team context.
- Using ethics is very important in order to deliver morally good care.

A psychiatric nurse who is patient and a nurse who is in courageous, have responsibility and autonomy, will all be singled out, held in great esteem, praised and admired by both patients and other nurses.

I wish a perfect congress for all our colleagues.

**Çaylan Pektekin**

*Founder President, Turkish Psychiatric Nurses Association*

# HORATIO, EUROPEAN PSYCHIATRIC NURSING CONGRESS 2013

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**October 31 - November 2, 2013 - Istanbul / Turkey**

## SCIENTIFIC COMMITTEE

### Chairs

Yasemin Kutlu, *Turkey*

Roland van de Sande, *Netherlands*

Ingela Skarsater, *Sweden*

Martin Ward, *Malta*

### Members

Nesrin Aşti, *Turkey*

Anna Björkdahl, *Sweeden*

Kadriye Buldukoğlu, *Turkey*

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Jeanne Clement, *USA*

John R. Cutcliffe, *USA*

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Nebahat Kum, *Turkey*

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Fatma Öz, *Turkey*

Gülten Özaltın, *Turkey*

Ayşe Özcan, *Turkey*

Çaylan Pektekin, *Turkey*

Nick Procter, *Australia*

Dirk Richter, *Switzerland*

Gülşen Terakye, *Turkey*

Besti Üstün, *Turkey*

# HORATIO, EUROPEAN PSYCHIATRIC NURSING CONGRESS 2013

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**October 31 - November 2, 2013 - Istanbul / Turkey**

## **ORGANIZATION COMMITTEE**

### **Honorary Chairs**

Des Kavanagh

*President, Horatio: European Psychiatric Nurses Association, Ireland*

Çaylan Pektekin

*Founder President, Turkish Psychiatric Nurses Association, Turkey*

### **Chair**

Yasemin Kutlu, Turkey

### **Secretariat**

Hülya Bilgin, Turkey

Neslihan Keser Özcan, Turkey

### **Members**

Hacer Eşref Atik, Turkey

Arzu Aydoğdu, Turkey

Semra Karaca, Turkey

Zeynep Koç, Turkey

Nevin Onan, Turkey

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## GENERAL INFORMATION

### Language

The official language of congress is English.

### Registration

Registration is required. This procedure is designated to assist participants to obtain a visa or permission to attend the meeting and does not apply to registration fees or other expenses.

### Climate

Istanbul begins to cool down in October as winter is just around the corner. The days are still pleasantly mild and can reach up to 19°C during the hottest point of the day but the evenings are a bit chilly – temperatures can drop as low as 13°C after sunset.

### Travel info

Direct flights to 127 different cities in the world and more than 1180 connecting flights via Turkish Airlines

### Currency

TL (Turkish Lira) 1 Euro approximately equals to 2,30 Turkish Liras.

1 USD approximately equals to 1,80 Turkish Liras.

### Time Zone

GMT+2; CET +1; and EST (US -East) +7

### Business Hours

The workweek in Turkey runs from Monday to Friday. Banks, government offices and majority of corporate offices open at 9 AM and close at 5 PM.

### Public Holidays

There are two types of public holidays in Turkey: Those that fall on the same day each year; and the religious festivals, which change according to the lunar calendar and, therefore, fall on different dates each year.

### Visas

Visas are easily obtained upon arrival at the airport and are required for citizens of most countries. Please check the Ministry of Foreign Affairs website (<http://www.mfa.gov.tr/>) for updated information and information on which passport holders may require a visa before leaving their country. You may also check with the Turkish Embassy in your country for the latest visa updates.

### Electricity

220V. European standard round two-pin sockets.

### Health Services

Cities and major touristic towns have a selection of private international and public hospitals with good standards.

### Food

As with many Mediterranean nations Turkish food is very healthy, fresh and enjoyable.

### Water

Tap water is chlorinated and, therefore, safe to drink. However, it is recommended that you consume bottled water, which is readily and cheaply available.

### Communications

Turkey has three GSM operators, all of them offering 3G services and almost 95% coverage over the country. Internet service is available all around the country.

### International Dial Code

+90

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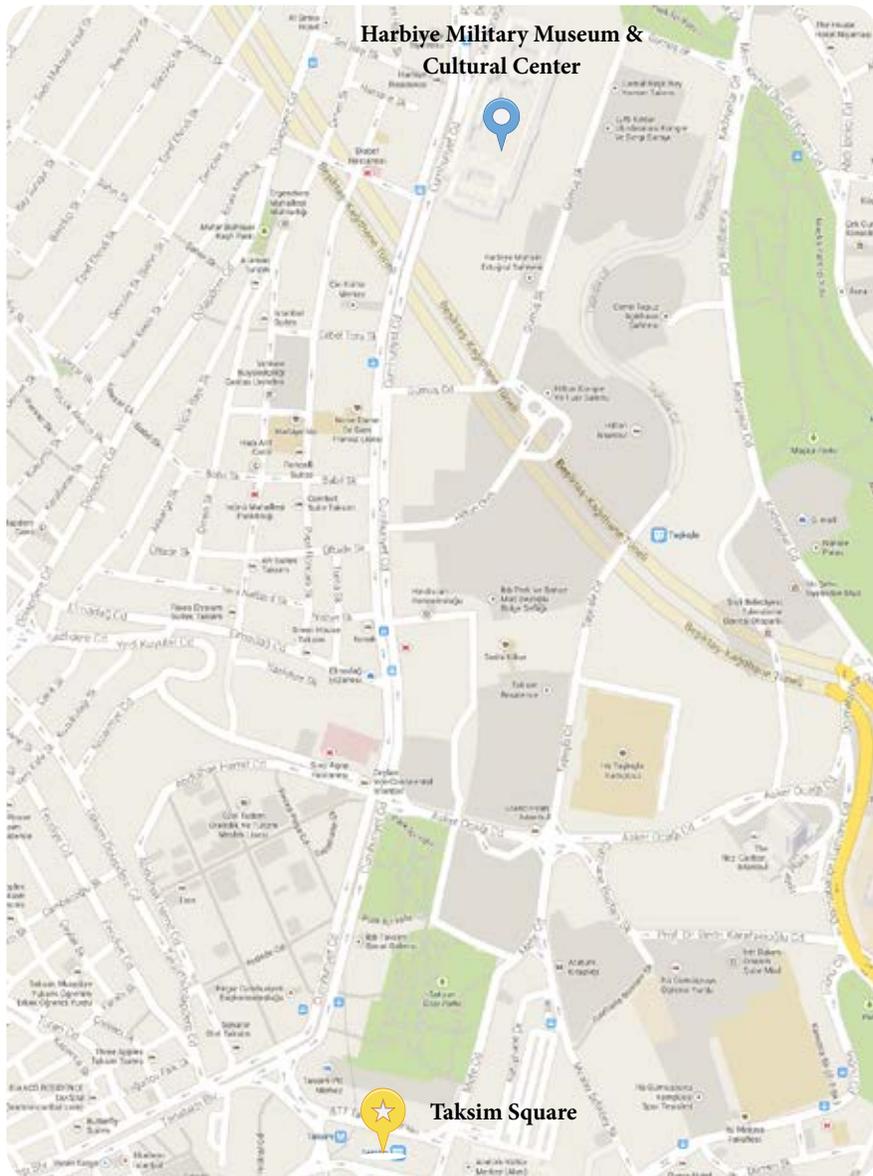
## CONGRESS VENUE

### Harbiye Military Museum & Cultural Center

**Address:** Valikonagi Caddesi, Harbiye, 34298 Istanbul Istanbul

**Phone:** +90 (212) 233 2720

### Venue Location



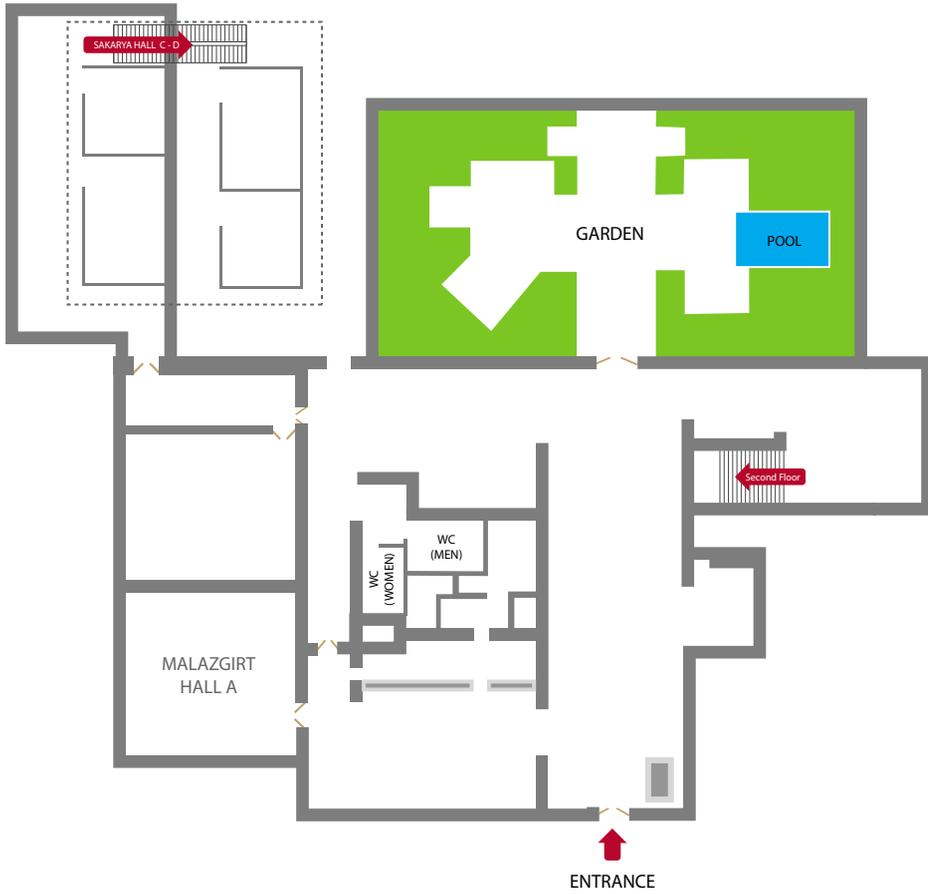
# HORATIO, EUROPEAN PSYCHIATRIC NURSING CONGRESS 2013

*Stepped care provided by psychiatric nurses in different parts of the world...*

**October 31 - November 2, 2013 - Istanbul / Turkey**

## CONGRESS VENUE

### First Floor Plan



# HORATIO, EUROPEAN PSYCHIATRIC NURSING CONGRESS 2013

*Stepped care provided by psychiatric nurses in different parts of the world...*

**October 31 - November 2, 2013 - Istanbul / Turkey**

## CONGRESS VENUE

### Second Floor Plan







**HORATIO EUROPEAN  
PSYCHIATRIC  
NURSING  
CONGRESS 2013**

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**KEYNOTE SPEAKERS**

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# HORATIO, EUROPEAN PSYCHIATRIC NURSING CONGRESS 2013

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**October 31 - November 2, 2013 - Istanbul / Turkey**

## KEYNOTE SPEAKERS



### **Associate Prof. Berno van Meijel** (*Netherlands*)

Berno van Meijel, RN, PhD, is Associate Professor of mental health nursing at Inholland University of Applied Sciences, Department of Health, Sports & Welfare / Cluster Nursing / Research Group Mental Health Nursing Amsterdam, The Netherlands) and at Parnassia Psychiatric Institute (The Hague, The Netherlands).

Berno van Meijel was born in Delft, the Netherlands, on the 18th of August 1960. Having completed his pre-university education (VWO) in 1981, he went on to be trained as a nurse at a general hospital in Oldenzaal. Subsequently, from 1984 to 1987, he attended the Sittard University of Applied Sciences, where he obtained his bachelor's degree in nursing. In the course of his education, he developed a special interest in mental health nursing; after his graduation, therefore, he continued his career at the Department of Psychiatry of the University Medical Centre Utrecht (UMCU), where he worked predominantly with patients suffering from eating and personality disorders. At the same time, he enrolled as a part-time student at the Faculty of Social Sciences of the Utrecht University to study Health Studies. He obtained his degree in 1991 and took up work as a researcher at the Netherlands Centre for Mental Health, currently known as the Trimbos Institute. He contributed to studies on mental health policy and organisational cooperation in mental health care. In 1993 he went back to the University Medical Centre Utrecht to start work as a staff member for the Board of Directors. As such he was especially charged with promoting nursing sciences within this organisation. One year later (1994) he had the opportunity to start his own Ph.D. research at the Department of Psychiatry and the Department of Nursing Sciences. During the first four years of his Ph.D. program, he combined his study with a job as a lecturer in nursing at the Amsterdam University of Health Professions. In 1998, he accepted a full-time job at the Department of Psychiatry, from where he moved to the Department of Nursing Sciences in 2000. At the latter department he was also responsible for research coordination.

Currently Berno van Meijel is appointed as Associate Professor of mental health nursing at Inholland University of Applied Sciences in Amsterdam where he supervises an extensive research program consisting of 20 projects (10 phd-projects) all focusing on mental health nursing.

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**October 31 - November 2, 2013 - Istanbul / Turkey**

## KEYNOTE SPEAKERS

**Associate Prof. Berno van Meijel** (*Netherlands*)

**The title of my presentation is**

**“Stepped and matched care: development and implementation of complex interventions in mental health nursing”**

**The abstract of my presentation is:**

All over the world, the role of mental health nurses in developing evidence-based interventions is on the increase. Many of these interventions are complex in nature and require advanced skills of nurses in clinical practice. One of the key questions in this regard is how we should design these complex interventions so they can be successfully implemented in nursing practice. This presentation addresses three complex interventions: a stepped care intervention to facilitate psychosocial support for patients with haematological cancer, and two collaborative care intervention programs for patients with bipolar disorder or severe personality disorder. The complexity of these interventions will be illustrated as well as the challenges they pose to nurses in implementing the interventions. We will discuss what lessons can be learned from previous experiences for future scientific and practice development in mental health nursing.

# HORATIO, EUROPEAN PSYCHIATRIC NURSING CONGRESS 2013

*Stepped care provided by psychiatric nurses in different parts of the world...*

**October 31 - November 2, 2013 - Istanbul / Turkey**

## KEYNOTE SPEAKERS



### **Prof. Nicholas Procter** (*Australia*)

Professor Nicholas Procter PhD MBA Grad Dip Adult Ed BA CertAdvClinNsg RN is the UniSA inaugural Chair: Mental Health Nursing and convener of the Mental Health and Substance Abuse Research Group located within UniSA's Sansom Institute for Health Research. His other appointments include convener of UniSA's Human Rights and Security Research and Innovation Cluster, and adjunct professor at the University of Tasmania.

Working collaboratively with mental health consumers, clinicians and sector managers, Professor Procter advances research, knowledge transfer and community engagement in mental health. The strategic intent is knowledge collaboration for excellence with relevance. Such work has been fruitful. It has guided success and delivered fresh confidence in how much consumers, carers, clinicians and academic faculty can achieve working in collaboration. That confidence has been reinforced by tangible outcomes including a program of practice development and service policy reform, joint clinician-academic master classes, symposiums and media productions, teaching programs, publications and grant funded research; the UniSA's Chancellor's Award for Community Engagement (thrice); A National Prescribing Service Quality Use of Medicines Award; An Excellence Award for Nursing Education from the Government of South Australia.

Professor Procter's networks and collaboration with government and non-government organisations has also delivered outcomes in local and national mental health policy reform, service delivery reform and re-design of clinical pathways and service delivery. He is a Chief Investigator on ARC, NHMRC, State and Federal Government funded projects. His publications and conference papers appear in academic journals and at scientific meetings concerned with practical and theoretical dimensions of mental health, risk, suicide prevention and social inclusion. More than 500 consumers, clinicians and policy makers have taken part in mental health symposiums and master classes over the past 24 months. Professor Procter is once again facilitating a full program of mental health master classes for University of South Australia students enrolled in Graduate Diploma and Masters of Mental Health Nursing in 2013.

# HORATIO, EUROPEAN PSYCHIATRIC NURSING CONGRESS 2013

*Stepped care provided by psychiatric nurses in different parts of the world...*

October 31 - November 2, 2013 - Istanbul / Turkey

## KEYNOTE SPEAKERS

**Prof. Nicholas Procter** (*Australia*)

**The title of my presentation is “Stepped Care in the South Australian Context: Aspirations for a New and Existing Mental Health Workforce”**

**The abstract of my presentation is:**

Recently the South Australian government implemented a stepped care approach underpinning mental health care and service delivery. Stepped care refers to a system characterised by the organisation of care from least intensive to most intensive. The underlying assumptions for stepped care include: Individual people require unique levels of care; Monitoring outcomes can assist in determining the level of care needed by an individual; and, moving from least to most intensive levels of care can improve effectiveness and reduce costs. That is, the consumer is able to ‘step up’ and/or ‘step down’ according to their changing needs, and there are thought to be associated cost benefits. In the South Australian context, support provided at the so called ‘lower levels’ of the system include:

- *Intermediate care facility* – short-stay residential service for consumers who are becoming unwell or who are leaving hospital but are in need of support before returning home
- *Community rehabilitation centres* – residential setting with ‘around the clock’ support; active, goal-focussed rehabilitation program
- *Supported housing* – for those who experience a severe and enduring mental illness/psychiatric disability to live and re-engage with the community

This paper will critically examine mental health reforms currently underway in South Australia, and draw implications for organisational learning and workforce development. Particular emphasis will be given to the aspiration of stepped care – specifically the notion that the level of care that a consumer receives is matched to their current level of need – and what this may mean for a new and existing workforce.

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*Stepped care provided by psychiatric nurses in different parts of the world...*

**October 31 - November 2, 2013 - Istanbul / Turkey**

## KEYNOTE SPEAKERS



### **Prof. Len Bowers (UK)**

Len Bowers, Professor of Psychiatric Nursing, Section of Mental Health Nursing, Institute of Psychiatry, Health Service and Population Research, London, UK.

Len Bowers is a qualified psychiatric nurse who worked in a day hospital, an acute psychiatric ward, a psychiatric intensive care unit, a primary care health centre and a community mental health centre, prior to moving into management where he devised community care policies, developed associated clinical audits and participated in creating a supporting IT system. Over the same time period, he completed an undergraduate degree, then a masters and finally a doctorate, all by part time study. His doctoral thesis was published as a book (*The Social Nature of Mental Illness*) in 1998. Following several years of working both in service management and as leader of a community psychiatric nursing course in a local university, he moved to London to take up a full time research position at City University and was shortly afterwards awarded a personal chair. Upon arrival there he commenced a program of research into inpatient care, and ways to reduce conflict (violence, absconding, substance use, rule breaking, and medication refusal) and containment (as required medication, coerced sedation, seclusion, special observation, manual restraint, etc.). He now leads a team of researchers investigating this issue, has completed more than £4 million of grant funded research, and has authored over a hundred peer reviewed publications. Speaking regularly at international conferences, Len has advised the UK government on policy issues and contributed to policy guidelines on psychiatric practice. He acts as referee for a number of national and international grant awarding bodies, as well as sitting on the decision making committees of several. Len and his research team moved to the Institute of Psychiatry in 2010.

# HORATIO, EUROPEAN PSYCHIATRIC NURSING CONGRESS 2013

*Stepped care provided by psychiatric nurses in different parts of the world...*

**October 31 - November 2, 2013 - Istanbul / Turkey**

## KEYNOTE SPEAKERS

**Prof. Len Bowers** (UK)

**The title of my presentation is:**

**“Implications of the Safewards Model for psychiatric nursing education and practice”**

**The abstract of my presentation is:**

Conflict (aggression, self-harm, suicide, absconding, substance/alcohol use and medication refusal) and containment (as required medication, coerced intramuscular medication, seclusion, manual restraint, special observation etc.) place patients and staff at risk of serious harm. The frequency of these events varies between wards, but there are few explanations as to why this is so, and a coherent model is lacking. The Safewards model provides a comprehensive explanation of these differences. There are significant implications for methods for reducing risk and coercion on inpatient wards. A cluster Randomised Controlled Trial of a complex intervention based on the Safewards model is underway on 30 wards at 15 hospital. This large study will be complete at the time of the conference, and the outcome will be presented. The implications for psychiatric nursing education and practice will be described.

# HORATIO, EUROPEAN PSYCHIATRIC NURSING CONGRESS 2013

*Stepped care provided by psychiatric nurses in different parts of the world..*

**October 31 - November 2, 2013 - Istanbul / Turkey**

## KEYNOTE SPEAKERS



### **Prof. Jose Carlos P. Santos** (*Portugal*)

José Carlos P. Santos is Adjunct-Professor at the Nursing School of Coimbra. He has a background in nursing and experience in General and Psychiatric Hospitals. He completed his nursing degree, his mental health specialisation and his master's degree in Coimbra, and his Doctoral degree in Oporto University.

He is a professor in the field of Mental Health Nursing, and he teaches in Doctoral programmes, master's degree programs and in an undergraduate nursing degree. The main issues are related to the area of Psychiatric / Mental Health Nursing. Actually he is the coordinator of the Master programme in Psychiatry and Mental Health Nursing.

He is a researcher of the Health Sciences Research Unit - Nursing (UICISA-E), hosted by the Nursing School of Coimbra. He is the coordinator of the project "Prevention of suicidal behaviours" with three main areas: adolescents- prevention of suicidal behaviours in schools; families- prevention of suicides with the families; professionals- guidelines and tools to prevent suicides. He is also co-investigator in a project about literacy and mental health.

He has published books, papers, chapters, abstracts/conference proceedings in Portuguese and English. He is a board member to the following nursing journals: "International Journal of Mental Health", "Referência", "Revista de Investigação em Enfermagem" and "Revista Sinais Vitais".

He is the President of the Portuguese Society of Suicidology (2011-2013); Member of the Horatio Expert Panel (European Association for Psychiatric Nurses); Member of the Portuguese National Council of Mental Health; Member of the National Expert Team for the National Plan of Suicide Prevention. He is also the Chairman of the Supervisory Board of the Honor Society of the Nursing School of Coimbra", chapter of Sigma Theta Tau International.

He also works in the Suicide Research and Prevention Unit at the Coimbra University Hospital.

His interests are more related to suicidal behaviors and their impact on the family, society and professionals, liaison psychiatry and, more broadly, psychiatric/mental health nursing.

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*Stepped care provided by psychiatric nurses in different parts of the world...*

**October 31 - November 2, 2013 - Istanbul / Turkey**

## KEYNOTE SPEAKERS

**Prof. Jose Carlos P. Santos** (*Portugal*)

**The title and abstract of my presentation is:**

**“Prevention of depression and suicidal behaviors inside a socio-economic crisis. MHNurses: new answers for old problems?”**

The financial crisis in Europe since 2007 is increasing mental health problems. And if there is no health without mental health we need to think about social determinants of mental health and more precisely about the role of mental health nurses. The health sector cannot achieve good mental health by itself. However, health is central and Mental Health Nurses are a key element.

We present three main focuses: circumstantial factors (socio-economic crisis), structural factors (stigma about mental health problems, underfunding, inequality) and professional factors (shortage of nurses or workload, heterogeneity, other disciplines).

In this context, we need to discuss the best practices to promote mental health and to prevent mental health problems, mainly depression and suicide.

Can the economic crises be an opportunity to develop the role and prove the effectiveness of mental health nurses?”

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*Stepped care provided by psychiatric nurses in different parts of the world..*

**October 31 - November 2, 2013 - Istanbul / Turkey**

## KEYNOTE SPEAKERS



### **Prof. Besti Üstün** (Turkey)

Besti Üstün RN, PhD is a professor and director of the Master's and PhD Program of Psychiatric Nursing Department at Dokuz Eylül University Faculty of Nursing in Izmir, Turkey. She received her undergraduate nursing education at Hacettepe University School of Nursing in Ankara and holds Master's and PhD degree in Psychiatric Nursing at the same university. Dr. Üstün currently teaches research, nursing concepts, ethics and therapeutic relationship to undergraduate, graduate, and doctoral students at Dokuz Eylül University. The main issues are related to the area of Psychiatric / Mental Health Nursing and nursing research. She has extensive experiences guiding nurses about preventing nurses' burnout and patient's psychosocial problems. In recent years, she is working on two projects. One of them is Leonardo da Vinci Project: "Training Requirements and Nursing Skills for Mobility"(finished), the other is "Developing Psychoeducation Unit for Nurses, Patients and Their Families in Oncology Clinics" (continued).

Dr. Üstün is a vice president of non-invasive ethics committee in Izmir. Also she is a board member of Nursing Research Center and Home Care Center of Dokuz Eylül University. Dr. Üstün is currently a Editorial Board of Dokuz Eylül University School of Nursing Electronic Journal, Journal of Nursing Research and Development, Journal of Anatolia Nursing and Health Sciences, Journal of Psychiatric Nursing .Her research and publications focus on the nurse's burnout and psychooncology. Dr. Üstün has been active locally and nationally in many professional organizations, including Turkish Nursing Association, Psychiatric Nursing Association, Nursing Research and Development Association, Oncology Nursing Association.

# HORATIO, EUROPEAN PSYCHIATRIC NURSING CONGRESS 2013

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## KEYNOTE SPEAKERS

**Prof. Besti Ustun** (*Turkey*)

**The title and abstract of my presentation is:**

**Is Psychiatric Nursing in Turkey Real or Myth?**

Talking about the present condition of psychiatric nursing and prudent projections is a very complicated and difficult subject. Health system of our country is in a process of transformation and it keeps transforming. Our health structuring and policies are not obvious... Occasional contradictions might be observed on regulations, legislations and applications... Decisions about nursing are made by authorities outside of nursing. Nursing is still ignored in spite of more than 100 nursing schools. Vocational schools of health are reopened in spite of the nursing law. As well as these negations, nursing schools are turned into faculties and the number of professors and associate professors is increasing; nurses are selected as parliamentarians, informed and experienced nurses strain within the team; international academic connections are improving.

Nurses try to sustain their professional existence within this grey or pink picture... Which of these is real and which is a myth? The answer of this question should be taken into consideration since health policies and the history of Turkish nursing are a part of our country, nursing and privately psychiatric nursing constitute a part of the puzzle within this system and affect one another all the time. That's why I will try to make up and present my speech under four topics:

- Health policies in Turkey
- History of Turkish nursing
- History of psychiatric nursing in Turkey
- Prudent suggestions



**HORATIO, EUROPEAN  
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**SCIENTIFIC PROGRAMME**

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# HORATIO, EUROPEAN PSYCHIATRIC NURSING CONGRESS 2013

*Stepped care provided by psychiatric nurses in different parts of the world...*

October 31 - November 2, 2013 - Istanbul / Turkey

## SCIENTIFIC PROGRAMME

### 31 October 2013

09.00-10.00	Opening Ceremony	Kocatepe Hall
10.00-10.45	<b>Stepped Care In The South Australian Context: Aspirations For A New And Existing Mental Health Workforce</b> Chair: <i>Çaylan Pektekin (Turkey)</i> Speaker: <i>Nicholas Procter (Australia)</i>	Kocatepe Hall
10.45-11.15	Coffee Break	
11.15-12.00	<b>Implications Of The Safewards Model For Psychiatric Nursing Education And Practice</b> Chair: <i>Des Kavanagh (Ireland)</i> Speaker: <i>Len Bowers (UK)</i>	Kocatepe Hall
12.00-13.00	Lunch (Poster Discussion - 1)	
13.00-14.45	<b>Oral Presentations Session-1</b> Chairs: <i>Ingela Skarseter (Sweden), Olcay Çam (Turkey)</i>	Kocatepe Hall
	<b>Oral Presentations Session-2</b> Chairs: <i>Birgit Andersen (Faroe Islands), Sevim Buzlu (Turkey)</i>	Inonu Hall
	<b>Oral Presentations Session-3</b> Chairs: <i>Michael Lohr (Germany), Kadriye Buldukoğlu (Turkey)</i>	Barbaros-A Hall
	<b>Workshop (W-01)</b> <b>Cooperating Across Agencies - Integrated Patient Pathways</b> <i>Ian Dawson, Olav Bremnes (Norway)</i>	Barbaros-B Hall
14.45-15.15	Coffee Break	
15.15-17.00	<b>Oral Presentations Session-4</b> Chairs: <i>Richard Brodd (Sweden), Gülşen Terakye (Turkey)</i>	Kocatepe Hall
	<b>Oral Presentations Session-5</b> Chairs: <i>Kevin Gafa (Malta), Nesrin Aştı (Turkey)</i>	Inonu Hall
	<b>Oral Presentations Session-6</b> Chairs: <i>Evanthia Sakellari (Greece), Fatma Öz (Turkey)</i>	Barbaros-A Hall
	<b>Workshop (W-02)</b> <b>Negotiating Uncertainty: An Aspect Of Personal Recovery In People Living With Mental Illness</b> <i>Peter Wolfensberger (UK)</i>	Barbaros-B Hall
17.00-18.30	Horatio General Assembly Board Meeting	Barbaros-B Hall
19.00-21.00	Welcome Reception	

# HORATIO, EUROPEAN PSYCHIATRIC NURSING CONGRESS 2013

*Stepped care provided by psychiatric nurses in different parts of the world...*

October 31 - November 2, 2013 - Istanbul / Turkey

## SCIENTIFIC PROGRAMME

### 01 November 2013

09.15-10.00	<b>Prevention of Depression And Suicidal Behaviors Inside A Socio-Economic Crisis. Mhnurses: New Answers For Old Problems?</b> Chair: <i>Martin Ward (Malta)</i> Speaker: <i>José Carlos P. Santos(Portugal)</i>	Kocatepe Hall
10.00-10.45	<b>Stepped And Matched Care: Development And Implementation Of Complex Interventions In Mental Health Nursing</b> Chair: <i>Roland Van De Sande (Netherlands)</i> Speaker: <i>Berno Van Meijel (Netherlands)</i>	Kocatepe Hall
10.45-11.15	Coffee Break	
11.15-12.00	<b>Is Psychiatric Nursing in Turkey Real or Myth?</b> Chair: <i>Ingela Skarsater (Sweden)</i> Speaker: <i>Besti Üstün(Turkey)</i>	Kocatepe Hall
12.00-13.00	Lunch (Poster Discussion - 2)	
13.00-14.45	<b>Oral Presentations Session-7</b> Chairs: <i>Selma Doğan (Turkey), Nina Kilku (Finland)</i>	Kocatepe Hall
	<b>Oral Presentations Session-8</b> Chairs: <i>Kevin Gafa (Malta), Besti Üstün (Turkey)</i>	Inonu Hall
	<b>Workshop (W-03)</b> <b>Facilitating Knowledge Of Mental Health Nurses To Undertake Physical Health Interventions: A Pre-Post Test Evaluation Of Workshop Series</b> <i>Steve Hemingway, Andrew Clifton (UK)</i>	Barbaros-A Hall
	<b>Workshop (W-04)</b> <b>The Benzodiazepine Dilemma: Everyone's Business:A Qualitative Study</b> <i>Elizabeth Brodie (UK)</i>	Barbaros-B Hall
	<b>Workshop (W-05)</b> <b>Perinatal Mental Health: Tears From Heaven</b> <i>Stephen Bradford (UK)</i>	Fevzi Cakmak Hall
14.45-15.15	Coffee Break	
15.15-17.00	<b>Oral Presentations Session-9</b> Chairs: <i>Nick Procter (Australia), Ayşe Özcan (Turkey)</i>	Kocatepe Hall
15.15-17.00	<b>Oral Presentations Session-10</b> Chair: <i>Dirk Richter (Switzerland)</i>	Inonu Hall
	<b>Workshop (W-06)</b> <b>Where Are The Patient Goals In Mental Health Care For Elderly Inpatients With SMI?</b> <i>Hesther Tims (Netherlands)</i>	Barbaros-A Hall

# HORATIO, EUROPEAN PSYCHIATRIC NURSING CONGRESS 2013

*Stepped care provided by psychiatric nurses in different parts of the world...*

October 31 - November 2, 2013 - Istanbul / Turkey

## SCIENTIFIC PROGRAMME

### 01 November 2013

	<b>Workshop (W-07)</b> <b>Short Term Risk Assessment In Acute Psychiatric Wards,                  Reflections On A Five Year Research And Practice                  Development Project In The Netherlands</b> <i>Roland Van De Sande                  (Netherlands)</i>	Barbaros-B Hall
	<b>Workshop (W-08)</b> <b>The Case Interview: Assessing Suicidal Behavior In A                  Structured Way</b> <i>Willem Nugteren, Marnix Asscherman (Netherlands)</i>	Fevzi Cakmak Hall
19.00	Gala Dinner	

### 02 November 2013

09.30-11.15	<b>Oral Presentations Session-11</b> Chair: <i>Jose Carlos P. Santos (Portugal)</i>	Kocatepe Hall
	<b>Oral Presentations Session-12</b> Chairs: <i>Roland Van De Sande (Netherlands)</i>	Inonu Hall
	<b>Workshop (W-09)</b> <b>How About Competence In Medicines Management: A Tale Of                  Two Universities</b> <i>Steve Hemingway, Austyn Snowden (UK)</i>	Barbaros-A Hall
11.15-12.30	Closing Ceremony	

# HORATIO, EUROPEAN PSYCHIATRIC NURSING CONGRESS 2013

*Stepped care provided by psychiatric nurses in different parts of the world...*

**October 31 - November 2, 2013 - Istanbul / Turkey**

## SCIENTIFIC PROGRAMME

### ORAL PRESENTATIONS

#### | ORAL PRESENTATIONS - 1 | KOCATEPE HALL | 31.10.2013 | 13.00 - 14.45

AbsRef	PubNum	Title	Presenter
0222	O-001	Research methodology among vulnerable populations and persons with schizophrenia	Lauri Kuosmanen
0135	O-002	User experiences: Restraint in Mental Health hospital	Unn Elisabeth Hammervold
0148	O-003	The determination of treatment adherence and affecting factors of patients with schizophrenia	Gul Dikec
0021	O-004	Nurse-delivered collaborative care for depression and long-term physical conditions: a systematic review and meta-analysis	David Ekers
0045	O-005	The Advent of Mental Health Nurses in Australian Primary Health Care	Michael Olasoji
0015	O-006	Simulation as learning method in teaching nurse students in mental health care studies	Juha Alakulppi
0011	O-007	Mental Health Nursing skills and values: What are the perceptions about how well mental health nurses are prepared for practice?	Andrew John Walsh
0009	O-008	Nursing in the Mental Health Care System Reform in Bosnia and Herzegovina- "stepped care" from our perspective	Igor Brkic

#### | ORAL PRESENTATIONS - 2 | INONU HALL | 31.10.2013 | 13.00 - 14.45

AbsRef	PubNum	Title	Presenter
0049	O-009	The Code White Nurse takes the lead in incidents of aggression and violence	Melodie B Hull
0042	O-010	Collaborative Care for patients with bipolar disorder in the Netherlands, a randomized controlled trial. Preliminary results	Nienke (Trijntje) van der Voort
0040	O-011	Achievement documentation by therapeutic units in inpatient treatment of people with dementia in Germany	Michael Löhr
0039	O-012	How ED Nurses Conceptualise Recovery: a Phenomenography from Australia	Donna Marynowski Traczyk
0037	O-013	Forensic Psychiatric Nursing: a distinct field	Melodie B Hull
0034	O-014	Is Solution Focused Brief Therapy (SFBT) effective in the treatment of depression and anxiety in adults?	Fiona Carver
0027	O-015	Perception of Illness in Schizophrenia Patients	Perihan Guner Kucukkaya
0025	O-016	Identifying the causes and management of aggression in a Maltese in-patient psychiatric hospital	Marcia Gafa

# HORATIO, EUROPEAN PSYCHIATRIC NURSING CONGRESS 2013

*Stepped care provided by psychiatric nurses in different parts of the world...*

**October 31 - November 2, 2013 - Istanbul / Turkey**

## SCIENTIFIC PROGRAMME

### ORAL PRESENTATIONS

#### | ORAL PRESENTATIONS - 3 | BARBAROS-A HALL | 31.10.2013 | 13.00 - 14.45

AbsRef	PubNum	Title	Presenter
0179	O-017	The Relationship Between Problematic Internet Use And Emotional Intelligence In University Students	Gülsüm Ançel
0178	O-018	Validity and Reliability Study of Sexual Health and Reproductive Health Scale for Disabled People (SHRHSD)	Ayşegül Bilge
0174	O-019	Efficacy of Public Training to Cope with Stress for Community Mental Health	Ayşegül Bilge
0115	O-020	The determination of 3rd year nursing students' views regarding child neglect and abuse	Gülseren Çıtak Tunç
0057	O-021	Goal-oriented mental health nursing: initial results from a pilot intervention study	Thomas Schwarze
0055	O-022	The professional competence profile of Finnish nurses practicing in a forensic setting	Liisa Koskinen
0050	O-023	The Role of the psychiatric nurse in the community - from jabbing butts to delivering therapy: but what is our role exactly?	Pierre Galea
0047	O-024	Mental health nursing interventions in community and primary care settings: Stepped care or a distinct paradigm?	Peter Santangelo

#### | ORAL PRESENTATIONS - 4 | KOCATEPE HALL | 31.10.2013 | 15.15 - 17.00

AbsRef	PubNum	Title	Presenter
0095	O-025	Mothers experiencing homelessness in Canada: social exclusion and health	Sarah Benbow
0094	O-026	Poverty and social exclusion for psychiatric survivors in Canada: A community-university research alliance	Sarah Benbow
0080	O-027	Mental Health Engagement Network (MHEN): Connecting Clients with their Health Team	Cheryl Forchuk
0065	O-028	Why does mental health sometimes get put on the back-burner? Multiple and competing daily priorities of homeless and street-involved youth	Cheryl Forchuk
0052	O-029	Build and they will Come-Iterative design and operational structures improve outcomes of care	Dylan Arthur Southern
0051	O-030	Cognitive behavioural therapy and hospital readmission in patients with depression	Mark Vassallo
0043	O-031	Recognition of different mental disorders in Portuguese youth: a comparative study	Luís Manuel De Jesus Loureiro
0022	O-032	Behavioural Activation for depression delivered by mental health nurses a meta analysis and pilot randomised controlled trial of clinical and cost effectiveness	David Ekers

# HORATIO, EUROPEAN PSYCHIATRIC NURSING CONGRESS 2013

*Stepped care provided by psychiatric nurses in different parts of the world...*

**October 31 - November 2, 2013 - Istanbul / Turkey**

## SCIENTIFIC PROGRAMME

### ORAL PRESENTATIONS

#### | ORAL PRESENTATIONS - 5 | INONU HALL | 31.10.2013 | 15.15 - 17.00

AbsRef	PubNum	Title	Presenter
0259	O-033	An evaluation of the difficulties mental health workers experience while working with patients with personality disorders and the attitudes they develop against them	Nurhan Eren
0141	O-034	Reproductive Health in Women with Serious Mental Illnesses	Nur Elçin Boyacıoğlu
0081	O-035	Biological Markers for Postnatal Depression: A prospective Cohort Study investigating the impact of Iron Deficiency Anaemia on Maternal Mood and Cognition	Stephen Paul Bradford
0078	O-036	Seeking Help for Mental Health Problems: A qualitative-descriptive Survey from the Service-Users Perspective	Eva Janic Tola
0074	O-037	PSI: the development of an innovative psychosocial intervention training package for mental health clinicians	Patricia Barkway
0070	O-038	Labels used by youth to describe schizophrenia: predictors of help seeking intention	Luís Manuel Loureiro
0067	O-039	Identifying service needs and gaps for older people with mental health issues in country South Australia	Eimear Caitlin Muir Cochrane
0053	O-040	The effects of an exercise programme on young people with depression. A mixed methods evaluation	Tim Carter

#### | ORAL PRESENTATIONS - 6 | BARBAROS-A HALL | 31.10.2013 | 15:15 - 17.00

AbsRef	PubNum	Title	Presenter
0138	O-041	The Effect of Music on Auditory Hallucination and Life Quality in Schizophrenic Patients	Şükran Ertekin Pinar
0132	O-042	Need and usage of support among young informal carers of persons with mental illness: a mixed-method study	Britt Hedman Ahlström
0100	O-043	Effects of psychoeducation on expressed emotion levels and family functioning among the families of patients with first episode schizophrenia. A survey from Turkey	Emine Öksüz
0089	O-044	Nurses' attitudes towards death and factors influencing these attitudes	Didem Ayhan
0083	O-045	Traumatic/Secondary Traumatic Experiences, Empathy and Burnout Levels among Turkish Military Nurses	Nese Ugurlu
0079	O-046	Using Simulated Patient in Micro-Education About "Communication with Deaf Patient at Discharge" in Emergency Service: A Pilot Study	Cigdem Yuksel
0018	O-047	Feasibility and preliminary results of a Collaborative Care Program for patients with Borderline or NOS Personality Disorder	Barbara Stringer
0014	O-048	Dutch Social Systems: A challenge for forensic mental health nurses	Rik Koopman

# HORATIO, EUROPEAN PSYCHIATRIC NURSING CONGRESS 2013

*Stepped care provided by psychiatric nurses in different parts of the world...*

**October 31 - November 2, 2013 - Istanbul / Turkey**

## SCIENTIFIC PROGRAMME

### ORAL PRESENTATIONS

#### | ORAL PRESENTATIONS - 7 | KOCATEPE HALL | 01.11.2013 | 13.00 - 14.45

AbsRef	PubNum	Title	Presenter
0243	O-049	Faculty Members' Opinions about Mental Illnesses and Patients	Mualla Yılmaz
0241	O-050	How Irish psychiatric nurses can improve the physical health and well-being of patients receiving neuroleptic medication	Angela M Cocoman
0231	O-051	An exploration of the role of the community mental health nurse in mental health services for older persons in Ireland	Audrey Coveney
0165	O-052	A teachable moment	Åse Christiansen
0153	O-053	The Exposure Levels to Horizontal Violence of Nursing and Midwifery Students	Medine Koc
0123	O-054	Special Observation in inpatient treatment of people with mental illness - a review of the literature and implications for Germany	Andre Nienaber
0121	O-055	On the road to stepped care in Belgium	Marc Haspeslagh

#### | ORAL PRESENTATIONS - 8 | INONU HALL | 01.11.2013 | 13.00 - 14.45

AbsRef	PubNum	Title	Presenter
0208	O-056	Comparison The Needs of Psychological Counseling and Life Satisfaction of Elderly Nursing Home Residents	Nevin Günaydın
0202	O-057	Multi-level mental health complexities in a mining-affected region of Guatemala	C Susana Caxaj
0189	O-058	Internet-based support and coaching for young persons with ADHD and autism spectrum disorders with a focus on everyday life. A chat-log analysis	Britt Hedman Ahlström
0184	O-059	Effect of Phone Interviews and Anger Management Training Provided to Caregivers of the Patients with Breast Cancer Underwent Radiotherapy on Emotional Expression and Family Burden	Birgül Özkan
0106	O-060	An assessment on Multiple Sclerosis patients' psychiatric symptoms and ways of coping with stress	Hilal Seki Öz
0071	O-061	Specific Competences of The Specialist Nurse in Mental Health Nursing	Domingos Manuel Quintas Malato
0030	O-062	Pictorial expression as a method for learning therapeutic relationship in nursing	Jukka Aho

# HORATIO, EUROPEAN PSYCHIATRIC NURSING CONGRESS 2013

*Stepped care provided by psychiatric nurses in different parts of the world...*

**October 31 - November 2, 2013 - Istanbul / Turkey**

## SCIENTIFIC PROGRAMME

### ORAL PRESENTATIONS

#### | ORAL PRESENTATIONS - 9 | KOCATEPE HALL | 01.11.2013 | 15.15 - 17.00

AbsRef	PubNum	Title	Presenter
0265	O-063	Alexithymia in Depressive, Anxiety, Somatoform and Psychotic Disorders: A Comparative Study	Arzu Yıldırım
0238	O-064	Effects of Behcet Disease Patients' Anxiety and Depression Levels on Psychosocial Adaptation to Disease	Fatma Eker
0237	O-065	Coping Styles And Family Functionality Among Patients With Bipolar disorder	Döndü Çuhadar
0233	O-066	The Effect of The School-Based Bullying Prevention Program to Reduce Bullying in Turkish Adolescent	Fatma Nevin Sisman
0217	O-067	Preparing safely for the future: Evaluation of a Medicines Administration Observed Structured Clinical Exam (OSCE) for final year Mental Health Nursing students	Steve Hemingway
0216	O-068	Austerity is bad for your mental health: findings form a state of the art literature review	Steve Hemingway
0181	O-070	Using Movie Method to Schizophrenia and Obsessive Compulsive Disorders during the Psychiatric Nursing Course	Özge Sukut

#### | ORAL PRESENTATIONS - 10 | INONU HALL | 01.11.2013 | 15.15 - 17.00

AbsRef	PubNum	Title	Presenter
0279	O-071	Experience of social network intervention in the form of open dialogue in the field of Mental Health	Bodil Bakkan Nielsen
0278	O-072	Group activities for children and adolescents in communities of Lister in Vest-Agder, Norway	Bodil Bakkan Nielsen
0255	O-073	Mental health literacy in Portuguese youth: an intervention program	Luis Manuel Jesus Loureiro
0227	O-074	Scanning the psychiatric symptoms of the students of School of Nursing, and determining the relations of them with the life events	Serap Karakoç
0191	O-075	The Effect of Internship Program on Self-Esteem, Assertiveness and Professional Self Concept of Nursing Students	Şükran Ertekin Pinar
0114	O-076	The Analysis of the Relationship between Nursing Students' State of General Health and Psychological Help Seeking Attitudes	Gülseren Çıtak Tunç
0093	O-077	Psychiatric and Mental Health Nursing in Canada: Issues, Practices, and Moving into the Future	Sarah Benbow

# HORATIO, EUROPEAN PSYCHIATRIC NURSING CONGRESS 2013

*Stepped care provided by psychiatric nurses in different parts of the world...*

**October 31 - November 2, 2013 - Istanbul / Turkey**

## SCIENTIFIC PROGRAMME

### ORAL PRESENTATIONS

#### | ORAL PRESENTATIONS - 11 | KOCATEPE HALL | 02.11.2013 | 09:30 - 11:15

AbsRef	PubNum	Title	Presenter
0246	O-078	Movies As a Course Material	Ayşe Kuzu
0215	O-079	Development of a clinical guideline: assessing violence	Tove Pank
0214	O-080	Peer Support Workers Employment Project Evaluation in Child and Adolescent Mental Health Services, (CAMHS)	Helen Joy Oldknow
0190	O-081	Professional Identity Development in Nurses Who Were Newly Graduated From Different Education Programs	Şükran Ertekin Pinar
0188	O-082	Spiritual Care in Nursing	Esin Cerit
0134	O-083	The Effect on Postpartum Depression and Quality of Life of Mothers Planned Education And Home Visit	Şükran Ertekin Pinar
0127	O-084	Health and lifestyle among young informal carers who support family members or close friends with mental illness	Ingela Skärsäter

#### | ORAL PRESENTATIONS - 12 | INONU HALL | 02.11.2013 | 09:30 - 11:15

AbsRef	PubNum	Title	Presenter
0295	O-085	Suicide risk in Spanish nursing students	Fco Javier Montes Hidalgo
0235	O-086	Functional Life Status And Suicide Probability Among Cancer Patients	Döndü Çuhadar
0211	O-087	The Relationship Between Elder Abuse, Neglect And Their Primary Caregivers' Burden and Abuse	Nur Elçin Boyacıoğlu
0205	O-088	Developing Critical Thinking Disposition and Emotional Intelligence in First Year of Nursing Students	Emine Şenyuva
0293	O-089	Nursing models and their relationship with the identification of mental health needs.	Cecilia Brando Garrido
0063	O-090	Resilience in psychiatric and somatic nurses: Results of a focus group study in German hospitals	Dirk Richter
0133	O-091	The gap in transition between Child and adolescent psychiatry and General adult psychiatry	Eva Lindgren

# HORATIO, EUROPEAN PSYCHIATRIC NURSING CONGRESS 2013

*Stepped care provided by psychiatric nurses in different parts of the world...*

October 31 - November 2, 2013 - Istanbul / Turkey

## SCIENTIFIC PROGRAMME

### Poster Discussion - 1 / 31 October 2013 / 12:00-13:00

AbsRef	PubNum	Abstract Title
23	P-001	<b>Patient's perception of involuntary hospitalization</b> <u>Tomas Petr</u> , Blanka Novotna
29	P-002	<b>The Effect Of Internalized Stigma On Self-Esteem In Schizophrenia Patients</b> Ayşe Okanlı, Sibel Karakaş, <u>Emine Yılmaz</u>
36	P-003	<b>The Compliance to Treatment in Schizophrenia Patients</b> <u>Emine Yılmaz</u> , Funda Kavak
44	P-004	<b>Hopelessness, Loneliness, And Social Support In Patients With Chronic Hepatitis B And C</b> Muhammet Sait Dağ, <u>Döndü Çuhadar</u> , Seda Pehlivan, Yavuz Pehlivan, Diğdem Lafçı, Abdurrahman Kadayıfçı
61	P-005	<b>The Relation Between The Styles Of Nursing Students Regarding Coping With Stress And Their Levels Of Assertiveness</b> Mine Ekinci, Özlem Şahin Altun, <u>Ganime Can</u>
66	P-006	<b>eMenthe: a European co-operation project to enhance Master's level education in mental health practice with eLearning materials</b> <u>Nina Killku</u> , Patrick Callaghan, Riet Van Dommelen, Louise Doyle, Heikki Ellilä, Agnes Higgins, Henrika Jormfeldt, Brian Keogh, Roland Van De Sande, Ingela Skärsäter, Theodore Stickley, Päivi Vuokila Oikkonen
92	P-007	<b>Determination Of The Mental Statue And Resilience Level Among Patients And Their Relatives After Bone Marrow Transplantation</b> <u>Döndü Çuhadar</u> , Derya Tanriverdi, Mustafa Pehlivan, Gül Kurnaz, Sevda Alkan
97	P-008	<b>The Determination of Adolescent Views About The Eating Behavior</b> Mehtap Altun, <u>Yasemin Kutlu</u>
99	P-009	<b>The Defining of Prevalance of The Premenstrual Syndrome of The Students of Nursing Department In Inonu University</b> <u>Nurcan Gönüllüoğlu</u> , Safiye Karakoyun, Ebru Kurdal
101	P-010	<b>Psychiatric symptom levels and burden care of caregivers of patients receiving chemotherapy</b> <u>Emine Öksüz</u> , Nuray Barış, Filiz Arslan, Mehmet Alpay Ateş
104	P-011	<b>The effect of the cognitive aproach-based nursing practice in the patients with anxiety disorder on the patients' authomatic thoughts related to treatment</b> <u>Meltem Meriç</u> , Fahriye Oflaz
110	P-012	<b>Stepped nursing care in clozapine related sialorrhea</b> <u>Merve Emiroğlu</u> , Reyhan Eskiuyurt, Leyla Daştan
113	P-013	<b>Assessment Of Quality Of Life In Patients With Schizophrenia Living Protected Home And Living In Their Own Homes</b> <u>Funda Kavak</u> , Emine Yılmaz, Sabri Toğluk
116	P-014	<b>Effect Of Therapeutic Atmosphere In A Psychiatric Ward On Social Functioning Of Inpatients</b> <u>Neslihan Lök</u> , Kadriye Buldukoğlu

# HORATIO, EUROPEAN PSYCHIATRIC NURSING CONGRESS 2013

*Stepped care provided by psychiatric nurses in different parts of the world...*

October 31 - November 2, 2013 - Istanbul / Turkey

## SCIENTIFIC PROGRAMME

### Poster Discussion - 1 / 31 October 2013 / 12:00-13:00

AbsRef	PubNum	Abstract Title
117	P-015	<b>The impact of financial crisis on the services of a community mental health center in Athens, Greece: 2008-2011</b> Katerina Pikouli, George Konstantakopoulos, Nikoleta Ioannidi, <u>Evanthia Sakellari</u> , Dimitris Ploumpidis
122	P-016	<b>Knowledge And Attitudes Of Health Personnel Working In Psychiatry Clinic Regarding Application Of Restraint</b> Ayşe Okanlı, <u>Emine Yılmaz</u> , Funda Kavak
124	P-017	<b>The Effect of Migration Phenomenon on Adolescent Mental Health</b> <u>Yunus Kaya</u> , Duygu Hiçdurmaz
126	P-018	<b>A Comparison of burden on caregivers of patients with first episode psychosis and chronic psychosis</b> <u>Perihan Sagut</u> , Zekiye Çetinkaya Duman
131	P-019	<b>Evaluation of Paternal Participation in Baby Care</b> Güliden Uz Cildir, Ayşe Karakoc, <u>Semra Karaca</u>
139	P-020	<b>Suicide Risk Assessment and Psychosocial Care in Cancer Patients</b> <u>Adeviye Aydın</u> , Duygu Hiçdurmaz
140	P-021	<b>Nursing care for a patient who was hospitalized with a diagnosis of alcohol addiction: A case report</b> <u>Reyhan Eskiuyurt</u> , Mehtap Kızılkaya
143	P-022	<b>Title: Developing a Collaborative Seclusion Pathway aiming to provide safe and effective care to all</b> <u>Olwyn Cranny</u> , Sorcha Mcmanus
145	P-023	<b>Determining Mobbing Perceptions and Job Satisfaction Among Healthcare Professionals</b> <u>Nurhayat Kılıç</u> , Havva Tel
147	P-024	<b>Compliance Problems To Treatment in Schizophrenic Patients</b> Elif Aşık, Nermin Erdoğan, <u>Gulseren Citak Tunc</u>
149	P-025	<b>Systematic Analysis of Nurse Research on The Children with Intellectual Disabilities in Turkey</b> <u>Gül Ünsal Barlas</u> , Nevin Onan, Semra Karaca, Yüksel Can Öz, Yeliz Gündüz, Zeynep Uzun, Özge Parlakoğlu, Mine Bay, Sibel Şahin
150	P-026	<b>Psychosocial Problems of Women Who Has Been Diagnosed As Breast Cancer in Turkey: Systematic View</b> <u>Gül Ünsal Barlas</u> , <u>Nevin Onan</u> , Semra Karaca, Yüksel Can Öz, Fatma Yıldız, Şeyma Gündoğdu, Aylin Aydın, Tuğba Onat, Kübra Koç
151	P-027	<b>Professional Containment Methods Used in Psychiatric Wards in Turkey: Nurses' Reports</b> Kader Tekkas, <u>Hulya Bilgin</u>
155	P-028	<b>Self Handicapping and Its Impact on Mental Health</b> <u>Yeter Sinem Üzar Özçetin</u> , Duygu Hiçdurmaz

# HORATIO, EUROPEAN PSYCHIATRIC NURSING CONGRESS 2013

*Stepped care provided by psychiatric nurses in different parts of the world...*

**October 31 - November 2, 2013 - Istanbul / Turkey**

## SCIENTIFIC PROGRAMME

### Poster Discussion - 1 / 31 October 2013 / 12:00-13:00

AbsRef	PubNum	Abstract Title
157	P-029	<b>Supporting intervention for families and patients with mental illness</b> <u>Mahmut Evli</u> , <u>Birgül Özkan</u>
169	P-030	<b>Nursing Students' Anger Expression and Constipation Severity Level</b> <u>Nevin Onan</u> , <u>Nuray Şahin Orak</u>
170	P-031	<b>Systematic Analysis of Researches About Suicide in Children and Adolescents in Turkey</b> <u>Gül Ünsal Barlas</u> , <u>Nevin Onan</u> , <u>Semra Karaca</u> , <u>Yüksel Can Öz</u> , <u>Birsen N. Fetta</u> , <u>Erkan Ağı</u> , <u>Fatma Özdemir</u> , <u>Kader Yılmaz</u>
171	P-032	<b>Internalized stigma and perceived family support in acute psychiatry services in-patients</b> <u>Gülçin Korkmaz</u> , <u>Leyla Küçük</u>
172	P-033	<b>Opinions of Fourth Year Nursing Students about Internship in Psychiatric and Mental Health Nursing</b> <u>Sibel Arguvanlı Çoban</u> , <u>Birgül Özkan</u>
173	P-034	<b>Beliefs And Attitudes About Mental Illness Of Headmen</b> <u>Olçay Çam</u> , <u>Ayşegül Bilge</u> , <u>Esra Engin</u> , <u>Zehra Baykal Akmeşe</u> , <u>Emel Öztürk</u>
175	P-035	<b>The Effect of Basic Level Psychiatry Nursing Education Given to the Nurses Who Worked at Psychiatry Clinics upon Their Knowledge Levels</b> <u>Birgül Özkan</u> , <u>Sibel Arguvanlı Çoban</u>
156	P-074	<b>The Effect of Structured Education on the Level of Anger Management, Assertiveness And Self-Esteem of Adolescents Getting Help From Social Services Agency</b> <u>Nuray Şimşek</u> , <u>Havva Tel</u>
146	P-075	<b>Evaluating the Perceived Burden of Family and The Quality of Life Among Family Members of Patients with Schizophrenia</b> <u>Birnur Y. Bayrak</u> , <u>Havva Tel</u>

# HORATIO, EUROPEAN PSYCHIATRIC NURSING CONGRESS 2013

*Stepped care provided by psychiatric nurses in different parts of the world...*

**October 31 - November 2, 2013 - Istanbul / Turkey**

## SCIENTIFIC PROGRAMME

### Poster Discussion - 2 / 1 November 2013 / 12:00-13:00

AbsRef	PubNum	Abstract Title
176	P-036	<b>Being the elderly in a nursing home</b> <u>Ayşegül Oksay Şahin, Semra Karaca</u>
177	P-037	<b>The Validity and Reliability Study of the Turkish Version of Educational Needs Questionnaire</b> <u>Sevil Yılmaz, Sevim Buzlu</u>
180	P-038	<b>Effect of Passive Music Therapy On Sleep Quality Among Nursing Home Residents</b> <u>Nihan Altan, Sıdıka Oguz</u>
182	P-039	<b>Turkish version of the Parental Monitoring Scale: A study on validity and reliability on high school students</b> <u>Fadime Kaya, Hülya Bilgin</u>
183	P-040	<b>The Statement Psychosocial in Amputation of Pediatric Patients</b> <u>İlker Yılmaz, Birgül Özkan</u>
185	P-041	<b>A Study on the Anger Levels and Expression of Anger Among Young People</b> <u>Sibel Coşkun, Serkan Yalçınkaya, Nurullah Yalçın</u>
186	P-042	<b>Perfectionism in Nursing Students</b> <u>Sibel Coşkun, Abidin Arslan</u>
187	P-043	<b>Death Anxiety in Nursing Students</b> <u>Ceren Çelikel, Sibel Coşkun</u>
193	P-044	<b>The Relationship Between The Communication Skills and Conflict Trends of Nursing Students</b> <u>Nevin Günaydın</u>
197	P-045	<b>Empathy in Medical and Nursing Students - Evaluation of The Turkish Forms of Jefferson Scale of Empathy</b> <u>Celale Tangül Özcan, Meltem Meriç</u>
199	P-046	<b>Cognitive-Behavioral Approach in Obsessive Compulsive Disorder and the Role of Psychiatric Nurses</b> <u>Nurcan Tozluyurt, Sibel Arguvanli Çoban</u>
204	P-047	<b>Belief, Attitude and Stigmatization about Mental Illness and Patient: A Systematic Review</b> <u>Olca Çam, Ayşegül Bilge</u>
209	P-048	<b>The Burden Of The Family Members Caring For Oncology Patients</b> <u>Sevcan Toptaş, Fatma Öz</u>
225	P-049	<b>Effects Of Social Support on Psychosocial Adjustment in Chronic Diseases</b> <u>Nermin Erdoğan, Elif Aşık, Gulseren Çitak Tunç</u>
226	P-050	<b>Defining Of Oncology Nurses' Communication Skills</b> <u>Nurcan Gönüllüoğlu, Safiye Karakoyun</u>
229	P-051	<b>Effectiveness of Family Education about Psychological Development of Children</b> <u>Sibel Coşkun, Merve Dağdelen, Gonca Karayağız Muslu</u>

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### Poster Discussion - 2 / 1 November 2013 / 12:00-13:00

AbsRef	PubNum	Abstract Title
236	P-052	<b>The Treatment Motivation and Social Support in Alcohol and Substance Dependents</b> <u>Döndü Çuhadar</u> , Derya Tanrıverdi, Veysel Kaplan
240	P-053	<b>Registered General Nurses' Experiences of Caring for Patients with a Psychiatric Diagnosis</b> <u>Catherine Cocoman</u>
248	P-054	<b>Baccalaureate and Masters' Degree Nursing Students' Levels of Critical Thinking</b> Esra Yildiz, Mine Cengiz, <u>Ganime Can</u>
249	P-055	<b>Eating Disorders in the Patients Diagnosed with Diabetes and Hypertension</b> <u>Gülgün Durat</u> , Atıla Erol
250	P-056	<b>The Attitudes of Patient Relatives towards Schizophrenia</b> <u>Gülgün Durat</u> , Hatice Aydemir Oksal, Havva Sert, Hande Cengiz Açıl
251	P-057	<b>Medication Compliance In Patients With Bipolar Disorder And Investigation Of Some Factors Affecting</b> <u>Ayşe Aksoy</u> , Meral Kelleci
253	P-058	<b>Hopelessness in Schizophrenia</b> <u>Gülgün Durat</u> , Hatice Aydemir Oksal, Atıla Erol, Meltem İltter
254	P-059	<b>Cognitive Functions and Nutritional Status of Nursing Home Residents and Community-Dwelling Elders in Kayseri</b> Habibe Şahin, <u>Sibel Arguvanli Çoban</u> , Dilek Ongan, Müge Yılmaz
257	P-060	<b>Determination Of The Mental Status And Suicide Probability Of Women Who Have Suffered Violence*</b> Derya Tanrıverdi, Zeynep Güngörmüş, Tuba Gündoğdu, <u>Döndü Çuhadar</u>
258	P-061	<b>Anxiety and Quilt In Parents of the Children Who hospitalized Burn Unit</b> <u>Döndü Çuhadar</u> , Derya Tanrıverdi, Nuriye Yağdiran
260	P-062	<b>Empowerment of Children and Adolescents of Mentally Ill Parents</b> Marja Elina Kaunonen, Katja Joronen, <u>Ian Dawson</u> , Christine Auffmanberg, Stefano Zanone, Peter Ryan, Giovanni Vigano, Lidia Zablocka Zytka, Izabela Tabak, Czeslaw Czabala, Wendy Simpson, Irja Nieminen
270	P-063	<b>Nurses Comments on the Maintenance of Spiritual Care</b> <u>Funda Kavak</u> , Talip Mankan
271	P-064	<b>Communication Skills of Nursing Students</b> <u>Funda Kavak</u> Esra Doğru, Murat Şahin, Nurcan Gönüllüoğlu
272	P-065	<b>Knowledge and Attitudes of Patients in Psychiatry about Application Of Restraint</b> <u>Funda Kavak Filiz Ersöğütçü</u> , <u>Emine Yılmaz</u>
276	P-066	<b>Delirium in Patients After Orthopedic Surgery</b> <u>Tuluha Ayoğlu</u> , Ayfer Özbaş
277	P-067	<b>Psychosocial Approach to Organ Transplantation Patients and Their Families</b> <u>Tuluha Ayoğlu</u>

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### Poster Discussion - 2 / 1 November 2013 / 12:00-13:00

AbsRef	PubNum	Abstract Title
281	P-068	<b>Incorrect practices observed by the last grade nursing students during their clinical practices evaluation</b> <u>Meral Kelleci</u> , Nurgül Koroğlu, Elvan Emine Ata
282	P-069	<b>Emotional Responses and Coping Strategies in Cancer Patients</b> <u>Tuluha Ayoğlu</u> , Nuray Akyüz
283	P-070	<b>Determination of patients' health promotion lifestyle behavior who are hospitalized in psychiatry department</b> Elvan Emine Ata, <u>Meral Kelleci</u>
303	P-071	<b>Nurses' opinions about the Consultation-Liaison Psychiatry and the relationship between empathy and communication skills</b> <u>Hülya Tün</u> , Makbule Şenyurt, Adem Balıkçı
90	P-072	<b>Emotions, Thoughts and Experiences of Caregivers of Schizophrenia Patients About Family to Family Support Program</b> <u>Kerime Bademli</u> , Zekiye Çetinkaya Duman
102	P-073	<b>Opinions of Patients' Relatives and Health Professionals Regarding Patient Accompaniment in the Department of Psychiatry</b> <u>Zekiye Çetinkaya Duman</u> , Figen Şengün Inan, Hatice Çakar, Gülşen Moursel



**HORATIO, EUROPEAN  
PSYCHIATRIC  
NURSING  
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**WORKSHOPS**

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**W-01**

*Date and Time : 31.10.2013 / 13.00 - 14.45*

*Hall : BARBAROS B*

**Cooperating across agencies – integrated patient pathways**

**Ian Dawson<sup>1</sup>, Olav Bremnes<sup>2</sup>**

*<sup>1</sup>Salten Community Health Centre, Nordland Hospital, Bodø, Norway*

*<sup>2</sup>Namsos Hospital, North Trøndelag Health Trust, Namsos, Norway*

**1. BACKGROUND:**

How can we develop good services for patients with a serious mental illness who need coordinated services. Evaluation of the National Mental Health Plan in Norway showed that this patient group's needs were still not being met. The Coordination reform suggested several actions to strengthen cooperation, so that patients received more integrated services.

**2. AIM:**

Through use of "Integrated Patient Pathways" method we will show how the different agencies can together develop a coherent and good service for these patients.

**3. METHOD:**

Interactive use of the workshop where the delegates will be challenged to see each other's perspective in the development of a integrated patient pathway. We will use a case to elucidate the complexity of cooperation, and how we can through "Integrated Patient Pathways" throw light on:

- > How patients and their families needs can be met
- > The cooperating agencies will see ways to better cooperation
- > The cooperating agencies different skills and roles in such cases
- > Clarify expectations to each other

At the start we will present a short introduction of what is a integrated patient pathway and how this method can be used to follow up the intentions of the Coordination Reform in Norway.

**Keywords:** patient pathways, serious mental illness, cooperation

W-02

*Date and Time : 31.10.2013 / 15.15 - 17.00*

*Hall : BARBAROS B*

**Negotiating uncertainty: an aspect of personal recovery in people living with mental illness**

**Peter Wolfensberger<sup>1,2</sup>**

*<sup>1</sup>School of Health and Social Care, Bournemouth University, Bournemouth, UK*

*<sup>2</sup>Department of Nursing Development, Education and Research, Integrierte Psychiatrie Winterthur - Zuercher Unterland, Winterthur, Switzerland*

Uncertainty in illness is a well known concept among many health conditions including chronic illnesses. Much has been investigated in research in how people adapt to different health conditions and how the concept of uncertainty in illness relates to those populations. However, in mental health, even though there is a strong interest in coping strategies, the aspect of negotiating uncertainty has not been fully investigated.

In the context of a larger doctoral programme, where several researchers are focusing on aspects around negotiating uncertainty in people living with chronic health conditions, the author of this paper is focusing on people with mental illnesses and the relation of uncertainty within their personal recovery from a nursing perspective.

The paper/presentation explores the available literature, interprets its findings and puts them in context with the current developments in mental health nursing, e.g. personal recovery and social inclusion.

However, this is only the first step of a study conducted by the author that is still at the very beginning of its development. Therefore, the presentation is meant to be set up as a workshop in the form of a dialogue between participants of the conference and the researcher. What are important aspects in dealing with uncertainty and adapting to life with mental illness? How do we get to know about them? How could those aspects be used to support people in their personal recovery? The discussion in the workshop will hopefully help to guide the future development of the proposed research project.

**Keywords:** negotiating uncertainty, uncertainty in illness, personal recovery, mental illness, nursing, adapting to life with mental illness

**W-03**

*Date and Time : 01.11.2013 / 13.00 - 14.15*

*Hall : BARBAROS A*

**Facilitating knowledge of mental health nurses to undertake physical health interventions: A pre-post test evaluation of workshop series**

**Steve Hemingway, Andrew Clifton**

*Department of Health and Human Sciences, University of Huddersfield.*

**Background**

This presentation reports on the physical skills project that was developed in collaboration between the University of Huddersfield and South West Yorkshire Partnership Foundation Trust (SWYPFT). Physical health assessment has been a neglected issue in the mental health nursing toolkit, with all the evidence showing mental health nurses and associated practitioners need to develop in this area.

**Aims**

Discuss recent policy initiatives that put the physical healthcare of the service user at the forefront of MH prioritisation.

Present the evidence-based education package with a physical and mental health focus to clinicians and other health care workers in mental health settings.

Outline research findings from evaluation of a physical health skills and knowledge workshop series  
Discuss possible solutions to the potential knowledge and skill deficit and build capacity in physical health interventions by mental health nurses.

**Methods**

Pre and post test (statistical and content analysis).

**Conclusion**

The importance of the findings of the of this physical/mental health education project relates to increasing knowledge and capacity for clinicians in physical health practices and also these results can then inform future developments in this important burgeoning area.

**Keywords:** Physical health, Knowledge, skills, pre and post-test, statistics, content analysis.

**W-04**

*Date and Time : 01.11.2013 / 13.00 - 14.15*

*Hall : BARBAROS B*

## **The benzodiazepine dilemma: everyone's business: a qualitative study**

**Elizabeth Brodie**

*Edinburgh Napier University, Edinburgh, Scotland, UK*

### **Background**

In Europe and the developed world, Benzodiazepines continue to be widely prescribed in primary care for longer than guidelines advise. In addition to creating dependence this can cause multiple adverse consequences ranging from increased risk of road traffic accident to falls and hip fracture particularly in older people.

### **Aim**

The study aimed to explore whether non-medical prescribers may have a role in improving benzodiazepine prescribing management in primary care settings.

### **Method**

A qualitative study using thematic analysis framework, in which face to face interviews with 8 non-medical prescribers from the disciplines of nursing and pharmacy was conducted in 2011 in small towns in Southern Scotland.

### **Results**

The non-medical prescribing qualification promotes detailed knowledge about medications and ability to question their appropriateness therefore medication review is an integral part of the role of the NMP. However, several obstacles currently exist to the successful integration and utilisation of non-medical prescribing. Although all participants were aware of difficulties with the use of benzodiazepines among primary care patients they felt that more training in the recognition of mild to moderate mental health problems would be helpful before assuming a role in benzodiazepine prescribing management.

### **Conclusion**

Non-medical prescribers feel that they could have a useful role to play in benzodiazepine prescribing with more supervision and training. As NMPs have regular contact with patients in the older age group and those with chronic illnesses, they are in a prime position to utilise opportunistic medication review to improve concordance in this area of prescribing.

**Keywords:** Benzodiazepines, non-medical prescribers, dependence, primary care, practice nurses, medication review

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WORKSHOPS

## W-05

*Date and Time : 01.11.2013 / 13.00 - 14.15*

*Hall : FEVZI CAKMAK*

### **Perinatal Mental Health: Tears from Heaven**

**Stephen Bradford**

*Department of Health, Social Care and the Family, Canterbury Christ Church University, Canterbury, England*

It is currently accepted that 13% of newly delivered mothers experience Postnatal Depression, however a further 2 women per 1,000 experience Puerperal Psychosis, a serious, rapid onset psychotic illness (Howard et al, 2011. O'Hara & Swain, 1996). As many of 70% of women will experience mood disturbance in the two weeks following childbirth, often termed Baby Blues.

Mothers experiencing Postnatal Depression and their infants utilise more community care services than mother-infant dyads not affected by depression (Petrou et al, 2002) Mothers who experience postnatal depression stop breastfeeding earlier (Henderson et al, 2003) and consume more resources from community nursing, social care and paediatricians (Boyce et al, 2000).

Furthermore there is a growing body of evidence displaying an association between maternal anxiety, stress and depression and the impact on the cognitive, behavioural and emotional outcomes for the child (Van de Burgh, 2005. Hollins, 2007).

Therefore maternal anxiety and depression, both in the antenatal and postnatal periods present a major public health problem (Henshaw et al, 2009).

This worksop will explore the range of mental health problems experienced during pregnancy and following childbirth. The impact on the mothers mental, social and cognitive function will be explored and how this affects the infants development.

By attending this workshop delegates will gain knowledge of the specific issues relating to mental health during pregnancy and post delivery and gain knowledge of the impact on the development and mental health of the infant.

**Keywords:** Perinatal Mental Health, Postnatal Depression, Maternal Anxiety, Maternal Depression, Puerperal Psychosis, Child Development

**W-06**

*Date and Time : 01.11.2013 / 15.15 - 17.00*

*Hall : BARBAROS A*

**Where are the patient goals in mental health care for elderly inpatients with SMI?**

**Hesther Tims**

*GGZ Ingeest*

**BACKGROUND:** Despite evidence that elderly inpatients with severe mental illness (SMI) want to be more involved in treatment decisions, their goals are not well articulated in care plans, resulting in a slide towards paternalistic care. Barriers to patient input into treatment planning include difficulties patients encounter when attempting to articulate goals (due to effects of the illness) and professionals' concerns about patients' decisional capacity.

**AIM:** To promote recovery oriented, stepped care on a clinical unit for elderly SMI inpatients by enhancing nurses' competence in 1) identifying patient needs and 2) translating these needs into treatment goals.

**METHODS:** The Camberwell Assessment of Needs for the Elderly (CANE) is administered by nurses as part of Routine Outcome Monitoring. We use LEAN value mapping to identify gaps in the use of the CANE. Interventions devised to address these gaps will include training in motivational interviewing (with CANE as specific focus) as well as coaching of nurses in recovery oriented communication.

**RESULTS:** Initial analysis of current CANE use revealed that nurses tend to interpret patient responses according to their own views, thus losing the patient perspective. Further results of the project will be evaluated by pre/post evaluation of CANE interviews and care plans. The Pearlin Mastery Scale and the General Self-Efficacy Scale will be rated pre/post by nurses and patients.

**Significance:** There is a lack of shared decision-making in geriatric mental health care. The proposed approach will contribute towards production of care plans grounded in both patient experiences and staff expertise.

**Keywords:** geriatric psychiatry, shared decision making, recovery

**W-07**

*Date and Time : 01.11.2013 / 15.15 - 17.00*

*Hall : BARBAROS B*

**Short Term Risk Assessment in Acute Psychiatric Wards,  
Reflections on a Five Year Research and Practice Development  
Project in the Netherlands**

**Roland Van De Sande**

*Parnassia Groep Psychiatric Institute, the Netherlands*

Short Term Risk Assessment in Acute Psychiatric Wards, Reflections on a Five Year Research and Practice Development Project in the Netherlands

van de Sande, R, Hellendoorn, E, Wierdsma, AE, Noorthoorn EO, Nijman, H, van der Staak,C, Mulder,CL

**Background;**

Short term risk assessment by psychiatric trained staff in daily practice appears to be strongly driven by tacit knowledge. Psychiatric nurses may in their frontline position can establish a key role in the process of risk communication. Support of an evidence informed risk model can reduce the false negatives and false positive risk appraisals in working with patients in a crisis episode.

**Intervention;**

A set of complementary validated observational instruments (Crisis Monitor) is integrated in acute daily practice to support pattern analysis and to enable tailor made individualized treatment planning.

**Implementation approach in clinical practice;**

Several challenges had to be faced. From this perspective six major components (14) were relevant; a.) consistent leadership in research and ethics, b.) utilization of research based instruments, c.) reflective practice d.) structured risk reasoning, e.) learning from post incident evaluations. f.) dialogue with service users. Participants are challenged to reflect on such implementation processes in their own setting.

**Reference**

Sande van de, R, Nijman, Noorthoorn, E, Wierdsma, A I, Hellendoorn, H, Staak van der, C, Mulder, CL (2011) Aggression and seclusion on acute psychiatric wards: effects of short term risk assessment, British Journal of Psychiatry, December 2011 199:473-478

**Keywords:** risk assessment

**W-08**

*Date and Time : 01.11.2013 / 15.15 - 17.00*

*Hall : FEVZI CAKMAK*

**The Case Interview: Assessing Suicidal Behavior in a Structured Way**

**Willem Nugteren, Marnix Asscheman**

*Acute psychiatric admission ward, Parnassiagroep, The Hague, Netherlands*

**Background**

Every year 1600 persons commit suicide in the Netherlands. Psychiatric problems are responsible for 47% to 74% of the suicides (Cavanagh et al. 2003).

The Clinical Center of Acute Psychiatry (CCAP) in The Hague admitted 1300 patients in 2009, 372 of them were admitted because of suicidal behaviour. Nurses play a key role in the assessment of suicidal behaviour. However, in daily practice anxiety and a lack of conversation techniques for assessing the suicidality appeared to be reasons that suicidal thoughts weren't a topic of nurse-patient conversation. In 2011 a new multidisciplinary guideline (Van Hemert et al.) about dealing with suicidal behaviour was published. This was part of a larger RCT across mental health institutes in the Netherlands (De Beurs et al. 2013). In 2012 the presenters were trained in the principles of this guideline by the authors in a "train the trainer" concept.

**Content of the workshop**

- General information about mental healthcare in the Netherlands
- Figures and numbers of suicidal patients in the Netherlands and CCAP
- Visual tour of the CCAP, and its position within the mental healthcare system
- Treatment and interventions for suicidal patients on CCAP
- The theory behind suicidal behaviour according to the "Entrapment model" of Goldney (2008) and Williams (2005).
- CASE interview of Shea(1998); constructing your conversation.
- Interactive role play

**Goals**

- Participants have insight how mental healthcare is organized in the Netherlands.
- Participants can assess suicide risk and create a theory-based assessment for a tailor made care plan.

**Keywords:** Suicidal behaviour, workshop, interview

**W-09**

*Date and Time : 02.11.2013 / 09.30 - 11.15*

*Hall : BARBAROS A*

**How about competence in medicines management: A tale of two universities**

**Steve Hemingway<sup>1</sup>, Austyn Snowden<sup>2</sup>**

*<sup>1</sup>Department of Health and Human Sciences, University of Huddersfield, UK*

*<sup>2</sup>Institute of Mental Health, University of the West of Scotland*

**Background:**

The aim of this session is to introduce delegates to the need for dedicated medicine management modules within undergraduate education. It details two different award winning approaches to medicine management education in UK.

**Aims:**

Be informed about the latest research in medicines management education and training for pre and post graduate mental health nursing.

For the participant to compare the content the two Universities deliver and findings from evaluations of their outcomes.

Concordance, adherence and compliance approaches to medicines management approaches will be discussed and their impact on nurse-patient relationships.

**Methods:**

Statistical and qualitative methodological approaches to the research undertaken will be discussed.

**Conclusions:**

Medicines management interventions can have a positive effect on service user outcomes. However the MHN needs the appropriate skills and knowledge to implement such approaches. Educational and service providers need to work together to facilitate competence in this important area of nursing practice.

S. Hemingway and A. Snowden, "Debating the mental health nurses' role in medicines management," British Journal of Nursing, vol. 21, no. 20, pp. 1219–1224, 2012.

**Keywords:** Medicines management, competence, adherence, concordance, compliance.



**HORATIO, EUROPEAN  
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**ORAL ABSTRACTS**

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**O-001**

ORAL PRESENTATIONS - 01

Date and Time : 31.10.2013 / 13.00 - 14.45

Hall : KOCATEPE

**Research methodology among vulnerable populations and persons  
with schizophrenia**

**Lauri Kuosmanen, Anna Axelin, Camilla Laaksonen**

*Department of Nursing Science, University of Turku, Finland*

**Background**

The word 'vulnerable' indicates a group's exposure to social disadvantage or inequality that may result in limited individual choice. Health research among vulnerable populations was avoided in the past, but recently it is seen unethical not to study these groups.

**Aims**

To present some methodological aspects related to research among vulnerable populations and especially persons with schizophrenia.

**Methods**

Relevant methodological literature was reviewed and special attention was paid on study designs, recruiting process and selection of research instruments.

**Results**

Researchers need to exceed traditional research methods. Mixed methods methodology may generate deeper insight than one method alone. In recruitment process, it is important that mental health nurses avoid acting as "gate keepers" and thus act in paternalistic way. Traditional recruitment methods may not reach those who are the most representative of the target population. Service users can help to connect with potential participants. Researches need to avoid unpublished scales and self-made instruments as there are proven to be biased especially among persons with schizophrenia. Researchers need to use various health outcomes: biological, psychological and behavioral markers of change.

**Conclusions**

There are several methodological aspects that need to be taken into consideration when doing research among persons with schizophrenia. They are related not only to methodology, but also to mental health nurses role in research process. All parties need to keep in mind that in many situations, the knowledge needed to improve the care of vulnerable populations can be gained only by studying them.

**Keywords:** Vulnerable populations, research methods, schizophrenia

**O-002**

ORAL PRESENTATIONS - 01

*Date and Time : 31.10.2013 / 13.00 - 14.45*

*Hall : KOCATEPE*

**User experiences: Restraint In Mental Health hospital**

**Unn Elisabeth Hammervold**

*University of Stavanger, Norway*

“Sintef Health” reported an increase in the use of mechanical and chemical restraint in Norwegian mental health hospitals in 2007. This happened in spite of strong signals from the Health authorities with reference to Mental Health Action Plan (1999 - 2008). Many users of mental health services describe their experiences of restraint as straining and violating to their integrity.

This study aimed to explore patient/service user experiences with restraint when they were patients at mental health hospital and to argue for that their knowledge and experiences must be more visible in the mental health system. Five former patients were interviewed about their experiences with mechanical and/or chemical restraint during the 10 last years. The interviews were analyzed by using a hermenological approach. The findings are discussed in the light of former research, theories of power and caring science.

The findings show that the user experiences were impressed by the power of the system and the feeling of being naked, described as powerlessness, loneliness, fear and retraumatization.

The informants experienced that they in a little degree had possibility to participate before, during or after the episode of restraint.

They also described a need for sharing their experiences with the staff.

Nurses need to get more knowledge about the effects of using mechanical and chemical restraint. The best way to get this knowledge is to systematically talk with the patients after every episode, and the patients preferences for possible new episodes must be described in the journal.

**Keywords:** restraint, psychiatric, staff, userinvolvement, trauma

**O-003**

ORAL PRESENTATIONS - 01

Date and Time : 31.10.2013 / 13.00 - 14.45

Hall : KOCATEPE

**The determination of treatment adherence and affecting factors of patients with schizophrenia**

**Gul Dikec<sup>1</sup>, Yasemin Kutlu<sup>2</sup>**

<sup>1</sup>Koc University School of Nursing

<sup>2</sup>Istanbul University Florence Nightingale Nursing Faculty

**BACKGROUND:** Adherence to treatment rate in patients with schizophrenia is lower than other medical and psychiatric disorders. Determination affecting factors of treatment adherence is important to develop effective techniques to reduce non-adherence.

**AIM:** The aim of this study is determining treatment adherence and related factors in patient with schizophrenia.

**METHOD:** The sample of the study was composed of 35 patients with schizophrenia, between ages of 18-65, outpatient and accepted to take part in the study, in March-April 2013, in 4 Schizophrenia Association in Istanbul. Data of the study were obtained with the Medication Adherence Rating Scale (MARS), Internalized Stigma of Mental Illness Scale (ISMIS), Beck Cognitive Insight Scale (BCIS) and Multidimensional Scale of Perceived Social Support (MSPSS).

**RESULTS:** The frequent age range of the participating was 36-45 (46 %), 85,7 % were male and 40 % were high school graduates. Mean score of MARS was  $6.8 \pm 1,208$  and treatment adherence found weak. There were no significant difference between gender, age, education, duration of disorder, the total number of hospitalizations and MARS, however there was a significant difference between economical status and MARS. There was a middle negative relation between MARS and ISMIS, a strong negative relation between MARS and BCIS, and a middle positive relation between MARS and MSPSS.

**CONCLUSION:** In this study treatment adherence was found low in patients with schizophrenia who participated. Therefore it is important that determination affecting factors of treatment adherence by mental health and psychiatric nurses and working with non-governmental organizations to improve treatment adherence.

**Keywords:** schizophrenia, treatment adherence, insight, stigmatization, social support.

**O-004**

ORAL PRESENTATIONS - 01

Date and Time : 31.10.2013 / 13.00 - 14.45

Hall : KOCATEPE

**Nurse-delivered collaborative care for depression and long-term physical conditions: a systematic review and meta-analysis**

**David Ekers<sup>1</sup>, Rebecca Murphy, Catherine Ebenezer, Janine Archer, Deborah Kemp, Simon Gilbody,**

<sup>1</sup>Durham University, UK

<sup>2</sup>Tees Esk Wear Valleys NHS, FT, UK

<sup>3</sup>Sheffield University UK

<sup>4</sup>Manchester University, UK

<sup>5</sup>Tees Esk Wear Valleys NHS FT, UK

<sup>6</sup>University of York, UK

**Background**

Depression will be the second largest cause of disease burden by 2020. It is commonly associated with long term physical health conditions resulting in worsened clinical outcome and increased costs. Nurses would appear ideally placed to facilitate depression management in those people with long term health problems within health care clinics. This systematic review and meta-analysis reviews the evidence to support such a clinical approach.

**Method**

A systematic review and meta-analysis of randomised trials of nurse led management of depression in patients with long term health problems. Databases were searched between December 2011 and May 2012, data were extracted and analysed using Comprehensive Meta Analysis software. Subgroup analysis and meta-regression were used to explore the impact of study level moderators of effect/

**Results**

Nurse delivered collaborative care was compared to usual care in 14 studies including 4440 participants. Mean effect size at follow-up was  $d=0.43$  95% CI 0.34 to 0.52  $p<0.001$  NNT 4.23, representing a moderate impact on depression severity. Results were consistent, not influenced by moderators and maintained at longer term follow up. Limitations: Data were only available on depression outcomes and with most studies being USA based generalizability is limited, only one study reported cost effectiveness outcomes.

**Conclusions**

Based upon the research literature nurse led depression management provides effective treatment across a range of long term health conditions. Nurses are ideally placed to deliver such interventions and further research is required to examine the cost utility of the approach and its durability outside of the USA.

**Keywords:** Depression, Long Term Health Problems

# HORATIO, EUROPEAN PSYCHIATRIC NURSING CONGRESS 2013

*Stepped care provided by psychiatric nurses in different parts of the world...*

**October 31 - November 2, 2013 - Istanbul / Turkey**

ORAL ABSTRACTS

**O-005**

ORAL PRESENTATIONS - 01

*Date and Time : 31.10.2013 / 13.00 - 14.45*

*Hall : KOCATEPE*

## **The Advent of Mental Health Nurses in Australian Primary Health Care**

**Michael Olasoji**

*Department of Nursing & Midwifery, RMIT University*

Primary health care plays an important role in the health system of any nation. There has been a growing emphasis in Australia on the role of primary health care in the provision of accessible mental health care to people with mental illness in the face of dwindling health care funding. Until recently the main providers of specialist mental health care to people with severe mental illness (SMI) in Australia have been the public mental health services and most mental health nurses work within the public mental health system. The Australian Government recently established a Mental Health Nurse Incentive Program (MHNIP) whereby General Practitioners (GPs) are able to engage the services of Mental Health Nurses (MHNs) in providing specialist care for patients with SMI in primary health care settings. The MHNIP offers an extension of the scope of practice of MHNs into primary health care settings. There is paucity of literature describing the role and scope of practice of MHNs in Australian primary health care. This mixed method study describes the role and scope of practice of MHNs working under the MHNIP as well as the impact of their role. Interviews were held with key stakeholders involved in the establishment of the MHNIP such as Government representatives and MHNs working under the MHNIP. A survey of MHNs and GPs was also conducted canvassing their views on the operation and impact of the MHNIP. MHNs have a significant role to play in making specialist mental health care in General Practice more accessible.

**Keywords:** Mental Health Nurses, Primary Health Care, General Practice

**O-006**

ORAL PRESENTATIONS - 01

*Date and Time : 31.10.2013 / 13.00 - 14.45*

*Hall : KOCATEPE*

**Simulation as learning method in teaching nurse students in  
mental health care studies**

**Juha Alakulppi**

*Oulu University of Applied Sciences*

At the Oulu University of Applied sciences is simulation used and is being developed as learning method in teaching basic nursing students (4th semester) in mental health care and psychiatric nursing. The background of this method is to have as real life practicing environment as possible. Our school has it's own simulation accommodation where mainly emergency nursing (paramedical) students practice and first-aid courses are taken.

The aim of mental health care simulations is to learn encounter and rate psychiatric patients with psychotic disorders, rate of depression and suicide risk according to a separate check-list. In mental health care simulation there have been 20 emergency nurse students and 40 basic level nursing students.

The simulations were done as drama like situation with role play patients in real like environments (house, hospital ward). The cases were real life stories. The observers were not in same space, they followed the situation through monitors.. Observers were having a check-list of details so they could all the time check how well nursing student actors did it.

After every simulation was a feedback situation where observers and actors discussed the case. After the simulation day was feedback collected with a question schema. The feedback was excellent. The real like situation and experiential dimension of this learning method was even praised. This method is being developed

**Keywords:** mental helath care, simulation, psychiatric nursing, education

**O-007**

[ORAL PRESENTATIONS - 01

Date and Time : 31.10.2013 / 13.00 - 14.45

Hall : KOCATEPE

**Mental Health Nursing skills and values: What are the perceptions about how well mental health nurses are prepared for practice?**

**Andrew John Walsh**

*Birmingham City University*

**Background**

This paper reports on original research examining how well recently qualified mental health nurses are prepared to work with service users in a caring, person centered and holistic way. The study was conducted in Birmingham, England and involved the co-operation of staff and students from Birmingham City University as well as a large local Mental Health Trust.

**Study aims**

To ascertain the level of skills acquired by nurses with respect to physical care, management of distressed people and general communication.

To explore the extent to which nurses recognise the values of recovery, dignity, respect, partnership working and holistic care?

To make recommendations about how skills and values acquisition can be improved by mental health nurses.

**Methods**

A phenomenological and mixed methods approach was adopted. Data collection involved two stages. Firstly, 150 questionnaires were sent to a convenience sample of third year students and lecturers at Birmingham City University as well as to practising mental health nurses. In the second stage a series of focus groups was conducted which developed ideas and themes emerging from the first part of the study.

**Results**

Neophyte nurses are relatively proficient in some areas such as communication and interpersonal relationships. However, they are less proficient in areas such as medication management, handling of violence and aggression and working with survivors of child sexual abuse.

**Conclusions**

On the basis of this study it is possible to make recommendations about areas of competence that may require review by nurse educators and employers.

**Keywords:** Mental Health Nursing, Education, Research, Practice preparation

**O-008**

ORAL PRESENTATIONS - 01

Date and Time : 31.10.2013 / 13.00 - 14.45

Hall : KOCATEPE

**Nursing in the Mental Health Care System Reform in Bosnia and Herzegovina- “stepped care” from our perspective**

**Igor Brkic<sup>1</sup>, Dejan Milanovic<sup>2</sup>, Goran Racetovic<sup>1</sup>**

*<sup>1</sup>Health Center, Community Mental Health Centre, Prijedor, Republic of Srpska/Bosnia and Herzegovina*

*<sup>2</sup>Health Center, Community Mental Health Centre, Doboj, Republic of Srpska/Bosnia and Herzegovina*

**BACKGROUND:** The overall mental health system in Bosnia-Herzegovina (B-H) is burdened due to the rise of mental illnesses with increased population's demands for specialized mental health services. In order to satisfy these needs, since 1996 national reform processes have been initiated.

**AIM:** To show the results of the mental health reform in B-H, focused on the development of community psychiatry along with the strengthening of specialized mental health nursing, their professional development and enhance of their competencies.

**METHOD:** Review of the results of Phase I of the Project of Mental Health in Bosnia and Herzegovina (MHPBH) (2010-2013), with emphasis on the nursing strengthening programs.

**RESULTS:** MHPBH has significantly improved the mental health system, primarily with defined policies and strategies of mental health, creating a wide range of community services, working on destigmatization and strengthening user initiatives and training mental health professionals, with development of the first program of specialized uniform nursing education. As the part of a “stepped care” concept are creating the conditions for a Protected Housing, as an alternative to hospitalization of users with severe (chronic) mental illness. Researches, but also our experiences has shown that level of psychopathology and dependence are greater for persons accommodated in long-stay institutions compared to those in a Protected Houses/Flats.

**CONCLUSIONS:** People with mental disabilities express equal needs as everyone else: the need for security (personal and socioeconomic) and for belonging and support. Providing quality care to our users in the community is the next big challenge for our profession in B-H.

**Keywords:** nursing, stepped care, mental health reform

# HORATIO, EUROPEAN PSYCHIATRIC NURSING CONGRESS 2013

*Stepped care provided by psychiatric nurses in different parts of the world...*

**October 31 - November 2, 2013 - Istanbul / Turkey**

ORAL ABSTRACTS

## **O-009**

ORAL PRESENTATIONS - 02

*Date and Time : 31.10.2013 / 13.00 - 14.45*

*Hall : INONU*

## **The Code White Nurse takes the lead in incidents of aggression and violence**

**Melodie B Hull**

*College of the Rockies and Thompson Rivers University - Open Learning*

A Code White Nurse takes the lead with a Code White Team in incidents of aggression and violence in hospital settings in Western Canada. More often than not, she or he is a psychiatric nurse. The purpose of this presentation is to introduce the Code White Nurse and Team to the international audience of psychiatric nurses. Originating in British Columbia, Canada Code White and subsequent training, policy and procedures of all members of the team have become de rigueur in all hospitals across the province. The history of Code White will be shared. Philosophical underpinnings will be presented. The unique qualifications and skills of Registered Psychiatric Nurses to fulfill the role of a Code White nurse will be described. Advanced skills needed by the Registered Nurse will arise from that discussion. The template of the Code White initiative and the authority of WorkSafe BC and Occupational Health & Safety BC to roll it out and insist on its adoption across the province of BC will be explored. Finally, comments and questions will be elicited from the audience to explore the value of Code White and Code White teams and opportunities will be given to share commonalities and differences across countries.

**Keywords:** Code White, Code White Nurse, aggression and violence, psychiatric nurse

**O-010**

ORAL PRESENTATIONS - 02

Date and Time : 31.10.2013 / 13.00 - 14.45

Hall : INONU

**Collaborative Care for patients with bipolar disorder in the Netherlands, a randomized controlled trial. Preliminary results**

**Nienke (Trijntje) van der Voort<sup>1</sup>, Berno van Meijel<sup>2</sup>, Peter Goossens<sup>3</sup>, Aartjan Beekman<sup>4</sup>, Ralph Kupka<sup>5</sup>**

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<sup>2</sup>Inholland University of Applied Sciences, Research Group Mental Health Nursing, Department of Health, Sports & Welfare / Cluster Nursing, Amsterdam the Netherlands. Parnassia Psychiatric Institute, Parnassia Academy, The Hague, the Netherlands

<sup>3</sup>Dimence Mental Health, Deventer, the Netherlands; Radboud University Medical Center, Nijmegen, the Netherlands; Saxion University of Applied Sciences, Deventer, the Netherlands.

<sup>4</sup>VU University Medical Center, dept. of Psychiatry, Amsterdam, the Netherlands.

<sup>5</sup>VU University Medical Center, dept. of Psychiatry, Amsterdam, the Netherlands; Altrecht Institute for Mental Health Care, Utrecht, The Netherlands.

**Background** A substantial number of patients with bipolar disorder show a suboptimal response to treatment and still suffer from frequent episodes, persistent inter-episodic symptoms and poor social functioning. Both psychiatric and somatic comorbid disorders are highly prevalent. Multidisciplinary collaboration of professionals is needed to combine all expertise in order to achieve high-quality integrated treatment. 'Collaborative Care' is a treatment method that could meet these needs. We performed a study on the effects of Collaborative Care for patients with bipolar disorder in the Netherlands.

**Methods/design** We performed a two-armed cluster randomised clinical trial to evaluate the effectiveness of Collaborative Care (CC) in comparison with Care as usual (CAU) in outpatient mental health clinics. CC includes individually tailored interventions, aimed at personal goals set by the patient. The patient, his caregiver, the nurse and the psychiatrist all are part of the CC-team. Elements of the program are: contracting and shared decision making; psycho education; problem solving treatment; systematic relapse prevention; systematic monitoring of outcomes. The program is coordinated by nurses. Sixteen teams participated, 132 patients and 100 caregivers were included. Nine nurses from the intervention group were trained to execute the intervention. The effects were measured at baseline, 6 months and 12 months. Primary outcomes were psychosocial functioning, psychiatric symptoms, and quality of life. Caregiver outcomes were burden and satisfaction with care. **Results** Our trial is still in progress, however in October we will be able to present preliminary results.

**Keywords:** Bipolar disorder, Collaborative Care, Nurse, RCT

**O-011**

ORAL PRESENTATIONS - 02

Date and Time : 31.10.2013 / 13.00 - 14.45

Hall : INONU

**Achievement documentation by therapeutic units in inpatient treatment of people with dementia in Germany**

**Michael Löhr<sup>1</sup>, Michael Schulz<sup>2</sup>, Johann Behrens<sup>3</sup>**

*<sup>1</sup>Department of hospital development & researche, LWL Klinikum Guetersloh*

*<sup>2</sup>Department of Psychiatric Nursing, Universtiy of applied sciences Diakonie Bielefeld*

*<sup>3</sup>Department of Health and Nursing Sciences, Martin-Luther-University Halle-Wittenberg*

**BACKGROUND:** On the background of the continuously growing incidence rates of gerontopsychiatric disorders, its economic dimension, and the effects on persons affected as well as their social environment, the present study focuses on the analysis of services provided in acute psychiatric care settings for patients with dementia.

**AIM:** We aim to compare therapeutic service units of different clusters of occupational groups (physicians / psychologists, nurses / special therapists) for the ICD-10 diagnostic groups F00 – F03 and G30 in the years 2010 (starting with July) and 2011. Main research question is how many patients are mappable with ‘therapeutic units’.

**METHODS:** The present study is based on analysis of the §21 KHEntgG data record of 35 acute psychiatric facilities. Data collection took place within the project “Versorgungsindikatoren für die Psychiatrie und Psychosomatik (VIPP).

**RESULTS:** In total, 5111 cases were included in the analysis. Nurses and special therapists carried out significantly more therapeutic units in the main diagnoses groups (F01, F03 and G30) and the care groups (regular vs. intensive) than physicians and psychologists ( $p < .02$ ). It was not possible to map all patients with the use of therapeutic units (G30 78.8%, F01 83.4%, F03 81.2%).

**Summary:** We demonstrated that the ‘therapeutic units’ of the OPS-codes are now used in the routine data (§21 KHEntgG). The present study provides a preliminary / exploratory overview on the services provided, mapped by therapeutic units. Future research should focus on the overlap between the category ‘therapeutic’ units and the services actually provided.

**Keywords:** therapeutic units, workload in nursing, dementia, inpatient

**O-012**

ORAL PRESENTATIONS - 02

Date and Time : 31.10.2013 / 13.00 - 14.45

Hall : INONU

## **How ED Nurses Conceptualise Recovery: a Phenomenography from Australia**

**Donna Marynowski Traczyk<sup>1</sup>, Lorna Moxham<sup>1</sup>, Marc Broadbent<sup>2</sup>**

<sup>1</sup>School of Nursing, Midwifery and Indigenous Health, University of Wollongong, NSW, Australia

<sup>2</sup>CQUniversity Australia, Noosa, Queensland, Australia

**BACKGROUND:** In Australia, consumers who become unwell and require 'stepping up' to intense mental health care and access to specialist mental health services, must primarily access these services via the Emergency Department (ED). For the consumer this involves a transition between disparate models of care; the Recovery Model which underpins contemporary mental health care, and the medical model which is dominant within the ED and informs generalist ED RNs (Registered Nurse) practice.

**AIMS:** Recovery is understood in different ways by healthcare professionals and this research aimed to identify and describe how ED RNs conceptualise Recovery for consumers.

**METHODS:** A phenomenographic study utilised semi structured interviews with ED RNs located throughout Australia. Phenomenography facilitates describing collective understanding and enabled the elucidation of the qualitatively different ways in which Recovery is conceptualised.

**RESULTS:** Iterative analyses involving a seven stage algorithm identified variations in ED RNs conceptions of Recovery and are empirically presented as categories of description.

**CONCLUSION:** The Recovery model is considered best practice within contemporary mental health care and is forefront of consumer expectations; therefore it would be desirable for all healthcare professionals involved in their care to have an understanding of what Recovery means to the consumer. This research contributes to new knowledge of ED RNs understanding of Recovery for consumers, and insights gained will contribute to promoting a shift in mental health care delivery in the ED to a Recovery focused approach, ultimately leading to improved outcomes and consumer wellbeing and positive care experiences for consumers.

**Keywords:** Recovery, Emergency Department, consumers, Registered Nurses

# HORATIO, EUROPEAN PSYCHIATRIC NURSING CONGRESS 2013

*Stepped care provided by psychiatric nurses in different parts of the world...*

**October 31 - November 2, 2013 - Istanbul / Turkey**

ORAL ABSTRACTS

## **O-013**

ORAL PRESENTATIONS - 02

*Date and Time : 31.10.2013 / 13.00 - 14.45*

*Hall : INONU*

## **Forensic Psychiatric Nursing: a distinct field**

**Melodie B Hull**

*Nursing, College of the Rockies, Cranbrook, BC, Canada and Nursing & Health Studies, Thompson  
Rivers University - Open Learning, Kamloops, BC, Canada*

This presentation takes the position that forensic psychiatric nursing is a distinct field in Canada and by this answers the question, 'what differentiates this nurse from others, specifically forensic nurses and correctional nurses?' A brief systematic review of literature on the subject of forensic psychiatric nurses will be discussed since there seems to be some common agreement: a forensic psychiatric nurse is unique: the practice of forensic psychiatric nursing is distinct from correctional and forensic nursing. An argument will be made to show how and why forensic psychiatric nursing is a specialized subset of psychiatric-mental health nursing which is, in its own right a specialization within nursing. Within the broad field of nurses working with victims and/or perpetrators of crime, a descriptive comparison will be made of the skills sets and foci of the three types of nurses involved in this employ in Canada. Members of the audience will be invited to share their own perspectives and experiences. Discussion will ensue regarding the specific, specialized skills required of the forensic psychiatric nurse. On the heels of the stance that forensic psychiatric nursing is a psychiatric nursing specialty, two final questions will be posed to attendees: what educational preparation does this nurse require and where will this education come from?

**Keywords:** forensic psychiatric nursing, forensic nursing, correctional nursing, psychiatric nursing specialty

**O-014**

ORAL PRESENTATIONS - 02

Date and Time : 31.10.2013 / 13.00 - 14.45

Hall : INONU

**Is Solution Focused Brief Therapy (SFBT) effective in the treatment of depression and anxiety in adults?**

**Fiona Carver**

*Edinburgh Napier University*

**Background**

Common mental health problems particularly depression and anxiety are becoming increasingly widespread presenting the challenge of how to meet the demand for psychological treatment most effectively. Solution Focused Brief Therapy is a popular approach whose key principles and skills can be assimilated into current mental health practice without extensive training.

**Aim**

to review the literature on whether Solution Focused Brief Therapy (SFBT) is effective in the treatment of depression and anxiety in adults.

**Methods**

A literature review was undertaken following awareness that despite SFBT being used in working with people in practice, the evidence for the efficacy of the therapy is limited. An extensive search of the current literature from 1990 – 2011 was carried out. English language primary qualitative, quantitative and mixed method studies from Scandinavia, Europe & USA which had the measurement of depression and anxiety as an outcome were included.

**Results**

Ten empirical studies were reviewed from both quantitative and qualitative paradigms and varied in their methodological quality. The literature review found that the existing research into the effectiveness of SFBT in the treatment of depression and anxiety did not show sufficiently robust results to answer the research question affirmatively.

**Conclusions**

The literature review cannot unequivocally support the use of this therapy for the treatment of depression and anxiety. The combined findings from the included studies suggest that further research is required to strengthen the data which points to statistical significance. More research, particularly mixed methods studies, is required to meet the aim more fully.

**Keywords:** Anxiety, Depression, Effectiveness, Literature Review, Research, Solution Focused Brief Therapy (SFBT)

**O-015**

ORAL PRESENTATIONS - 02

Date and Time : 31.10.2013 / 13.00 - 14.45

Hall : INONU

**Perception of Illness in Schizophrenia Patients**

**Perihan Guner Kucukkaya**

*School of Nursing, Koç University, Istanbul, Turkey*

**BACKGROUND:** Schizophrenia is one of the most serious mental illnesses of which widespread effects are related to the individual, family, society, and economy of a country. For this reason, when caring for patients, nurses need to know how the patients perceive their own illnesses so they can give them the most appropriate care.

**AIMS:** The aim of this study was to investigate the perceptions of illness in schizophrenic patients who are in remission.

**METHODS:** Nine schizophrenic patients were part of this qualitative research where an in-depth individual interview method was used. Interviews were conducted by the researcher with the necessary consents in two schizophrenic patients' association in Istanbul where the research was carried out as well. Semi-structured interview form was used during interviews recorded with a voice recorder. Each patient was interviewed once for 30 to 60 minutes.

**RESULTS:** Thematic and content analysis was used to analyze the data which was also analyzed by an independent researcher, an expert in qualitative research. Initial codes were categorized into meaningful themes and the data was revisited until no new themes emerged. The thematic and content analysis indicated seven major themes such as meaning of illness; beliefs of illness; recovery factors; factors that prevent the recovery of the individual; changes in personal, family and social life, and the developmental process of recovery.

**CONCLUSIONS:** Very useful information about the illness perception and expectations of schizophrenic patients was obtained in this study. This information can be very beneficial to nurses in their clinical practices.

**Keywords:** patient with schizophrenia, qualitative research, schizophrenia, the perception of illness

**O-016**

ORAL PRESENTATIONS - 02

*Date and Time : 31.10.2013 / 13.00 - 14.45*

*Hall : INONU*

**Identifying the causes and management of aggression in a Maltese in-patient psychiatric hospital**

**Marcia Gafa**

*Maltese Association of Psychiatric Nurses*

Aggression within psychiatric services has been recognised as a serious deterrent (Cunningham, Connor, Miller & Melloni, 2003; Laker, Gray & Flach, 2009). Nolan, Shope, Citrome and Volavka (2009) acknowledged that aggression is of great concern in psychiatric hospitals, often costing the hospital management and department of health services tangible and intangible costs. Tangible costs are related to staff injury. However intangible cost such as poor staff morale result in prolonged hospitalisation and disruptive therapeutic milieu. The management of aggression within an in-patient setting has remained an integral part of the medical model, focusing on managing physical destruction and being managed by means of environmental and pharmacological interventions. According to Duxbury (2002) it is only until recently that the nature, incidence and management of patient's aggression within a psychiatric setting is being scrutinised, hence attaining that aggression is a multi-faceted phenomenon with a number of various factors influencing the intent of aggression. It has been suggested that additional factors are considered, focusing on a holistic approach towards caring for the patient. This would include the patient's environment and the relationships formed with other health care professionals and other patients. The scope of this presentation will be the discussion of the findings of a sequential explanatory mixed methods design to establish in Malta what nurses consider to be the causes, management and prevention of aggression.

**Keywords:** Aggression, In-patient care, management and prevention of aggression

**O-017**

ORAL PRESENTATIONS - 03

Date and Time : 31.10.2013 / 13.00 - 14.45

Hall : BARBAROS-A HALL

**The Relationship Between Problematic Internet Use And  
Emotional Intelligence In University Students**

**Gülsüm Ançel, Inci Açıkgöz, Ayşegül Yavaş Ayhan**

*Department of Nursing, Ankara University, Ankara Turkey,*

**Background**

Problematic internet use is excessive computer use that interferes with daily life and becoming more and more common. Internet is everywhere, although internet use makes life easier, it can become problematic in the event of non-functional use.

**Aims**

There exist many researches regarding the unhealthy internet use among university students, but limited of them have mainly focused on relationship between problematic internet use and emotional intelligence. So the aim of this study was measuring the relationship of addiction to internet and emotional intelligence.

**Methods**

A total of 432 students, 378 females and 54 males in five departments of the Faculty of Health in Ankara University participated. Demographical information form, The Online Cognition Scale-OCS(Davis, 2002) and Assessing Emotions Scale (AES)(Schutte, 1998) were used to collect the data. The gathered data was analyzed by using descriptive and independent t-test, variance analysis, Pearson's correlation analysis.

**Results**

The results showed that there were correlations and negative relationship between internet addiction and emotional intelligence ( $P<0.001$ ).High internet use related to low emotional intelligence. Problematic internet use exhibits significant variations according to gender and duration of internet using.

**Conclusion**

To decrease of addiction to internet it is advised to apply plans to increase of emotional intelligence components and decrease addiction to internet.

**Keywords:** Internet addiction, Emotional Intelligence, University Students.

**O-018**

ORAL PRESENTATIONS - 03

Date and Time : 31.10.2013 / 13.00 - 14.45

Hall : BARBAROS-A HALL

**Validity and Reliability Study of Sexual Health and Reproductive Health Scale for Disabled People (SHRHSD)**

**Ayşegül Bilge<sup>1</sup>, Esin Çeber<sup>2</sup>, Mahide Demirelöz<sup>2</sup>, Zehra Baykal Akmeşe<sup>2</sup>**

<sup>1</sup>Ege University Nursing Faculty, Department of Mental Health Nursing, Izmir, Turkey

<sup>2</sup>Ege University Izmir Ataturk School of Health, Department of Midwifery, Izmir, Turkey

**BACKGROUND:** To determine society's point of view to reproductive and sexual health of disabled people, is important for providing prevention of reproductive and sexual health problems that may be developed against this group.

**AIM:** Validity and reliability of the sexual health and reproductive health scale improved by researchers were aimed to carry out.

**METHODS:** The study was methodologically planned. The study sample consisted of 912 persons who accepted to participate in the research and reside in Doganlar District, Bornova Municipality. Required permissions for being able to carry out the study were obtained from institutions and participants.

**RESULTS:** Expert opinions were received at the validity practice stage of the scale, content validity of the scale was established by using Kendall Harmony Coefficient correlation test. At the reliability practice stage of the scale, primarily, total correlation point of 55 matters was inspected and the matters below 0.20 correlation limit were taken out of the scale. As a result, the scale was let to be 40 matters. At the internal consistency analyses of the scale, Cronchbach Alpha value was detected as 0.84. Accordingly, it was determined that the scale showed internal consistency at acceptable level. In order to determine stability of the scale against time, it was re-applied to 30 people after the first application. The relationship between the test-retest considered meaningful( $p=0.000$ ). Conclusion: 'Sexual Health and Reproductive Health Scale for Disabled People (SHRHSD)' is a valid and reliable scale for Turkish community.

**Keywords:** Disabled, Reproductive Health, Sexual Health, Scale

**O-019**

ORAL PRESENTATIONS - 03

Date and Time : 31.10.2013 / 13.00 - 14.45

Hall : BARBAROS-A HALL

**Efficacy of Public Training to Cope with Stress for Community  
Mental Health**

**Ayşegül Bilge<sup>1</sup>, Hayat Bulutlu<sup>2</sup>, Kamile Göktaş<sup>2</sup>, Tuğba Siviloğlu<sup>3</sup>**

<sup>1</sup>Ege University Faculty of Nursing, Department of Psychiatric and Mental Health Nursing, Izmir,  
Turkey

<sup>2</sup>Ege University Izmir Atatürk School of Health, Izmir, Turkey

<sup>3</sup>Ege University Institute of Health Sciences, Izmir, Turkey

**INTRODUCTION:** Trainings to cope with stress have an important role as primary prevention among community mental health services.

**AIM:** It is aimed to determine the efficacy of public training to cope with stress for community mental health.

**METHOD:** This is an interventional study and conducted on individuals (n=440) living in a quarter of a county in Izmir and agreeing to participate in the study. Introductory Information Form and Perceived Stress Scale (PSS), of which validity and reliability studies were conducted by Bilge et al. (2009), were used for data collection. Home-visits were made to participants before training and questionnaire forms were applied; subsequently, they were given training about stress and coping methods. PSS was re-applied at the end of training. Descriptive analyses were used in data analysis, and Paired- Samples T Test was performed to compare PSS, subscales and independent variables before and after training.

**FINDINGS:** Study results indicate that mean scores of total PSS and subscales decreased at desired level before and after training to cope with stress and the difference was statistically significant (p=.000). And, total mean score of PSS of individuals with or without mental illness before and after the training significantly decreased (p=.005, p=.000, respectively).

**CONCLUSION:** As a result of the study, the efficacy of public training to cope with stress for community mental health was determined, and it is recommended that community mental health nurses should realize this application with different groups.

**Keywords:** community mental health, training to cope with stress, community mental health nurse

**O-020**

ORAL PRESENTATIONS - 03

Date and Time : 31.10.2013 / 13.00 - 14.45

Hall : BARBAROS-A HALL

**The determination of 3rd year nursing students' views regarding  
child neglect and abuse**

**Gülseren Çıtak Tunç, Burcu Arkan, Mineş Kılıç**

*School of Health, Uludag University, Bursa, Turkey*

**AIM:** The study was conducted descriptively to determine knowledge of 3rd year students of child neglect and abuse who take child health and diseases nursing course and who will start field practice.

**METHOD:** 77 students who are studying in 2012 and 2013 and taking child health and diseases nursing course formed the sample of the research. Data was collected using student introduction form which consisted of 23 questions aimed to determine views related to child neglect and abuse. In the analysis of the data frequency, percentage and average were used.

**FINDINGS:** 94.8% of the students knew that children under 18 are accepted to be child in the laws. 16.9% answered the question "Were you neglected in your childhood?" Yes, whereas 15.6% answered "I don't know." The rate of abused was %7.8. The ones who didn't take any education on child neglect and abuse was more than half (61.0%). Most of the students knew that children may be injured (90.9%) and become disabled (89.6%) as a result of child abuse. Almost all the students (90.9%) stated that they would report to the authorities in case of encountering a symptom of child abuse in hospital practices whereas almost half of them (40.3%) were misinformed in that complaint is necessary in investigating child abuse. **RESULT:** It was found that students don't receive adequate education on child neglect and abuse before starting child health and diseases nursing practice. They thought that complaint is necessary even when they encounter an abuse symptom in field practices.

**Keywords:** Neglect, abuse, nursing students

**O-021**

ORAL PRESENTATIONS - 03

Date and Time : 31.10.2013 / 13.00 - 14.45

Hall : BARBAROS-A HALL

**Goal-oriented mental health nursing: initial results from a pilot intervention study**

**Thomas Schwarze<sup>1</sup>, Sabine Hahn<sup>1</sup>, Peter Wolfensberger<sup>2</sup>, Gianfranco Zuaboni<sup>3</sup>, Dirk Richter<sup>1</sup>**

<sup>1</sup>Department Health, Bern University of Applied Sciences, Bern, Switzerland

<sup>2</sup>Integrierte Psychiatrie Winterthur-Zürcher Unterland, Winterthur, Switzerland

<sup>3</sup>Sanatorium Kilchberg, Kilchberg, Switzerland

**BACKGROUND/OBJECTIVE:**

Nursing practice in inpatient psychiatric settings often focuses on the management of the acute situation, the symptoms as well as the management of the ward and to a lesser extent on the setting of goals for the users' situation outside the clinical setting or at home. Based on various concepts such as recovery and empowerment and on the results of a previous study, a pilot intervention study was developed. The objective is to promote social integration and participation of the patients by a more goal-oriented nursing care and by evaluation of possible effects on patient and nursing outcomes.

**METHOD:**

The study is conducted at 6 wards in two mental health clinics in Switzerland between January 2013 and March 2014 and uses a mixed method design. 4 wards will receive four half-day trainings for nurses in recovery, social inclusion and goal attainment. 2 wards serve as controls. Based on the pre- and post-test design, quantitative data collection takes place using the instruments "Recovery of Self Assessment" [RSA], "Stage of Recovery Instrument" [STORI] and Goal Attainment Scale [GAS]. Additionally, focus groups with users and nursing staff will be conducted.

**RESULTS/CONCLUSION:**

The results of the first of three data collection periods will be presented. As to our knowledge nursing intervention studies in the psychiatric inpatient setting are scarce. The methodological challenges will be discussed, with a focus on the consideration of data collection and data management and consequences and recommendations for further intervention studies will be presented.

**Keywords:** intervention study, mental health nursing, recovery orientation, goal attainment

**O-022**

ORAL PRESENTATIONS - 03

Date and Time : 31.10.2013 / 13.00 - 14.45

Hall : BARBAROS-A HALL

**The professional competence profile of Finnish nurses practicing  
in a forensic setting**

**Liisa Koskinen<sup>1</sup>, Heikki Likitalo<sup>2</sup>, Jukka Aho<sup>1</sup>, Osmo Vuorio<sup>3</sup>, Riitta Meretoja<sup>4</sup>**

<sup>1</sup>*Savonia University of Applied Sciences, School of Health Care*

<sup>2</sup>*Savonia University of Applied Sciences, School of Business and Administration*

<sup>3</sup>*Niuwanniemi Hospital*

<sup>4</sup>*Hospital District of Helsinki and Uusimaa*

Forensic nursing is a global and relatively young profession that combines nursing care and juridical processes. There are, however, significant differences regarding the role, scope of practice and qualifications of forensic nurses internationally. The aim of the study was to describe the professional competence profile of practicing forensic nurses in Finland, and to explore the effects of a one-year further education program on that competence profile. The data were collected in 2011 - 2012 using the Nurse Competence Scale. The 73-item scale consisted of seven competence categories: Helping role, Teaching-coaching, Diagnostic functions, Managing situations, Therapeutic interventions, Ensuring quality and Work role. The data were analyzed using the software package SPSS version 19.0 (SPSS, Inc). The participants were 19 forensic nurses and their 15 head nurses. The assessed overall scores from both informant groups indicated a high level of competence across the seven categories. The nurses felt the overall competence level had increased during the education program. The head nurses did not see this overall change. The less frequent competence items included utilization of research and involvement of family in care. It can be concluded that the one-year further education program was effective in developing the nurses' competence profile and, in particular, affected their professional self-confidence. It will, however, be essential to strengthen their skills for working with families and their awareness of evidence-based forensic nursing.

**Keywords:** competence profile, nursing education, forensic nursing

# HORATIO, EUROPEAN PSYCHIATRIC NURSING CONGRESS 2013

*Stepped care provided by psychiatric nurses in different parts of the world...*

**October 31 - November 2, 2013 - Istanbul / Turkey**

ORAL ABSTRACTS

## **O-023**

ORAL PRESENTATIONS - 03

*Date and Time : 31.10.2013 / 13.00 - 14.45*

*Hall : BARBAROS-A HALL*

## **The Role of the psychiatric nurse in the community - from jabbing butts to delivering therapy: but what is our role exactly?**

**Pierre Galea**

*Maltese Association of Psychiatric Nurses*

Following the introduction of new psychotropic medication in the 1950's, mental health services started to emphasize care in the community, and moved the treatment of people suffering from mental illness away from large psychiatric hospitals, to the patients' own homes and communities. This has brought changes to the role of the psychiatric nurse, with nurses leaving the hospital base, and reaching out to patients in community clinics and in patients' homes. The role emerged from the whole process of deinstitutionalization, with major countries like the United States and United Kingdom closing down several psychiatric hospitals and opening new smaller mental health clinics and out-patient centres. Since then, the role of the psychiatric nurse has changed extensively, and several authors and studies continue to explore new roles for psychiatric nurses working in the community. However, despite community care being the main focus of much debate in mental health care, there are still uncertainties about the role and function of the community psychiatric nurse.

The author sets up to investigate how the role of the community psychiatric nurse evolved in major European countries, the United Kingdom and the U.S.A and will present the findings of a research study to explore the role of the community psychiatric nurse in Malta. A case study methodology is utilized with a sample of 5 participants, using semi structured interviews and analyzed by thematic analyses. The study is hoped to portray how the role of the community psychiatric nurse is evolving in the Maltese context.

**Keywords:** Community Care, Psychiatric Nurses' Role

**O-024**

ORAL PRESENTATIONS - 03

Date and Time : 31.10.2013 / 13.00 - 14.45

Hall : BARBAROS-A HALL

**Mental health nursing interventions in community and primary care settings: Stepped care or a distinct paradigm?**

**Peter Santangelo**

*School of Nursing and Midwifery, University of Tasmania, Australia*

**BACKGROUND:**

In an Australian context, the author will report on a research study investigating the nature, scope and consequences of mental health nursing interventions. The preliminary findings of the study will be explored in terms of their fit with a stepped care approach or whether a distinctive paradigm of care is emerging.

**AIMS:**

This paper will address the fundamental question "What is special about mental health nursing?" "It will explore and explicate what mental health nurses identify as distinctive about mental health nursing practice and how this contributes to positive outcomes for the clients they serve. In depth interviews with mental health nurses in autonomous practice settings, as well as the clients and co-workers with whom they have been engaged, will be utilised to develop a theoretical model of mental health nursing practice.

**METHODS:**

A Grounded Theory methodology, using a Constructivist orientation, is utilised.

**RESULTS:**

Data that has emerged to date is beginning to explicate mental health nursing practice as a distinct contribution to care delivery. Ongoing comparative analysis of data, consistent with Grounded Theory toward conceptualisation and theory development, will further refine this notion. The emerging data and concepts will be discussed against the principles of stepped care in order to examine either a fit with this concept, or identify a distinct paradigm of care.

**CONCLUSIONS:**

Mental health nurses provide distinct contributions to care delivery. Defining paradigms of mental health nursing care has implications for practice, education and research.

**Keywords:** Mental health nursing, distinctive practice, Stepped care, Grounded Theory

**O-025**

ORAL PRESENTATIONS - 04

Date and Time : 31.10.2013 / 15.15 - 17.00

Hall : KOCATEPE

**Mothers experiencing homelessness in Canada: social exclusion and health**

**Sarah Benbow<sup>1</sup>, Cheryl Forchuk<sup>1</sup>, Helene Berman<sup>1</sup>, Cathy Ward Griffin<sup>1</sup>, Carolyne Gorlick<sup>2</sup>**

<sup>1</sup>Arthur Labatt Family School of Nursing, Faculty of Health Sciences, Western University, London, Ontario, Canada.

<sup>2</sup>King's University College, Western University, London, Ontario, Canada

**BACKGROUND:** In Canada, mothers and their children experience homelessness at increasingly high rates. Their health experiences are shaped by a variety of factors including intimate partner violence, mental illness, poverty, and lack of affordable housing. Social and political forces shape their health and health experiences.

**PURPOSE:** The purpose of this critical narrative study was to understand the socio-political context, health needs, exclusionary and inclusionary forces, and strategies of resistance demonstrated by women experiencing homelessness/

**METHODS:** Critical narrative inquiry was employed for the purposes of this study. With narrative inquiry, focus is placed on the story and the art of storytelling. Data was collected at various homeless shelters and programs that provide services for women who are homeless and mothers, with a purposive sample of 24 women experiencing homelessness in Ontario, Canada, and 15 women who provide care to women experiencing homelessness.

**PRELIMINARY FINDINGS AND CONCLUSIONS:** Participants ranged in age from 18-58, with an mean age of 27 years. Majority of women indicated that were receiving financial assistance from the government. Preliminary findings reveal diverse trends and experiences with the health and homelessness of the participants. Social, health, and political implications and narrative analysis will be discussed. Implications for psychiatric nurses and mental health promoters will be shared with a focus on resistance and overcoming unique needs.

**Keywords:** homelessness, social exclusion, nursing research

**O-026**

ORAL PRESENTATIONS - 04

Date and Time : 31.10.2013 / 15.15 - 17.00

Hall : KOCATEPE

**Poverty and social exclusion for psychiatric survivors in Canada: A community-university research alliance**

**Sarah Benbow<sup>1</sup>, Abraham Rudnick<sup>2</sup>, Cheryl Forchuk<sup>1</sup>, Betty Edwards<sup>3</sup>**

<sup>1</sup>Arthur Labatt Family School of Nursing, Faculty of Health Sciences, Western University, London, Ontario, Canada.

<sup>2</sup>University of British Columbia, British Columbia, Canada

<sup>3</sup>Can-Voice, London Ontario Canada

**BACKGROUND:** Psychiatric survivors remain one of the most stigmatized, excluded and discriminated groups in our society.

**PURPOSE:** The purpose of this study is to better understand the experiences of social inclusion, exclusion and poverty for psychiatric survivors in Ontario Canada using a social justice lens.

**METHODS:** Guided by Participatory Action Research (PAR) principles, this study used qualitative data from year one of a four-year longitudinal mixed-methods study with 380 psychiatric survivors. Through the social justice lens of Nussbaum's Capabilities Approach, data were analyzed using analytic coding.

**RESULTS:** Four overarching themes emerged: (1) Poverty: "You just try to survive", (2) Stigma: "People treat you like trash", (3) Belonging: "You feel like you don't belong", (4) Shared concern and advocacy: "Everyone deserves housing".

**CONCLUSIONS:** Theoretical and societal implications are discussed with emphasis on fairness, diversity, and equity for psychiatric survivors.

**Keywords:** poverty, social inclusion, social justice, psychiatric survivors

# HORATIO, EUROPEAN PSYCHIATRIC NURSING CONGRESS 2013

*Stepped care provided by psychiatric nurses in different parts of the world...*

**October 31 - November 2, 2013 - Istanbul / Turkey**

ORAL ABSTRACTS

**O-027**

ORAL PRESENTATIONS - 04

Date and Time : 31.10.2013 / 15.15 - 17.00

Hall : KOCATEPE

## **Mental Health Engagement Network (MHEN): Connecting Clients with their Health Team**

**Cheryl Forchuk<sup>1</sup>, Abraham Rudnick<sup>2</sup>, Jeffrey Reiss<sup>3</sup>, Robbie Campbell<sup>8</sup>, Mike Godin<sup>5</sup>, Deb Corring<sup>6</sup>, Lori Donnelle<sup>2</sup>, Betty Edwards<sup>7</sup>, Beth Osuch<sup>8</sup>, Diane Rasmussen<sup>3</sup>, Evelyn Vingillis<sup>4</sup>, Ross Norman<sup>8</sup>**

<sup>1</sup>Arthur Labatt School of Nursing, Western University, London, Ontario

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<sup>3</sup>Faculty of Information and Media Studies, Western University, London, Ontario

<sup>4</sup>Schulich School of Medicine and Dentistry, Western University, London, Ontario

<sup>5</sup>Canadian Mental Health Association, London-Middlesex Branch, London, Ontario

<sup>6</sup>Mental Health Transformation, Regional Mental Health Care, London, Ontario

<sup>7</sup>Can-Voice, London, Ontario

<sup>8</sup>Department of Psychiatry, Western University, London, Ontario

<sup>9</sup>Clinical and Behavioural Neurosciences Division, University of British Columbia, Victoria, British Columbia

The MHEN project leverages a secure technology platform through the use of smart handheld devices. This empowers consumers with their own health information for the purpose of making healthy choices, and sharing health information as they choose. The MHEN project is a longitudinal, mixed qualitative and quantitative research study which has recruited 400 (245 men and 155 women) research participants diagnosed with a mood or a psychotic disorder who are currently working with mental health care professionals (54 mental health care providers across 4 agencies in the London and surrounding area). Each participant has been randomly assigned into Group 1 (early intervention) or Group 2 (later intervention). Group 1 participants received an iPhone 4S, a TELUS health space™ account, and version 1.0 of the Lawson SMART record (a web-based application that provides individuals with a personal health record and tools to help them manage their health) in July, 2012. Participants in Group 2 will initially act as a control group, and received the intervention in March, 2013. The overall hypothesis states smart health information technology will improve quality of life and reduce health care costs. The evaluation framework includes outcomes for economic, policy, ethical and effectiveness analyses. This research will allow us to develop evidenced based recommendations about the use of smart technology in mental health care.

**Keywords:** SMART Technology; Mental Health Care; Personal Health Records; Quality of Life; Health Care Costs; Mood Monitor; Mobile Technology; Web-based Technology

**O-028**

ORAL PRESENTATIONS - 04

Date and Time : 31.10.2013 / 15.15 - 17.00

Hall : KOCATEPE

**Why does mental health sometimes get put on the back-burner?  
Multiple and competing daily priorities of homeless and street-  
involved youth**

**Cheryl Forchuk<sup>1</sup>, Stephen Giustizia<sup>10</sup>, Rick Csiernik<sup>2</sup>, Kristine Diaz<sup>3</sup>, Betty Edwards<sup>4</sup>, Sandra Fisman<sup>3</sup>,  
Momodou Jeng<sup>10</sup>, Mirella Bryant<sup>5</sup>, Beth Mitchell<sup>6</sup>, Ross Norman<sup>7</sup>, Abraham Rudnick<sup>8</sup>, Piotr Wilk<sup>9</sup>**

<sup>1</sup>Nursing Research, Lawson Health Research Institute, London, Canada

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<sup>3</sup>St. Joseph's Health Care, London, Canada

<sup>4</sup>Can-Voice, London, Canada

<sup>5</sup>Youth Opportunities Unlimited, London, Canada

<sup>6</sup>London Health Sciences Centre, London, Canada

<sup>7</sup>Department of Psychiatry, Western University, London, Canada

<sup>8</sup>Department of Psychiatry, University of British Columbia, Vancouver, Canada

<sup>9</sup>Middlesex-London Health Unit, London, Canada

<sup>10</sup>City of London, London, Canada

The Youth Matters in London: Mental Health, Addiction and Homelessness is a mixed-method longitudinal study which involves 187 homeless youth living with a mental illness and/or addiction. The purpose of the project is to provide participants with a choice between three treatment and service options: 1) housing first; 2) treatment first (mental health/addiction); and 3) both housing and treatment simultaneously. Through the use of verbal questionnaires/surveys and qualitatively-oriented open-ended questions, each participant is interviewed four times over the course of three years. Interviews cover issues ranging from health and help seeking to housing and employment status. The ultimate goal of the project is to gain insight into treatment and service preferences of homeless and street-involved youth so as to better meet the needs of individual youth. In the open-ended response component of the interviews, many youth reported that lack of motivation and the tendency—in many cases—to focus on only one goal at a time in the face of multiple and competing priorities were significant barriers to seeking care and assistance with housing. Such barriers, though seemingly self-generated, make help seeking a social process fraught with difficulties; and, as such, they pose a serious challenge to both health promotion efforts and the delivery of effective care. By centering on youths' rationale about care seeking behaviours, this paper will attempt to shed light on how to better orient community care service provision to those marginalized populations that often ignore or delay seeking help as a result of multiple and competing priorities.

**Keywords:** Homelessness, youth, mental health, addiction

# HORATIO, EUROPEAN PSYCHIATRIC NURSING CONGRESS 2013

*Stepped care provided by psychiatric nurses in different parts of the world...*

**October 31 - November 2, 2013 - Istanbul / Turkey**

ORAL ABSTRACTS

**O-029**

ORAL PRESENTATIONS - 04

*Date and Time : 31.10.2013 / 15.15 - 17.00*

*Hall : KOCATEPE*

## **Build and they will Come-Iterative design and operational structures improve outcomes of care**

**Dylan Arthur Southern, Christopher Andrew Mc Goff, Peter Henderson, Maureen Henderson**

*New Care Projects LLP*

The care of older people has been restricted in its research to singular based themes. The recent Mid Staffordshire report in the UK highlights the slippage in training and attention to the basics of elder care when the profession of Nursing has been trying to stretch its practice and academic boundaries. The profession must accept that the slippage in attention to detail is not only causing services to fail but highly stressed public revenue restricted services must refocus and re engineer service delivery. The private sector has been a “sleeping dragon” which is used to public sector regulatory control and scrutiny and is therefore a model for the public sector to emulate rather than dismiss or ignore. Reductions in public expenditure are stirring the dragon which must now be embraced by professionals and service commissioners alike. New Care Projects is a highly innovative creator of elder care services with a particular focus on unit design, purchase and build with an integrated operational structure driven by research based and “mindfulness training” and practice content. The company uses Organisational Development techniques to stimulate its market and focus staff attention to producing client focussed outcomes. The use of “Mindfulness” engenders staff behavioural and cognitive control in the management of elders who in the main suffer some form of cognitive impairment. The four speakers will challenge the audience and focus on the iterative nature and symbiotic requirements of service design which is a model that public services should heed rather than dismiss.

**Keywords:** Partnership, Iterative, cost saving, improvement in care

**O-030**

ORAL PRESENTATIONS - 04

*Date and Time : 31.10.2013 / 15.15 - 17.00*

*Hall : KOCATEPE*

**Cognitive behavioural therapy and hospital readmission in patients with depression**

**Mark Vassallo**

*Maltese Association of Psychiatric Nurses*

Depression is a common mental disorder that can become chronic and if untreated, may affect the individual's ability to continue with his/her everyday life. Cognitive behaviour therapy (CBT) is the most researched therapy for depression in both the acute phase and as a maintenance treatment. This project aims to identify recent studies and critically appraise them to determine the effect of CBT on persons with depression.

The research question set was whether cognitive-behaviour therapy reduces hospital readmission in patients with depression. The PICO element consisted of individuals with depression (P), cognitive behavioural therapy (I), treatment as usual (C) reduce readmission (O). Ten full text studies published in English between 2000 and 2011 have been identified using electronic search through Academic Search Complete database and PubMed search engine. In turn these have been critically appraised using the CASP tools. Studies involving co morbidities have been excluded. CBT was demonstrated to reduce relapse and recurrence in persons with depression, both in the acute phase and moreover as a maintenance treatment in conjunction with medication. No significance difference has been observed between individual and group CBT formats.

In an effort to improve care and reduce risk of relapse, current services may need evaluation for better liaison with agencies in the mental health sector. Mental health nurses also need to continue developing their CBT skills in an endeavour to deliver optimum care. Further research may need to address when to introduce CBT as a sequential treatment and the length of time of such therapy.

**Keywords:** cognitive-behaviour therapy, depression, relapse, recurrence, readmission, rehospitalisation

**O-031**

ORAL PRESENTATIONS - 04

Date and Time : 31.10.2013 / 15.15 - 17.00

Hall : KOCATEPE

**Recognition of different mental disorders in Portuguese youth: a comparative study**

**Luís Manuel De Jesus Loureiro, Ana Terasa Martins Pedreiro, José Carlos Pereira Dos Santos**

*UICISA:E, ESEnfC, Coimbra, Portugal*

**Background**

Mental health literacy involves knowledge and beliefs about mental disorders that aid their recognition, prevention or management and it may assist in appropriate help seeking and early intervention, preventing the exacerbation of symptoms and improving health outcomes.

**Aims**

The aim of this study was to evaluate youth mental literacy about depression, schizophrenia and alcohol abuse in a sample of Portuguese youth.

**Methods**

In 2012, a survey was conducted using a stratified clustered sample of 4938 Portuguese youth with ages between 14 and 24 years, who lived in the central region of mainland Portugal. A questionnaire in the form of written self-report was used. It was composed by three vignettes describing a fictional case of depression, schizophrenia and alcohol abuse, respectively, followed by an open question about the recognition of the disorder.

The questionnaire was approved by the DGIDC of the Ministry of Education of the Portuguese Government and the Committee of Ethics of UICISA-E of ESEnfC.

Data were analyzed using the software IBM-SPSS 20.0.

**Results**

In the depression vignette, depression was the most common answer (61.1%), followed by stress (47.3%), psychological/mental/emotional problems (40.8%), nervous breakdown (33.8%) and anorexia (16.4%). In the vignette describing schizophrenia, 42,17% of the participants marked the option schizophrenia and 22.21% psychosis. The recognition of the alcohol abuse vignette is high (72.4%), although they also identified it as alcoholism (70.3%).

**Conclusions**

Insufficiencies were found in mental health literacy about depression, schizophrenia and alcohol abuse in Portuguese youth, supporting the need for school-based intervention in this area.

**Keywords:** Mental health literacy, depression, schizophrenia, alcohol abuse, youth

**O-032**

ORAL PRESENTATIONS - 04

Date and Time : 31.10.2013 / 15.15 - 17.00

Hall : KOCATEPE

**Behavioural Activation for depression delivered by mental health nurses a meta analysis and pilot randomised controlled trial of clinical and cost effectiveness**

David Ekers<sup>1</sup>, Simon Gilbody, David Richards, Dean McMillan

<sup>1</sup>Durham University, UK

<sup>2</sup>University of York, UK

<sup>3</sup>University of Exeter, UK

<sup>4</sup>University of York, UK

**Introduction**

Depression is the second largest cause of disease burden. Cognitive Behavioural Therapy (CBT) is the standard psychological treatment, barriers to access exist. Behavioural activation (BA) if as effective as CBT may offer increased access if suitable for delivery by a wider range of mental health staff.

**Method**

We explored clinical and cost effectiveness of BA through meta-analysis and randomised controlled trial with attention to parsimony of the approach and if it could be delivered by mental health nurses. Findings informed design of a large funded multi-centre RCT.

**Results**

**Meta-analysis**

BA is effective compared to controls (k = 12, SMD -0.70, 95% CI -1.0 to -0.39) and as effective as CBT (k = 12 SMD 0.08 95% CI -0.14 to 0.30). All trials used experienced psychotherapists.

**RCT**

We randomly allocated 47 depressed adults to 12 sessions of BA by mental health nurses or usual primary. A difference was found in favour of BA of -15.79 (95% CI -24.55 to -7.02) on the Beck Depression Inventory-II and Quality adjusted life year 0.20 (95% CI 0.01 to 0.39, p = 0.042) with an incremental cost effectiveness ratio of £5756 and 97% probability that BA is cost effective at £20,000. Based upon this study a multi-centre RCT of BA delivered by non-specialist therapists is recruiting 440 participants between BA and CBT. The study protocol will be presented.

**Keywords:** depression, behavioural activation, mental health nurses

**O-033**

ORAL PRESENTATIONS - 05

Date and Time : 31.10.2013 / 15.15 - 17.00

Hall : INONU

**An evaluation of the difficulties mental health workers experience while working with patients with personality disorders and the attitudes they develop against them**

**Nurhan Eren**

*Department of Psychiatry, Istanbul University, Medicine of Faculty*

**AIMS:** In this study, it was aimed to investigate the difficulties mental health workers (MHW) experience while working with patients with personality disorders (PD), their level of strain, and the attitudes they develop against PD patients.

**METHODS:** The research was carried out with 395 MHW. In order to collect data, "Personal Information Questionnaire", "Difficulty of Working With Personality Disorders" (KB-ÇZÖ) and "Attitudes Towards Patients with Personality Disorder Scales" (KBH-TÖ) were used.

**RESULTS:** In terms of occupational distribution, it was observed that the majority consists of nurses, followed by psychiatrists, psychiatry assistants and psychologists, whereas social workers almost never work with PD patients. It was found that the participants experience the greatest difficulty with patients with PD, followed by alcohol-substance dependence patients, psychoneurotic and psychotic patients. Among the reasons for experiencing difficulties the first reason was "the difficulty with forming a relationship, understanding the patient and establishing cooperation".

**CONCLUSIONS:** It was observed that the majority of MHW experience medium level difficulty while working with PD patients and their attitudes do not stand in extreme ends in terms of positive or negative attitudes. The authors conclude that high education level, specialization, having received psychotherapy education and working voluntarily, which are found to decrease the experienced difficulties while working with these patients, are qualities that need to be developed in the workers. Regarding this issue, it is thought that education, case focused experience building trainings and receiving personal psychotherapy are necessary.

**Keywords:** Mental Health Workers, Personality Disorders, Difficult Patient, Attitude

**O-034**

ORAL PRESENTATIONS - 05

Date and Time : 31.10.2013 / 15.15 - 17.00

Hall : INONU

## **Reproductive Health in Women with Serious Mental Illnesses**

Neslihan Keser Özcan<sup>1</sup>, Nur Elçin Boyacıoğlu<sup>1</sup>, Semra Enginkaya<sup>2</sup>, Hüsnüye Dinç<sup>1</sup>, Hülya Bilgin<sup>3</sup>

<sup>1</sup>Istanbul University Faculty of Health Science, Istanbul, Turkey

<sup>2</sup>Bakırköy Prof.Dr. Mazhar Osman Research and Training Hospital for Psychiatry, Istanbul/TURKEY

<sup>3</sup>Istanbul University Faculty of Nursing, Istanbul, Turkey

**BACKGROUND:** Women with mental illness are disadvantaged group both in terms of their gender and because of their mental disorders and they experience serious problems related to reproductive health.

**AIM:** The study was designed to determine the problems of women with psychotic illnesses as related to sexual life, marriage, family planning and contraception, maternal characteristics, pregnancy and postpartum issues.

**MATERIAL-METHOD:** The study was conducted with 292 female patients being treated at acute inpatient ward of psychiatric hospital in Istanbul. The data was compiled by "Questionnaire on Determining Problems in Reproductive Health." Results are compared with the results of healthy women.

**RESULTS:** The findings of the study indicate that the distinctive features of the patients diagnosed with schizophrenia in particular were more negative in the area of marriage and that all of the participants displayed negative characteristics regarding issues of sexuality. Patients diagnosed with bipolar disorder were especially under the risk for sexuality and reproductive health. The majority of those who had previous sexual experience had tried to use contraceptives but had been unable to continue using them; they showed a preference for the method of withdrawal as a method of contraception. Half of the group experienced unwanted pregnancies and had a two-fold rate of abortion, received less antenatal care, and were more likely to have smoke during pregnancy.

**CONCLUSIONS:** It was discovered that female patients with psychiatric disorders had more negative attributes with regard to marriage, sexuality, family planning, maternal characteristics and pregnancy, compared to a corresponding healthy population.

**Keywords:** reproductive health, serious mental health, Family planning,maternal characteristics, sexual health

**O-035**

ORAL PRESENTATIONS - 05

Date and Time : 31.10.2013 / 15.15 - 17.00

Hall : INONU

**Biological Markers for Postnatal Depression: A prospective Cohort Study investigating the impact of Iron Deficiency Anaemia on Maternal Mood and Cognition**

**Stephen Paul Bradford**

*Department of Health, Social Care and the Family, Canterbury Christ Church University, Canterbury, England*

It is currently accepted that 13% of newly delivered mothers experience Postnatal Depression (Howard et al, 2011), with a significantly higher number experiencing mild to moderate mood disturbance (Henshaw et al, 2009). Baby Blues and mood disturbance in the 14 days following childbirth affect as many as 70% of women. Mothers experiencing Postnatal Depression and their infants utilise more community care services than those not affected by depression (Petrou et al, 2002)/

Anaemia is the second largest cause of disability globally (WHO, 2007). In western countries Nutritional Anaemia has been estimated to be as high as 65% for newly delivered mothers. Furthermore, signs and symptoms of Iron Deficiency Anaemia can resemble those of Mild to Moderate Depression including low mood, anxiety, lack of energy, poor motivation, loss of appetite, poor concentration and memory difficulties.

Beard et al (2005) found a link between Iron Deficiency Anaemia, treatment with Ferrous Sulphate and improvements in Mood and Cognition.

The presentation will explore the phenomena of Postnatal Depression and summarise contributing factors and aetiology. The presentation will then discuss potential contributing biological disorders including Anaemia and Thyroid Dysfunction.

The presentation will further explore a current study investigating the relationship between Iron Deficiency Anaemia, Maternal Mood and Cognition.

The presentation will discuss an innovative, prospective, cohort study investigating the effect of Iron Deficiency Anaemia during pregnancy on postnatal (postpartum) mood and cognition in a primary care sample.

**Keywords:** Postnatal Depression, Postpartum Depression, Perinatal Mental Health, Perinatal Psychiatry, Postnatal Mood & Cognition, Iron Deficiency Anaemia

**O-036**

ORAL PRESENTATIONS - 05

Date and Time : 31.10.2013 / 15.15 - 17.00

Hall : INONU

**Seeking Help for Mental Health Problems: A qualitative-descriptive Survey from the Service-Users Perspective**

**Eva Janic Tola, Claudia Mischke, Petra Metzenthin**

*Master of Science in Nursing program, Bern University of Applied Sciences, Berne, Switzerland*

**BACKGROUND:** Persons with mental health problems requiring treatment often do not seek adequate help. Thus, the first point of contact structures must increasingly be oriented according to the needs and the behaviour of the (potential) patients.

**AIM:** The present study aims to complement the current state of knowledge concerning help-seeking for formal mental health through the service-user perspective.

**METHOD:** Based on a qualitative-descriptive design, semi-structured interviews were conducted with patients in a crisis intervention centre. The patients were questioned retrospectively regarding their search for formal help. The data were analysed by means of open coding according to Saldaña (2009).

**RESULTS:** All participants (n=11) were, before their first consultation with the crisis intervention agency, in contact with numerous primary care services, for example, general practitioners, the police, or teachers. The collected data were generated into eight categories. The categories are designed to generate answers which reflect the patients' experience, show their selected strategies for finding help and their reliance on others during this process, as well as their attitudes toward psychiatric services.

**DISCUSSION:** Our service-user oriented study supports a better integration of mental health in the general primary care as postulated by the WHO. Mental health services should better promote their offers, making them more transparent and understandable for the average person. Additionally, the results suggest that a better collaboration with the family members and other primary care provider could enhance the use of mental health services.

**Keywords:** Help-Seeking, Mental Health, Primary Care

**O-037**

ORAL PRESENTATIONS - 05

Date and Time : 31.10.2013 / 15.15 - 17.00

Hall : INONU

**PSI: the development of an innovative psychosocial intervention training package for mental health clinicians**

**Patricia Barkway, Eimear Muir Cochrane**

*Flinders University, Adelaide, Australia*

**Background**

This paper reports on the development of an innovative psychosocial intervention (PSI) training package for mental health clinicians in an Australian health service. Consumers, clinicians and academics developed the program collaboratively.

**Aims**

Aims include: the development a training package of creative educational materials for PSI; the establishment of a community of practice between consumers, clinicians and academics; the establishment of a pathway to postgraduate study, to thereby provide improved psychosocial care of people living with serious mental illness.

**Methods**

The project consisted of four phases

1. A community of practice comprised of consumers, clinicians and academics was established in order to determine requisite core PSI knowledge and skills.
2. The university designed and developed a package of PSI educational materials in collaboration with the health service and consumers
3. The health service implemented the PSI training
4. The training will be evaluated

**Results**

Planned outcomes of the project include: improved psychosocial care of people living with serious mental illness; the establishment of a on-going community of practice and an active relationship between the clinical setting and the university; the transfer of knowledge from research and curriculum development to the clinical setting; and the provision of a pathway into postgraduate study for clinicians.

**Conclusions**

Through the development of PSI training materials this project addresses a national mental health priority (specialised care of people with serious mental illness) and facilitates collaboration between the clinical setting and faculty staff. It also provides an innovative and flexible educational pathway to postgraduate mental health studies.

**Keywords:** psychosocial intervention, serious mental illness, collaboration, clinical education

**O-038**

ORAL PRESENTATIONS - 05

Date and Time : 31.10.2013 / 15.15 - 17.00

Hall : INONU

**Labels used by youth to describe schizophrenia: predictors of help seeking intention**

**Luís Manuel Loureiro<sup>1</sup>, Aida Cruz Mendes<sup>1</sup>, Manuel Alves Rodrigues<sup>1</sup>, Rui Aragão Oliveira<sup>2</sup>, José Carlos Santos<sup>1</sup>, Teresa Maria Barroso<sup>1</sup>, Ricardo Oliveira Ferreira<sup>3</sup>, Catarina Sofia Sousa<sup>1</sup>, Nuno Rafael Oliveira<sup>1</sup>, Ana Teresa Pedreiro<sup>1</sup>**

<sup>1</sup>*Escola Superior de Enfermagem de Coimbra, Coimbra, Portugal*

<sup>2</sup>*Instituto Superior de Psicologia Aplicada, Lisboa, Portugal*

<sup>3</sup>*CHUC, Coimbra, Portugal*

**BACKGROUND:** Mental health literacy has been defined as “knowledge and beliefs about mental disorders which aid their recognition, management or prevention”. It involves knowledge which allows a person to take action to improve their own mental health or that of others (Jorm, 2012).

**AIM:** Identify the labels used by Portuguese youth to describe schizophrenia and which ones predict help-seeking intention.

**METHODS:** A survey was conducted using a stratified clustered sample of 4938 Portuguese youth who lived in the central region of mainland Portugal. The data were collected with the QuALiSMental (Loureiro et al., 2012).

The study and the questionnaire were approved by the DGIDC of the Ministry of Education of the Portuguese Government and the Committee of Ethics of UICISA-E of ESEnC. Data were analyzed using the software IBM-SPSS 20.0.

**RESULTS:** The most frequently mentioned labels were: psychological/mental/emotional problems (57.91%), mental illness (57.15%), schizophrenia (42.17%), nervous breakdown (28.97%) and psychosis (22.21%). On the other hand, 6.84% stated that they did not know what is going on and 0.6% stated that nothing is going on. The predictors of help-seeking intention were the labels: depression, psychosis and stress.

**CONCLUSIONS:** The ability of young people to identify a set of signs and symptoms as a mental disorder may be a facilitator of professional help seeking and early intervention. In the case of psychotic disorders, such as schizophrenia, recognition of the disorder by others may also be important, particularly when the young person has reduced insight into their own condition.

**Keywords:** Mental health literacy, help-seeking, schizophrenia, youth

**O-039**

ORAL PRESENTATIONS - 05

Date and Time : 31.10.2013 / 15.15 - 17.00

Hall : INONU

**Identifying service needs and gaps for older people with mental health issues in country South Australia**

**Eimear Caitlin Muir Cochrane, Pat Barkway, O'kane Deb, Fuller Jeff**

*Flinders University*

**Background**

In Australia, the 12month prevalence of depression and anxiety is estimated to be 2% and 5% for older people living in private dwellings. Concerns have been raised about high levels of unmet need for mental health services in older people in Australia and internationally. Older people are reported to access mental health services at a lower rate than younger adults and have longer waiting periods to receive treatment.

**Aims**

1. Whether the mental health services available in one country area in South Australia (Southern Fleurieu and Kangaroo Island) are adequate to meet the needs of people aged >65years.
2. Why some people do not (or cannot) access the services that they need.
3. How access to services and treatments could be improved

**Methods**

Semi-structured interviews with 15-20 key informants. Participants are mental health clinicians, consumers and carers from mental health services and non government organisations in the area. Interviews seek to establish participants' perceptions of the effectiveness of service provision to older people with mental health problems in this community region.

**Results**

Early results indicate that perceptions about care and access to care differ amongst differing health services. Specific barriers and enablers regarding service provision for older people are being elucidated through data analysis.

**Conclusions**

Data analysis is not yet complete. We will report the representation of the specific issues facing service providers as well as recommendations to enhance access to health services.

**Keywords:** older persons mental health

**O-040**

ORAL PRESENTATIONS - 05

Date and Time : 31.10.2013 / 15.15 - 17.00

Hall : INONU

**The effects of an exercise programme on young people with depression. A mixed methods evaluation**

**Tim Carter, Patrick Callaghan, Ioannis Morres, Elizabeth Khallil**

*School of Nursing, Midwifery and Physiotherapy, University of Nottingham, Nottingham, UK*

**Background**

Evidence suggests that exercise, as well as having obvious physical benefits, also has positive effects on mental health. However, there is a distinct paucity of research testing its effects on young people seeking help for depression and low mood.

**Aims**

- 1: To determine the effectiveness of an exercise programme at reducing the depressive symptoms of young people with depression.
- 2: To determine the acceptability and possible underlying processes of an exercise programme for young people with depression
- 4: To determine the cost effectiveness of an exercise programme for young people with depression.

**Methods**

The mixed methods design incorporates a Randomised Controlled Trial (RCT), semi structured interviews and an economic evaluation. Participants: 128 young people (14-17 years) will be recruited from primary care and mental health services and randomly allocated to either the intervention group or control group. Intervention group: Participants will undertake a six week exercise programme of 12 X 45 minutes of preferred intensity aerobic exercise. Participants will also be invited to take part in 1-1 interviews following completion of the exercise programme to determine acceptability and possible underlying processes at work. Control group: Participants will continue their treatment as usual. Primary Outcome measure: Children's Depression Inventory 2 (CDI-2).

**Results**

Over 70% of participants have been recruited into the study and the intervention phase will be complete in August. As such, the findings will be presented at the conference.

**Conclusions**

Implications for mental health nursing practice, future research and education will be presented.

**Keywords:** Depression, Adolescence, Exercise, Mental Health, Intervention,

**O-041**

ORAL PRESENTATIONS - 06

Date and Time : 31.10.2013 / 15:15 - 17.00

Hall : BARBAROS-A HALL

**The Effect of Music on Auditory Hallucination and Life Quality in Schizophrenic Patients**

**Şükran Ertekin Pinar<sup>1</sup>, Havva Tel<sup>2</sup>**

<sup>1</sup>Cumhuriyet University Faculty of Health Sciences, Department of Midwifery, Sivas, Turkey

<sup>2</sup>Cumhuriyet University Faculty of Health Sciences, Department of Nursing, Sivas, Turkey

**BACKGROUND:** Auditory hallucination is very prevalent in schizophrenia. Auditory hallucination effects the continuation of daily life activities and life quality of the individual very seriously.

**AIMS:** Aim of the research is to determine the effect of music on auditory l hallucination and life quality of schizophrenic patients.

**METHODS:** The subject of this semi-experimental pattern consists of 28 patients that are hospitalized with schizophrenia diagnosis and auditory hallucination. Data is collected by personal information form, scale for the assessment of positive symptoms (SAPS), characteristics of auditory hallucinations questionnaire and quality of life instrument and monitoring after discharge form. Variance analysis, t test, chi square test are used for evaluation of data.

**RESULTS:** The hallucination, positive formal thought and total SAPS points of patients in experiment group in hospitalization were determined to be higher than discharge and monitoring after discharge. The hallucination, delusions and SAPS points of patients in control group in hospitalization were found to be higher than discharge and monitoring after discharge. Auditory hallucination properties scores of patients in experiment and control groups decreasingly continued after discharge. The physical, mental, environmental and national environmental area scores quality of life in experiment group was found to be higher in 6. month after discharge compared to hospitalization.

**CONCLUSIONS:** Listening to music has positive effects on positive indication and life quality of patients with auditory hallucination. In line of these results supporting of music listening can be suggested for struggling auditory hallucination and obtaining positive life quality.

**Keywords:** Schizophrenia patients, Auditory hallucinations, Quality of life, Music therapy, Inpatient

**O-042**

ORAL PRESENTATIONS - 06

Date and Time : 31.10.2013 / 15:15 - 17:00

Hall : BARBAROS-A HALL

## **Need and usage of support among young informal carers of persons with mental illness: a mixed-method study**

Lilas Ali<sup>1</sup>, **Britt Hedman Ahlström**<sup>2</sup>, Barbro Krevers<sup>3</sup>, Nils Sjöström<sup>1</sup>, Ingela Skärsäter<sup>4</sup>

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<sup>2</sup>*Department of Nursing, Health and Culture, University West, Trollhättan, Sweden*

<sup>3</sup>*Department of Medical and Health Sciences, Linköping University, Linköping, Sweden*

<sup>4</sup>*School of Social and Health Sciences, Halmstad University, Halmstad, Sweden*

**BACKGROUND:** The high prevalence of mental illness among young persons means that their relatives and close friends are exposed to stress by having to take on the responsibility for the support of family members or friends in difficult situations of life when suffering from mental illness, such as suicidal threats, depression, anxiety and no insight in the severity of their illness. Young informal carers have shown to be exposed to a great burden in which they put their own daily tasks aside in order to stay close to the person who suffers from mental illness.

**AIM:** Explore how young (16–25) informal carers of a person with a mental illness experience and use support.

**METHOD:** In a mixed method approach, we first interviewed 12 young carers, and 241 completed a self-administered questionnaire. While the young carers strive to maintain control, their main support seems to be others in their lives, who often define the situation differently.

**RESULTS:** The carers said web-support, counseling, and group counseling might be helpful, yet very few had any professional support. The results also showed that the young informal carers' safety net is their social network and the person who suffer from mental illness.

**CONCLUSION:** Young informal carers are in need of support but they do not receive it. Professional support is required. Implication: Further studies about the needs of young informal carers of persons with mental illness especially those supporting friends, is necessary to gain before planning to start support interventions for them.

**Keywords:** support, young persons, informal carers, mental illness, Mixed Method

**O-043**

ORAL PRESENTATIONS - 06

Date and Time : 31.10.2013 / 15:15 - 17.00

Hall : BARBAROS-A HALL

**Effects of psychoeducation on expressed emotion levels and family functioning among the families of patients with first episode schizophrenia. A survey from Turkey**

**Emine Öksüz<sup>1</sup>, Semra Karaca<sup>2</sup>, Gülten Özaltın<sup>2</sup>**

<sup>1</sup>Department of Psychiatry, Gulhane Military Medical Academy Haydarpasa Training Hospital, Istanbul, Turkey

<sup>2</sup>Department of Psychiatric Nursing, Marmara University, School of Nursing, Istanbul, Turkey

**Background.** Expressed emotion levels and family functioning in the families of schizophrenia patients effects the course of the disease. Early period of schizophrenia is considered to be the most appropriate time for some of the interventions to manage the long term course of the disease.

**Aims.** The aim of this study was to investigate the effects of psychoeducation on expressed emotion levels and family functioning in the families of military personel patients with first episode schizophrenia. **Methods.** This study is designed as a pre- and post-test experimental study with control group. The study sampling consisted of 60 family members (30 experimental- 30 control) who met the criteria for inclusion in the study. Psychoeducation was given to the psychoeducation group, but not to the control group. Psychoeducation program designed as a structured group practice was applied to the psychoeducation group weekly throughout nine weeks period. Each education session was ninety minutes long. The effects of psychoeducation was measured before and after the education. A data collection form, Expressed Emotion Scale and Family Assessment Device were used to collect the data for this study.

**Results.** Expressed emotion levels were decreased and family functioning was increased for the psychoeducation group.

**Conclusions.** The data indicated that psychoeducation carried out among the families of first episode schizophrenia patients is effective on expressed emotion levels and family functioning.

**Keywords:** expressed emotion, family functioning, psychoeducation

**O-044**

ORAL PRESENTATIONS - 06

*Date and Time : 31.10.2013 / 15:15 - 17.00*

*Hall : BARBAROS-A HALL*

**Nurses' Attitudes Towards Death and Factors Influencing These Attitudes**

**Didem Ayhan<sup>1</sup>, Cahit Pekyardımcı<sup>2</sup>**

<sup>1</sup>*Department of General Surgery, Gulhane Military Medical Academy, Ankara, Turkey*

<sup>2</sup>*Department of Psychiatry Nursing, Gazi university, Ankara, Turkey*

This research was applied to the nurses who were volunteer to attend this research and who worked in Ataturk Training and Research Hospital and Gulhane Military Medical Academy. The sample of this research is consisted of 214 nurses who work in both hospital. The data of this research was collected within face to face interviews by the help of general information collecting form (individual data collecting form) and "Death Attitudes Profile – Revised ( DAP-R)". The reliability and validity tests of DAP-R were made in 2008. Descriptive statistical methods were used in data analyses. Statistics were analyzed and interpreted via t-test and ANOVA test. The findings of this study showed that nurses' attitudes toward death were effected by frequencies of confrontations of death, economic conditions of nurses, their ages, prior their psychiatric illness and their ongoing psychiatric illness. There was no difference between nurses' attitudes towards death and the other variables was used in this study.

**Keywords:** Death, Attitudes towards death, Nursing, Attitude

**O-045**

ORAL PRESENTATIONS - 06

Date and Time : 31.10.2013 / 15:15 - 17:00

Hall : BARBAROS-A HALL

**Traumatic/Secondary Traumatic Experiences, Empathy and  
Burnout Levels among Turkish Military Nurses**

**Nese Ugurlu, Celale Tangül Özcan**

*Psychiatric Nursing, Gulhane Military Medical Academy School Of Nursing University, Ankara, Turkey*

This descriptive study was aimed to determine the effects of traumatic/secondary traumatic experiences of nurses on their empathy and burnout levels among a Turkish military nurse sample. Traumatic events may not cause only victims but also their relatives, friends and health professionals. The stress reactions of these individuals are called secondary traumatic stress. Health professionals may feel at one with the patient overwhelmed with the emotions by which some health professionals experience the feelings of patients.

**Methods**

The sample included 46 nurses Gulhane Military Medical Academy. Sociodemographic questionnaire were used to obtain data in the study. The participants completed a self structured questionnaire, Semptom Checklist The Interpersonal Reactivity Index(IRI), Maslach Bornout Scale(MBI), Eysenck Personality Questionnaire Revised-Abbreviated Form(EPQR-A).

**Findings**

The findings have shown that the nurses who have PTSD symptoms were statistically significant association with emotional exhaustion subscales of the MBI ( $z:2.010$ ,  $p:0.04$ ). The relationship between the nurses' levels of burnout and empathy were found negatively correlated ( $r:-.322$ ,  $p:0.02$ ). The relationship levels of burnout correlated negatively with extraversion subscales of the EPQR-A. The study were found that levels of burnout correlated positively with neuroticism subscales of the EPQR-A ( $r: -.041$ ,  $p=0.004$ ).

**Results**

The nurses who have a higher burnout score have a lower empathic skills score. The extroverted personality capable of these nurses have a lower burnout score, whereas the neuroticism personality capable of these nurses have a higher burnout score. The study have shown that nurses are as affected by traumatic and also secondary traumatic events.

**Keywords:** Seconder trauma, Empathy, Burnout

**O-046**

ORAL PRESENTATIONS - 06

Date and Time : 31.10.2013 / 15:15 - 17.00

Hall : BARBAROS-A HALL

**Using Simulated Patient in Micro-Education About  
“Communication with Deaf Patient at Discharge” in Emergency  
Service: A Pilot Study**

**Cigdem Yuksel<sup>1</sup>, Vesile Unver<sup>2</sup>**

<sup>1</sup>Mental Health Nursing Department, Gullhane Military Medical Academy, Ankara, Turkey

<sup>2</sup>Internal Medicine Nursing Department, Gullhane Military Medical Academy, Ankara, Turkey

**Background**

Effective communication at discharge is a vital component in emergency department (ED) care especially when the patient is deaf which may lead an barrier to communicate. Deaf patients (DP) often fail to understand major elements of their discharge and home care plan which are potential risks of medical errors or adverse drug events.

**Aims**

The aim of the study was to investigate the effect of a systematic micro-education programme (MEP) for senior nursing students.

**Methods**

The study was designed and carried out as a quasi-experimental investigation in Turkey in September 2012. The participants were twenty-two senior nursing students serving internship in the ED of a university hospital. For MEP, four scenarios of simulated patients were developed by the faculty members. Two of the senior students were designated to act as simulated (deaf) patients and received training in all four scenarios that corresponded to their role. During MEP, barriers in effective communication with DP were discussed and solutions were found. The student feedback was obtained after the completion of the simulation scenarios.

**Results**

The students gave positive feedback regarding the use of the simulated patient as a teaching method. All of them explained that they learned how to solve problems in communication with deaf patient.

**Conclusions**

The results of this pilot study suggest that the use of a simulated patient in MEP about “Communication With Deaf Patient” proved effective.

**Keywords:** Micro-education, Communication, Deaf, Nursing, Simulated Patient

O-047

ORAL PRESENTATIONS - 06

Date and Time : 31.10.2013 / 15:15 - 17.00

Hall : BARBAROS-A HALL

**Feasibility and preliminary results of a Collaborative Care Program for patients with Borderline or NOS Personality Disorder**

**Barbara Stringer<sup>1</sup>, Barbara Stringer<sup>2</sup>, Berno Van Meijel<sup>2</sup>, Berno Van Meijel<sup>3</sup>, Pieter Karman<sup>4</sup>, Bauke Koekkoek<sup>5</sup>, Bauke Koekkoek<sup>6</sup>, Adriaan Hoogendoorn<sup>1</sup>, Ad Kerkhof<sup>7</sup>, Aartjan Beekman<sup>1</sup>**

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<sup>2</sup>Research group Mental Health Nursing, Inholland University of Applied Science / cluster Nursing, Amsterdam, the Netherlands

<sup>3</sup>Parnassia Psychiatric Institute, The Hague, the Netherlands

<sup>4</sup>The Jutters Foundation, The Hague, the Netherlands

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<sup>6</sup>Research Group Social Psychiatry & Mental Health Nursing, HAN University of Applied Science, Nijmegen, the Netherlands

<sup>7</sup>Department of Clinical Psychology, VU University, Amsterdam, the Netherlands

**Introduction:** Structured psychotherapy is recommended as the preferred treatment of personality disorders. A substantial group of patients, however, has no access to these therapies or does not benefit. For those patients a Collaborative Care program (CCP) was developed. We aimed to investigate feasibility and preliminary outcomes of the CCP for patients with Borderline or NOS personality disorders.

**Methods:** Mixed methods were used in a comparative multiple case study, including 26 cases. The CCP was compared to are as Usual.

Data were collected among patients, informal carers and nurses at three measurement points (baseline, 5 and 9 months). The main outcome indicators were quality of life and severity of the BPD manifestations.

**Results:** Despite incomplete implementation of the CCP and the small sample a significant decrease in severity of BPD symptoms was found. Other outcomes did not show significant differences, but indicated modest effect sizes. However, in the experimental condition a significant higher Mental Health Care utilization was found. Three surpassing themes of the CCP were essential: 1) improved goal orientation in the treatment process; 2) a stronger appeal to self-management skills of patients and 3) improved skills in establishing and maintaining effective therapeutic relationships.

**Conclusions:** In conclusion, patients who had no (more) access to psychotherapy might benefit from a Collaborative Care Program, managed by (community) mental health nurses. A future RCT should confirm our preliminary results and investigate cost effectiveness, but less intensive treatments than full-blown psychotherapy might be feasible and maybe advisable for a well-indicated group of patients.

**Keywords:** Collaborative Care, personality disorders, borderline personality disorder, integrated care, community mental health care, nursing

**O-048**

ORAL PRESENTATIONS - 06

*Date and Time : 31.10.2013 / 15:15 - 17:00*

*Hall : BARBAROS-A HALL*

**Dutch Social Systems: A challenge for forensic mental health  
nurses**

**Rik Koopman, Audrey Scholte van Mast**

The area of Dutch mental health is currently experiencing major changes. GGZ Nederland (National Mental Health Services Netherlands) was asked by the national government to aim and develop policies that would set off de-institutionalisation and to encourage community mental health. An important feature is the involvement of social relations in the care of people with mental illness and/or disorders. Well-informed social network members are more capable to give the illness a place in their lives and develop strategies in order to handle their relative's handicap. The literature that deals with social systems does not give a satisfactory answer to the question: "Is there scientific evidence that social systems lessen the changes of relapses in criminal behaviour and psychiatric symptomatology in forensic mental health, especially when it comes to forensic mental health nurses contributions".

The answer is no. Therefore the reason of this presentation is to examine the meaning of mental health problems as it affects forensic mental health patients and their social systems in their lives. The presenters believe, with the aid of the available literature dealing with social systems in general, that nurses, who work in forensic mental health, can have a prominent role in the collaboration between direct-care givers and a social network in order to assist in achieving positive outcomes in regard to treatment and support of forensic mental health patients. In order to give an impression of the issues involved practical examples will be given.

**Keywords:** Forensic mental health nursing, professional development, social systems, clinical practice.

**O-049**

ORAL PRESENTATIONS - 07

Date and Time : 01.11.2013 / 13.00 - 14.45

Hall : KOCATEPE

**Faculty Members' Opinions about Mental Illnesses and Patients**

**Nurdan Özdamar Yüksel<sup>1</sup>, Mualla Yılmaz<sup>2</sup>**

*<sup>1</sup>Department of Pediatric Surgery, Mersin University Hospital, Mersin, Turkey*

*<sup>2</sup>Department of Psychiatric Nursing, High School of Health, Mersin University, Mersin, Turkey*

This study was conducted as a descriptive study from November 2010 to April 2011 in order to examine faculty members' attitudes and behaviors about mental illnesses and patients. The research universe included a total of 435 academicians of four-year faculties of Mersin University during 2010-2011 academic year while the research sample consisted of a total of 284 faculty members who were chosen through the stratified random sampling method and agreed to participate in the study. Research data were collected through the Opinions about Mental Illness Scale-OMI and personal information form for faculty members. The obtained data were then analyzed by using Statistical Package for the Social Sciences (SPSS), the MedCalc<sup>®</sup>v Shapiro Wilks, Student's t and Tukey tests.

The study found that 68,7% of the faculty members in the study were aged 35-50, 56,7% were male, 93,7% had lived in a city center for the longest period, and 54,3% had worked for 10-20 years. It was also found that there was no statistically significant differences between the opinions about mental illness scale mean scores of the faculty members in 20-35, 35-50, over-50 age groups, male faculty members tended to believe that not only mental patients but the people around them had a role in the formation of mental illnesses more than female academicians, those faculty members who were interested in psychology or psychiatry but didn't read relevant books believed that mental patients are dangerous.

As a result, this study concluded that faculty members needed to be informed about mental illnesses.

**Keywords:** Mental illness, opinions, attitude, nursing

**O-050**

ORAL PRESENTATIONS - 07

*Date and Time : 01.11.2013 / 13.00 - 14.45*

*Hall : KOCATEPE*

**How Irish psychiatric nurses can improve the physical health and well-being of patients receiving neuroleptic medication**

**Angela M Cocoman<sup>1</sup>, Mary Casey<sup>2</sup>, Gerard Fealy<sup>2</sup>**

<sup>1</sup>*Dublin City University*

<sup>2</sup>*University Collage Dublin*

The literature suggests that the physical health needs of patients receiving neuroleptic medication receive suboptimal physical health care and many patients consequently lose approximately 25 years of life. This is mostly due to undetected metabolic syndrome. A number of clinical guidelines have been formulated to provide practical and useful standards for the prevention, detection and management of metabolic syndrome. Despite these guidelines there remains to be poor monitoring of for the signs of metabolic syndrome and other somatic morbidities. Because of this, many patients go undetected and in most instances they endure secondary complications that could have been prevented or treated effectively with little financial costs to the health service. The aim of the study is to enhance and improve the physical health and well-being of patients attending an Irish community mental health service who receive neuroleptic medication. The objectives are to monitor the physical health of patients receiving long-acting neuroleptic medications with particular reference to identifying the predisposing factors for metabolic syndrome and to develop action plans to address the physical health of patients. This study uses an action research methodology to investigate the presence of metabolic syndrome and other somatic morbidities and to develop action plans to address these problems. The action research approach involves the conduct of research in a collaborative way, with people rather than on, and actively engages study participants (doctors, nurses and patients) who themselves shape the process of investigation. The study is currently underway and is succeeding to addressing the aim and objectives.

**Keywords:** Physical health of psychiatric patients

**O-051**

ORAL PRESENTATIONS - 07

Date and Time : 01.11.2013 / 13.00 - 14.45

Hall : KOCATEPE

**An Exploration of The Role of The Community Mental Health Nurse in Mental Health Services for Older Persons in Ireland**

**Brigid Arkins<sup>1</sup>, Audrey Coveney<sup>2</sup>**

*<sup>1</sup>Waterford institute of technology department of nursing*

*<sup>2</sup>St. fintans hospital portlaoise*

**Background/ Literature:** Community mental health nurses (CMHN) working in mental health services for older persons (MHSOP's) provide care and support for patients and families in their homes., with a variety of presentations. However for the purpose of this study, the focus is on Dementia and Behavioural and Psychological Symptoms of Dementia (BPSD).

**AIM:**

1. To explore the factors which impinge upon community mental health nurses working within mental health services for older persons with regard to dementia.
2. To analyse the significant contributions of community mental health nurses in the management of patients with dementia and BPSD in the community.
3. To identify areas of further role development for community mental health nurses working in mental health services for older persons, with particular emphasis on their role in caring for dementia patients with BPSD.

**Method:** The study followed the theoretical framework of descriptive qualitative research. Community mental health nurses working in mental health services for older persons in two services were recruited to participate in 30 minute semi-structured interviews.

**Results:** Data was analysed using thematic content analysis. Results showed the significant contribution Community mental health nurses have in nursing Dementia and BPSD in the community. Findings outlined the biopsychosocial aspects of care for patients and families and the need to further define the CMHN's specific remit and role in order to evolve.

**Keywords:** dementia, community mental health nursing, BPSD

**O-052**

ORAL PRESENTATIONS - 07

Date and Time : 01.11.2013 / 13.00 - 14.45

Hall : KOCATEPE

**A teachable moment**

Åse Christiansen<sup>1</sup>, Svein Roald Schomer Olsen<sup>2</sup>

**SUBSTANCE ABUSE AMONG SOMATIC PATIENTS:** A strategy for treating harmful use of alcohol, intoxication and addiction in a somatic hospital setting.

The purpose of the strategy is:

- To improve the quality of treatment in regard to the diagnosis the patients are treated for in a somatic setting by identifying and intervene towards problem alcohol.

**Methodology and actions**

The enterprise is based on education of the health staff on alcohol and drugs health work. The education is adapted to the different challenges facing different divisions and departments. One important part of the education is to challenge attitudes like "it is difficult for the staff and for the patient if we start asking questions about alcohol use".

The project started out in the emergency ward and has gradually expanded to new divisions and departments at Stavanger University Hospital in Norway.

The enterprise builds on a model with different intervention levels:

- Screening/Identification, implementations of procedures for identifying patients in the main target group (acute intoxication, harmful use and dependence syndrome)
- Written information for lifestyle changes
- Advice from health staff regarding alcohol and/or drug use
- Advice/counselling from specially trained health staff
- Collaboration with external health and social services
- Referral of patient from the somatic setting to specialised treatment for drug and alcohol abuse

**RESULTS:**

Among the patients who have been referred to Alcohol nurse specialist over a period of 5 years, more than 50% had not been in contact with health service earlier, due to alcohol problems.

**Keywords:** alcohol, intervention, nursing, advice, counselling

**O-053**

ORAL PRESENTATIONS - 07

Date and Time : 01.11.2013 / 13.00 - 14.45

Hall : KOCATEPE

## **The Exposure Levels to Horizontal Violence of Nursing and Midwifery Students**

**Medine Koc<sup>1</sup>, Döndü Batkın<sup>2</sup>**

<sup>1</sup>Department of Nursing, Gaziosmanpaşa University Tokat Health School, Turkey

<sup>2</sup>Department of Midwifery, Gaziosmanpaşa University Tokat Health School, Turkey

**BACKGROUND:** Horizontal violence is an important problem in the healthcare sector with severe negative consequences on nurses, midwives, patients and employers. It is expressed that students and newly-graduated nurses and midwives who are new to the workplace are more subject and more sensitive to horizontal violence.

**AIMS:** This study has been conducted to determine the facts and figures for students of nursing and midwifery who are exposed to horizontal violence at practice places.

**METHODS:** The sample of this descriptive study was comprised of 368 students who were in their 2nd, 3rd, and 4th years of undergraduate nursing and midwifery programs of a health school during the 2012-2013 academic year and currently doing practice at healthcare facilities. The data of the study was collected using an Information Form. Data analysis was performed using descriptive statistics and chi-square test.

**RESULTS:** 56.5% of the students are from nursing department, the mean age of students is  $21.67 \pm 1.93$ , 85.3% are female. 56.8% of the students told that they exposed to horizontal violence, 51.9% expressed that violence was implemented by nurses or midwives working in the services. 38.3% of students told that they were exposed to sarcastic remarks, 37.5% stated that their works was ignored. 38.0% of students shared the incident with a peer or a significant other. In this study the levels of exposure to horizontal violence of midwifery students was higher than that of the nursing students ( $p = .000$ ).

**CONCLUSIONS:** It has been determined that most of the students are exposed to horizontal violence at practice areas and very often these acts of violence are implemented by the department nurses or midwives working in these services.

**Keywords:** Nursing, Midwifery, Student, Horizontal Violence, Practice Place

**O-054**

ORAL PRESENTATIONS - 07

Date and Time : 01.11.2013 / 13.00 - 14.45

Hall : KOCATEPE

**Special Observation in inpatient treatment of people with mental illness - a review of the literature and implications for germany**

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**BACKGROUND:** There are different terms for and forms of observation used in treatment in german inpatient psychiatry such as “1:1 Betreuung”, “Einzelbetreuung” or “Sichtkontrolle”. The last term regularly used with different time shifts. Observation is recommended by the DGPPN guidelines such as the S3-Leitlinie “Unipolare Depression” or the S2-Leitlinie “Therapeutische Maßnahmen bei aggressivem Verhalten”. There are only few recommendations on how observation should be used or who should carry out observation neither of the process of decision-making. A national guideline doesn't exist.

**OBJECTIVE:** To report the stage of international research on of special observation and to develop implications for the german-speaking countries.

**METHODS:** Systematic literature research

**RESULTS:** The literature consists mainly of descriptive studies. There are no german studies at all. There are no standardized approaches. Use of assistants may have a negative impact on quality of the intervention and may result in an accumulation and change of measures. Nurses have a responsible role in special observation. There are different experiences and perceptions of patients and nurses. Special observation includes both therapeutic and non-therapeutic components.

**CONCLUSIONS:** The focus should be on the therapeutic aspects of observation, particularly involvement and development of hope. Observation might restrict personal freedom and should be used as rarely as possible. Strengthening nurses in decision-making is associated with increased quality. More research is needed regarding the effectiveness, the frequency of utilization and opportunities for prevention. The importance of observation is in contrast to the lack of relevant data.

**Keywords:** special observation, germany, literature review, psychiatry

**O-055**

ORAL PRESENTATIONS - 07

*Date and Time : 01.11.2013 / 13.00 - 14.45*

*Hall : KOCATEPE*

**On the road to stepped care in Belgium**

**Marc Haspeslagh**

In 1992 Belgian psychiatric care was reformed into a preliminary system of stepped care. Psychiatric services were made available in acute and psychiatric hospitals, sheltered living homes and psychiatric rest homes.

In 2010 a change in legislation (art.107) made it possible for acute and psychiatric hospitals to cooperate in a structured manner by pooling budgets and staff for establishing outreaching psychiatric care. Five functions were defined:

1. Prevention, promotion, early detection, screening and diagnostics
2. Ambulatory care teams for acute and chronic psychiatric problems
3. Rehabilitation teams for recovery and social integration
4. Intensive residential care unit for acute and chronic psychiatric problems
5. Living facilities when home care is not anymore possible.

The initiative for cooperation resides by the hospitals. Different projects started in different regions of the country. Some examples of projects will be given with preliminary findings. Some critical remarks conclude the presentation.

**Keywords:** care reform, art.107, global care management

**O-056**

ORAL PRESENTATIONS - 08

Date and Time : 01.11.2013 / 13.00 - 14.45

Hall : INONU

**Comparison The Needs of Psychological Counseling and Life Satisfaction of Elderly Nursing Home Residents**

**Nevin Günaydın**

*Ordu University Department of Health*

**OBJECTIVE:** This research purpose is to determine whether the older people's guidance psychological needs according to life satisfaction.

**METHOD:** This study was a descriptive study in a nursing home in Ordu. The data were collected using "Personal Information Form", "Life Satisfaction Scale", "Guidance and Counseling Needs of Elderly Scale"

**RESULTS:** Between the guidance and counseling needs and life satisfaction ( $r=-0.137$   $p<0.01$ ). of nursing home residents were found highly significant relationship Between the life satisfaction and guidance subscale ( $r=-0.322$   $p<0.01$ ), need to consult subscale ( $r=-0.302$   $p<0.01$ ) were found significant relationship. Between the life satisfaction and age ( $r=0.369$   $p<0.05$ ) were found significant relationship positively.

Between the life satisfaction and feeling of not being alone ( $r=-0.195$   $p<0.05$ ) were found significant relationship negatively.

Between the guidance and counseling and be afraid of death situation ( $r=-0.392$   $p<0.05$ ) and between the availability to participate in activities ( $r=-0.388$   $p<0.05$ ) were found significant relationship positively. Between the need of psychological counseling and be afraid of death situation ( $r=-0.489$   $p<0.05$ ); the availability to participate in activities ( $r=-0.289$   $p<0.05$ ); making plans for the future status ( $r=-0.258$   $p<0.05$ ) were found significant relationship positively.

Between the the need of guidance and the availability to participate in activities ( $r=-0.416$   $p<0.05$ ) were found significant relationship positively.

**CONCLUSION:** The older people who stay in nursing home decreased the needs of guidance life satisfaction increased.

**Keywords:** Elder People, Psychological Guidance Needs, Life Satisfaction

**O-057**

ORAL PRESENTATIONS - 08

Date and Time : 01.11.2013 / 13.00 - 14.45

Hall : INONU

**Multi-level mental health complexities in a mining-affected region of Guatemala**

**C Susana Caxaj<sup>1</sup>, Helene Berman<sup>2</sup>, Susan L. Ray<sup>2</sup>, Jean Paul Restoule<sup>3</sup>, Colleen Varcoe<sup>4</sup>**

<sup>1</sup>University of British Columbia, Okanagan, Canada

<sup>2</sup>Western University, London, Ontario, Canada

<sup>3</sup>University of Toronto, Ontario, Canada

<sup>4</sup>University of British Columbia, Vancouver, Canada

**BACKGROUND:** The Western highlands of Guatemala are marked by a history of violence and colonial legacies. Since the 1990s, changes to mining policy in the country have ushered large-scale mining operations into the region.

**AIMS:** We carried out a research project with the community of San Miguel Ixtahuacán where a gold mining operation, the Marlin Mine, is situated. We sought to understand the mental health experiences of this community as a relational whole.

**METHODS:** Using a participatory narrative approach informed by local Indigenous knowledge, we carried out interviews in 14 villages with 56 participants ranging from 18 to 64 years of age. Data was collected through focus group interviews and photo-voice methods and interpreted using McCormack's analytic lenses and community-based iterative strategies.

**RESULTS:** Participants' stories revealed intersecting forces of gendered inequity, poverty, dispossession and genocide as lived contexts inseparable from everyday health challenges. Participants also reported living under a climate of fear through persecution, criminalization, conflict and social disharmony as a result of the imposition of mining operations. For many residents, suffering manifested as embodied expressions of distress, complex health experiences felt as much spiritually, as physically and mentally.

**CONCLUSIONS:** Participants reports revealed the profound health impact that local mining operations in the region have occasioned. Next steps in developing a community-based model to address some of these mental health challenges will be discussed.

**Keywords:** mental health promotion, community mental health, violence, environmental determinants, large-scale mining, Indigenous health

**O-058**

ORAL PRESENTATIONS - 08

Date and Time : 01.11.2013 / 13.00 - 14.45

Hall : INONU

**Internet-based support and coaching for young persons with ADHD and autism spectrum disorders with a focus on everyday life. A chat-log analysis**

**Britt Hedman Ahlström<sup>1</sup>, Elisabet Wentz<sup>2</sup>**

<sup>1</sup>Department of Nursing, Health and Culture, University West, Trollhättan, Sweden

<sup>2</sup>Institute of Neuroscience and Physiology, Gillberg Neuropsychiatry Centre, Sahlgrenska Academy, University of Gothenburg, Sweden

**BACKGROUND:** This study focuses on the everyday life of young persons with neuropsychiatric disorders (NPD), such as attention-deficit/ hyperactivity disorder (ADHD) and autism spectrum disorders (ASD).

**AIM:** To describe how young persons with NPD function and how they manage their everyday life based on analysis of internet-based chat logs.

**METHOD:** A qualitative design was employed. Twelve young persons (seven males and five females aged 15-26 years) with NPD participated in an eight-week Internet-based Support and Coaching (IBSC) study, comprising chat via Internet. Data consisted of 12 chat logs (445 pages of text) produced interactively by the participants and their personal coaches. The text was analysed using qualitative content analysis.

**FINDINGS:** Two themes were revealed: 1. 'When performance is an achievement' with the subthemes; 'understanding the problems', 'possibilities and limitations of treatment', and 'to perform well enough'. 2. 'When social life is an achievement' with the subthemes; 'desire for closeness' and 'dealing with social relations'. Everyday life for the young persons with NPD was directed towards overcoming hindrances in performance and social interactions stemming from their disabilities.

**CONCLUSIONS:** The study reveals the young persons' reflections on how they function in everyday life and their efforts to overcome obstacles by using conquering strategies while pursuing transition into adulthood. Their ability to express these processes in an IBSC chat became evident. Using e-coaching in this population makes available new opportunities for nurses and other health-care professionals to pay serious attention to these young persons' problems.

**Keywords:** ADHD, autism, coaching, content analysis, effects of medication, everyday life, Internet-based support, nursing, social interaction, young persons

**O-059**

ORAL PRESENTATIONS - 08

Date and Time : 01.11.2013 / 13.00 - 14.45

Hall : INONU

**Effect of Phone Interviews and Anger Management Training  
Provided to Caregivers of the Patients with Breast Cancer  
Underwent Radiotherapy on Emotional Expression and Family  
Burden**

**Birgül Özkan<sup>1</sup>, Selahattin Menteş<sup>2</sup>, Gökmen Zararsız<sup>2</sup>, Serdar Soyuer<sup>2</sup>**

<sup>1</sup>Department of Psychiatric and Mental Health Nursing, Erciyes University, Kayseri, Türkiye

<sup>2</sup>Department of Nursing, Faculty of Medicine, Erciyes University, Kayseri

**BACKGROUND:**

Psychosocial support is considerably important in patients with breast cancer. In these patients, the main social support is their family. Psychosocial interventions aiming the family of these patients may improve support provided by the family through enhancing their ability to cope. Psychosocial interventions involve anger management training and phone interviews to the family of the patients with breast cancer. The present study aimed to measure the effect of phone interviews and anger management training provided to patients with breast cancer on the levels of emotional expression and caregiver burden.

**MATERIAL-METHODS:**

The present study was conducted as a randomized-controlled experimental study (experiment-control groups with pretest and posttest design) between February, 2012 and February, 2013. It was approved by Kayseri Province Ethics Committee I (01.11.13; #2010/145). The study conducted on patients with breast cancer who received radiotherapy in Radiation Oncology Center of Erciyes University, Mustafa Kemal Dedeman Oncology Hospital in ambulatory settings. The experiment and control groups included 22 and 20 subjects, respectively. All subjects completed a survey about general features, Emotional Expression scale and Zarit Caregiver Burden scale.

**RESULTS:**

A significant difference was found between study and control groups in terms of mean overall Emotional Expression and Zarit Caregiver Burden scores ( $p < 0.001$ ). A significant difference was found between measurements ( $p < 0.001$ ).

**CONCLUSIONS:**

It is recommended to provide home care (e.g. phone interviews, home visits) following anger management training in patients with breast cancers and to arrange education program in those received radiotherapy.

**Keywords:** Caregiver burden, emotional expression, breast cancer

**O-060**

ORAL PRESENTATIONS - 08

Date and Time : 01.11.2013 / 13.00 - 14.45

Hall : INONU

**An assessment on Multiple Sclerosis patients' psychiatric symptoms and ways of coping with stress**

**Hilal Seki Öz<sup>1</sup>, Fatma Öz<sup>2</sup>**

*<sup>1</sup>Therapeutic Support Services of Bayer Healthcare, Ankara, Turkey*

*<sup>2</sup>Hacettepe University Nursing Faculty, Head of Psychiatric Nursing Department, Ankara, Turkey*

The study was a descriptive research to describe the ways multiple sclerosis patients apply to cope with stress and to evaluate their psychiatric symptoms.

Research sample was chosen from 245 MS patients registered to The MS Association Turkey, Ankara. Data was collected through an introductory information form, Ways of Coping Inventory and the Brief Symptom Inventory.

Percentile, Mann-Whitney-U, Kruskal Wallis and Pearson Correlation tests were used to assess the data. The study revealed that the patients who are married, mothers, with 3 children, unemployed, supported by both nurses and doctors accepted more unconfident and submissive approach, applied for less social support; patients with a higher educational degree, with a smaller EDSS score, receiving both doctors and nurses support and taking interferon therapy were more optimistic and self-confident. Female patients experienced somatization; married patients had anxiety, pessimistic egos, hostility; unemployed patients experienced depression, those who had less incomes suffered from depression, the patient receiving social support during disease progression had more anxiety and somatization experiences and as years go by after the first diagnosis; the pessimistic personality perception as well increases. Patient education levels and complaints of depression, somatization, pessimistic ego and hostility were found inversely proportional. The study revealed a positive significant relationship between the use of unconfident approach and the presence of anxiety, depression and a negative personality. We recommend that MS patients who are married, female, with 3 children, unemployed should be acknowledged as under risk for psychiatric symptoms, and given an effective treatment for upcoming psychiatric problems.

**Keywords:** Multiple sclerosis, coping with stress, psychiatric symptoms, nursing

**O-061**

ORAL PRESENTATIONS - 08

Date and Time : 01.11.2013 / 13.00 - 14.45

Hall : INONU

**Specific Competences of the Specialist Nurse  
in Mental Health Nursing**

**Domingos Manuel Quintas Malato**

*Colégio de Especialidade de Enfermagem de Saude Mental e Psiquiátrica - Ordem dos Enfermeiros,  
Lisboa, Portugal*

When you try to figure future directions in mental health and psychiatric nursing it's important to begin with what you expect, and effectively can have from a mental health and psychiatric nurse. In Portugal this discussion was made by the Ordem dos Enfermeiros (OE) from 2008 to 2010. It was a process of construction and finding of agreement, lead by this OE's Commission of Speciality of Mental Health and Psychiatric Nursing, where all the Portuguese mental health and psychiatric nurses where involved and had the opportunity, through a Delphi method, to validate the competences previously defined by the Commission. During the Delphi conducted by a Portuguese University, in some issues, the general care nurses had the opportunity of participate in this process. The Law 111/2009 of 16 September extinguish the Commission of Speciality of Mental Health and Psychiatric Nursing and created the Professional Specialty College of Mental Health and Psychiatric Nursing. The College, after approval in the Assembly of the Professional Specialty College of Mental Health and Psychiatric Nursing endorses this regulation proposal, to be submitted for approval to the Board of Directors to proceed with the regulatory process. The mental health and psychiatric nurses do their work with the clients of care before the competences where defined, and do it well. But now these professionals can effectively know what's in and out of their professional role.

**Keywords:** specific competences; specialist nurse; mental health nursing

**O-062**

ORAL PRESENTATIONS - 08

Date and Time : 01.11.2013 / 13.00 - 14.45

Hall : INONU

**Pictorial expression as a method for learning therapeutic relationship in nursing**

**Jukka Aho, Liisa Koskinen, Marjukka Nurro**

*School of Health Care, Savonia University of Applied Sciences, Kuopio, Finland*

**Background**

Pictorial expression is used as a therapy method, a clinical supervision tool in psychiatric nursing and as a learning / teaching method in nurse education. It is used for learning the nurse student-patient therapeutic relationship at Savonia University of Applied Sciences.

**Aim**

To describe nursing students' experiences about the use of pictorial expression as a method for learning therapeutic relationship and interaction skills.

**Method**

Narration was used as the data collection method. During the one-day workshop, the students (n= 51) were first asked to express pictorially the relationship which then was interpreted collaboratively. In the end of the day they wrote a narrative of their experiences.

**Results**

The inductive content analysis method was used in the data analysis. Pictorial expression assisted students for perceiving the therapeutic relationship as a whole. They found it as a unique process that includes variety of different aspects. The paintings and use of colors and shapes facilitated students in describing the relationship and their own actions and emotions. Painting was found as a refreshing and non-traditional learning method. It might felt confusing and difficult first but finally enjoyable. Some were annoying with painting itself. Sharing the experiences of others during the workshop extended students understanding about the variety of therapeutic relationships.

**Conclusions**

The pictorial expression is a useful method for learning therapeutic relationship but it must be further developed. It is important to encourage students to express their personal emotions aroused during the painting as well as analyze the elements of interaction.

**Keywords:** pictorial expression, therapeutic relationship, learning

**O-063**

ORAL PRESENTATIONS - 09

Date and Time : 01.11.2013 / 15.15 - 17.00

Hall : KOCATEPE

**Alexithymia in Depressive, Anxiety, Somatoform and Psychotic Disorders: A Comparative Study**

**Arzu Yıldırım<sup>1</sup>, Rabia Hacıhasanoğlu Aşlar<sup>1</sup>, Tuba Hale Camcıoğlu<sup>2</sup>, Ergün Sevinç<sup>2</sup>**

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<sup>2</sup>Erzincan State Hospital, Psychiatry Clinical, Erzincan

**BACKGROUND:** Studies have shown that alexithymia is not specific to psychosomatic patients only but is present in various psychiatric disorders.

**AIMS:** This study was conducted to determine the level of alexithymia in patients with depressive, anxiety, somatoform, and psychotic disorders.

**METHODS:** The study was carried out between April and May 2013 with outpatients who were diagnosed with depressive (n=99), anxiety (n=76), somatoform (n=37), and psychotic (n=45) disorders under the DSM-IV-TR criteria and who were being monitored and treated at the outpatient psychiatry clinic of Erzincan State Hospital. The data were collected by the investigators using the face-to-face interview method which employed a questionnaire and the Toronto Alexithymia Scale (TAS-20). The data was analyzed using percentage distributions, mean values and one-way variance analysis (ANOVA).

**RESULTS:** The mean TAS-20 scores of the patients with depressive, anxiety, somatoform, and psychotic disorders were  $58.43 \pm 11.54$ ,  $56.82 \pm 11.40$ ,  $55.35 \pm 9.67$  and  $60.11 \pm 6.75$  respectively, the difference between the groups was insignificant ( $p > 0.05$ ). It was found that 52.5% of the depressive patients, 44.7% of those with anxiety, 46% of those with somatoform disorders and 57.78% of the psychotic ones showed alexithymic construct.

**CONCLUSION:** The study demonstrated that alexithymia was higher in psychotic patients. Psychiatric nurses can provide a major contribution in improving patients' quality of life through psychosocial interventions aiming at improved communication skills and insight.

**Keywords:** Alexithymia, Depressive Disorder, Anxiety Disorder, Somatoform Disorder, Psychotic Disorder

**O-064**

ORAL PRESENTATIONS - 09

Date and Time : 01.11.2013 / 15.15 - 17.00

Hall : KOCATEPE

**Effects of Behcet Disease Patients' Anxiety and Depression Levels  
on Psychosocial Adaptation to Disease**

**Nermin Erdoğan<sup>1</sup>, Fatma Eker<sup>2</sup>, Elif Aşık<sup>3</sup>**

<sup>1</sup>Ulucanlar Eyes Training and Research Hospital, Ankara, Turkey

<sup>2</sup>Düzce University, Duzce Turkey

<sup>3</sup>Ataturk Training and Research Hospital, Psychiatry Clinic Ankara, Turkey

**BACKGROUND:** During the Behcet Disease, which would affect all body organs, there would be psychiatric symptoms, not necessarily the disease affects the brain. The most frequent psychiatric symptoms are anxiety and depression and these symptoms would affect the patients' psychosocial adaptation to the disease.

**AIM:** In this research, proving the effect of anxiety and depression level on psychosocial adaptation of Behcet patients to the disease is aimed.

**METHODS:** 90 Behcet disease patients constitute the sample of this research. The data has been collected by using Patient Description Form, Psychosocial Adjustment to Illness Scale-Self-Report-PAIS-SR and Hospital Anxiety and Depression Scale (HAD).

**RESULTS:** In this research it has been seen that the average PAIS-SR point of patients who have high anxiety risk ( $:58.52 \pm 19.10$ ) is higher than the PAIS-SR point of patients who have low anxiety risk ( $:39.09 \pm 15.09$ ). Similarly, it has been seen that the average PAIS-SR point of patients who have high depression risk ( $:51.59 \pm 15.21$ ) is higher than the PAIS-SR point of patients who have low depression risk ( $:31.57 \pm 14.32$ ).

**CONCLUSION:** In this research, it has been seen that as the risks of anxiety and depression increase, psychosocial adaptation to the disease becomes worsened. It is needed to make assessments of the Behcet patients with regards to anxiety and depression levels, to deal with the patients who have high anxiety or depression risk and since it will increase the psychosocial adaptation of patients to the disease, it is needed to cooperate with the consultation liaison psychiatry.

**Keywords:** Anxiety, Behcet Disease, Depression, Psychosocial Adaptation,

**O-065**

ORAL PRESENTATIONS - 09

Date and Time : 01.11.2013 / 15.15 - 17.00

Hall : KOCATEPE

**Coping Styles And Family Functionality Among Patients With  
Bipolar isorder**

**Döndü Çuhadar<sup>1</sup>, Haluk Savaş<sup>2</sup>, Ahmet Ünal<sup>2</sup>, Fatma Gökpinar<sup>3</sup>**

<sup>1</sup>Department of Psychiatric Nursing, Health Science Faculty, Gaziantep University, Gaziantep, Turkey

<sup>2</sup>Department of Psychiatry, Gaziantep University Medical School, Gaziantep, Turkey

<sup>3</sup>Psychiatry Clinic, Gaziantep University, Medical School Hospital, Gaziantep, Turkey

**BACKGROUND:** Patients with bipolar disorder need to cope with the problems they encounter the consequences of their diseases and unpleasant events to stay well. Emotional state of the family affects highly the occurrence, course, relaps rate and rate of hospitalization in psychiatric disorders.

**AIM:** The aim of the this study was to examine the coping styles and family functionality of patients with bipolar disorder.

**METHOD:** Study was conducted with 77 bipolar disorder patients as descriptive. COPE Inventory and Family Evaluation Scale used as data collecting tools. Data were analyzed in SPSS by using mean, frequency, student t-test and One way anova.

**FINDINGS:** mean scores of the COPE subscales as follows; positive restructuring 12.3±2.8, mental disengagement 10.2±2.6, focusing on problems and feelings disclosure 11.5±2.8, using helpful social support 11.4±3.8, active coping 11.5±3.0, denial 7.7±3.3, religious coping 13.1±2.9, laugh off 7.6±3.4, behavioral disengagement 7.9±3.1, restraint 10.0±2.9, use emotional social support 11.2 ±2.9, substance use 5.6±2.7, espousal 10.9±2.5, supression of other activities 10.4±2.9, to make plan 11.1±2.9. Mean scores of FES subscales as follows; problem-solving skills 1.9±0.6, communication 1.9±0.6, rols 2.1±0.5, affective responsiveness 2.0±0.6, shoving needed interest 2.6±0.3, behavior control 2.1±0.4, general functions 1.8±0.5.

**CONCLUSION:** It was determined in this study that bipolar disorder patients more frequently use religious coping styles and as the second they used to positive restructuring. Shoving needed interest in family perceived less healthy by this patients.

**Keywords:** Bipolar Disorder, Coping, Family Function.

**O-066**

ORAL PRESENTATIONS - 09

Date and Time : 01.11.2013 / 15.15 - 17.00

Hall : KOCATEPE

**The Effect of The School-Based Bullying Prevention Program to Reduce Bullying in Turkish Adolescent**

Sibel Telli, Mürvet Karadağ, Dilek Baycu, Yahya Acar, Derya Deniz, Mustafa Balcı, Fatma Nevin Sisman,  
Ayşe Ergun

*Marmara University Health Science Faculty, Division of Nursing*

**BACKGROUND:** Peer bullying is a common unwanted behavior. Therefore there is a need to provide interventions to reduce peer bullying. The school nurse can take a role to reduce and prevent this behavior in school children.

**AIM:** The study was carried out to determine the effect of the school-based bullying prevention program to reduce bullying in Turkish adolescent.

**METHODS:** The study used one group and was of a pretest-posttest design. The research took place in Istanbul, Turkey, with 67 adolescent six grade students. Data were collected by Personal Information Form and Olweus Bully Victim Questionnaire (OBVQ) Turkish Version. The Bullying Prevention Program continued for 7 weeks in 11 sessions. The program includes individual and group education about bullying, short interviews to motivate students, role plays, determination classroom rules, playing "friendly match" between the classes to select the most gentlemanly sportsman and students rewarding. The evaluation of the program was made on the first, eighth weeks.

**RESULTS:** It was found that 52,2% of students were male, 85,1% were 12 years old. The prevalence of victim, bully and bully/victim students were 34,32%, 2,98%, and 5,97%, respectively on the first week. After the program rate of the victim, bully and bully/victim students were decreased (victim = 16,41%, bully=1,49%, bully/victim =4,47%) significantly compared to first week.

**CONCLUSIONS:** Outcomes indicate the program's efficacy at reducing bullying behavior. The impact of the School-Based Bullying Prevention Program will be tested with control group studies in the future.

**Keywords:** Bullying, Turkish adolescent, School-based program

**O-067**

ORAL PRESENTATIONS - 09

Date and Time : 01.11.2013 / 15.15 - 17.00

Hall : KOCATEPE

**Preparing safely for the future: Evaluation of a Medicines Administration Observed Structured Clinical Exam (OSCE) for final year Mental Health Nursing students**

**Steve Hemingway**

*Department of Health and Human Sciences, University of Huddersfield, UK.*

**Background**

With the increased diversity of role MHNs have in medicines management OSCEs can have a major impact on the nursing student knowledge and skills for practice.

**Aim**

Understand more about the role of OSCEs in preparing mental health nursing students for their medicines management role as a registered nurse.

Be informed about the nursing student samples perceptions of the OSCEs use of their assessment of administration of medicines performance;

Compare the OSCE to other educational strategies as a credible clinical competency assessment;

Explore factors that inspire student nurses toward acquiring knowledge and skills for practice.

**Methods**

10-item survey questionnaire with closed and open questions. Statistical (for closed questions) and content analysis for written (open) comments.

**Results**

The OSCE is rated highly and is seen as a motivational learning experience. In terms of clinical transferability it did not rate as well as assessment in clinical practice. Students in this sample suggested the OSCE is better utilised as a formative rather than summative assessment.

**Conclusion**

Simulation assessment has a role to play in assessment of competence for mental health nursing students but findings from this study suggest it is used in preparation for rather than actual practice.

**Keywords:** Medicines administration, student nurses, competence, statistical analysis, content analysis

**O-068**

ORAL PRESENTATIONS - 09

*Date and Time : 01.11.2013 / 15.15 - 17.00*

*Hall : KOCATEPE*

**Austerity is bad for your mental health: findings from a state of the art literature review**

**Steve Hemingway<sup>1</sup>, George Coxon<sup>2</sup>**

<sup>1</sup>*Department of Health and Human Sciences, University of Huddersfield, Huddersfield, UK*

<sup>2</sup>*Director of Classic Care, Devon, UK.*

**Aims**

Present results of a literature review evaluating the impact of austerity cuts in health and social care provision on mortality and morbidity in mental health. Suggest what mental health nurse clinicians and academics need to consider toward managing and prevent the worsening of health status for service user's and loss of life.

Facilitate the sharing of experience, knowledge and problem solve ideas from session participants.

**Methods**

State of the art literature review.

**Results**

There is incontrovertible proof that the austerity measures add to health morbidity and mortality of mental health service users.

Loss of life is expected across all ages due to physical health complications but in particular a marked rise in male suicide and females less so.

Geographic regions are shown to be of particular high risk areas.

There is little or no mention of mental health nurse interventions in the literature.

Suggestions of ways practitioners can make a difference are made.

**Conclusions**

Mental health nurses need to be more politically and practically aware of how the economic climate is impacting on the health of the nations of Europe. We can and should have a key part to play in assessing risk and putting measures in supporting people through crises and preventing deteriorating health even loss of life.

**Keywords:** Austerity, health, suicide, mental health nurses, literature review.

**O-070**

ORAL PRESENTATIONS - 09

Date and Time : 01.11.2013 / 15.15 - 17.00

Hall : KOCATEPE

**Using Movie Method to Schizophrenia and Obsessive Compulsive Disorders during the Psychiatric Nursing Course**

**Özge Sukut<sup>1</sup>, Makbule Batmaz<sup>2</sup>, Gizem Avcı<sup>2</sup>, Emine Özçelik<sup>2</sup>**

<sup>1</sup>Department of Psychiatric Nursing, Istanbul University Florence Nightingale Faculty of Nursing, İstanbul, Turkey

<sup>2</sup>Department of Nursing, Halic University, School of Nursing, İstanbul, Turkey

**BACKGROUND:** Educators, who work in the psychiatric area, use the popular movies for educational purposes. Visual and sensory methods like watching recent films can provide to understand and recall.

**OBJECTIVES:** To determine of the verbal presentation and psychiatric videos/group discussion about schizophrenia and obsessive compulsive disorders to effect on nursing students' learning during the psychiatric nursing course.

**METHODS:** The study was carried out in a foundation University in Istanbul. The sample included 33 students (17students video/group discussion, 16verbal presentation) who was on the second grade, and also didn't take any scientific course about psychiatric diseases. The education program was prepared with appropriate movie, short film, animation and literature by researches in March 2011. The data was collected with a knowledge level form, was evaluated by two times (after the education and one week later). The data was evaluated mean and Wilcoxon.

**RESULTS:** The mean age of the students was found 21. 57% of the students stated that their academic level was moderate. 50% of the control group evaluated the verbal presentation was moderate. 53% of the experimental group evaluated the verbal presentation was good.

There is a significantly higher level between the first evaluation and last evaluation in the verbal presentation ( $p<0.01$ ).

There is a significantly higher level between the first evaluation and last evaluation in the video/group discussion ( $p<0.01$ ).

**CONCLUSIONS:** Using of cinema isn't a new methodology in education. There are too much movie, short film etc about psychiatric diseases. These visual methods are very useful for understanding of psychiatric lessons.

**Keywords:** Cinema, Psychiatry, Verbal Presentation, Lecturer, Education

**O-071**

ORAL PRESENTATIONS - 10

*Date and Time : 01.11.2013 / 15.15 - 17.00*

*Hall : INONU*

**Experience of social network intervention in the form of open dialogue in the field of Mental Health**

**Bodil Bakkan Nielsen**

*Sørlandet Sykehus Dep of Mental Health for children and adolescent, Norway*

**INTRODUCTION:** The health services in councils and hospitals offer people with mental health problems various types of treatments, cognitive therapy, group therapy or family therapy, in which network intervention with Open Dialogue is one of several approaches. Network intervention as developed by Jaakko Seikkula et al. from Finland was introduced to the South of Norway in 2004. In my research I wanted to talk to professionals about their experiences with network intervention and how client contribution was facilitated within this treatment model.

**OBJECTIVES:** The purpose of the study is to expand the knowledge base of social network intervention in the form of Open Dialogue and the influence of clients' active contribution within this network model.

**AIMS:** To gain knowledge about the open dialogue practice in Mental health.

**METHODS:** The data is extracted from interviews with six professionals with experience and training in social network intervention in the form of Open Dialogue. They work with children, adolescents and adults in the county and in Hospitals.

**RESULTS:** The respondents reported that participating in network meetings with open dialogue changed their professional attitude. They also reported that they found network meetings to be client centered and an increased facilitation of client participation.

**CONCLUSIONS:** This study shows that heightened awareness of the network model positively changes professionals' way of providing help/assistance and facilitates active client participation and sense of equality. The results show that the experience of social network intervention in the form of open dialogue is an important part of professionals' processes of formation.

**Keywords:** Open Dialogue, Social networks, Client participation, Mental health

**O-072**

ORAL PRESENTATIONS - 10

Date and Time : 01.11.2013 / 15.15 - 17.00

Hall : INONU

**Group activities for children and adolescents in communities of  
Lister in Vest-Agder, Norway**

**Bodil Bakkan Nielsen**

*Sørlandet Sykehus Dep of Mental Health for children and adolescent, Norway*

The government programs give directives as to the how the relationships between specialized health services and the communities ought to function. Children and adolescents with psychological and drug related afflictions in their home environment have a stronger risk for developing psychological and/or drug related problems themselves. Alcohol abuse alone stands for as many as 90.000 (8, 3%) children and adolescents. These figures do not include the degree of how serious the reduction of capacity is for these children and adolescents.

**GOAL:** According to the Folkeinstitutt, it varies how much the seriousness of the parent's problems affects the children. In either case, the problems of the parents often affect and burden the children. The goal for the groups must therefore be to prevent the developments of psychological and drug related problems.

**METHOD:** We use established methods in the SMIL group while Small talk follows 15 different themes. The Kick off group focus more on the adolescents own premises. However, we do have themes like in the SMIL groups and activities such as bowling and music. COR-schedules are filled out by the adolescents both before and after meetings.

**CONCLUSIONS:** In connection with Small talk and Kick off there is no conclusive evidence for the effects yet except the reports from the children indicating that they actually feel better, establish more friendships and are more open for challenges according to the COR reports. These groupe activities will in that way being an importen research project in Vest-Agder in the future.

**Keywords:** Group activities, parents psychological problems or drug related, children and adolescents

**O-073**

ORAL PRESENTATIONS - 10

Date and Time : 01.11.2013 / 15.15 - 17.00

Hall : INONU

**Mental health literacy in Portuguese youth: an intervention program**

**Luis Manuel Jesus Loureiro<sup>1</sup>, Ana Teresa Martins Pedreiro<sup>1</sup>, Ana Paula Amaral<sup>2</sup>**

<sup>1</sup>*Uicisa:e, Esenfç*

<sup>2</sup>*EstesC*

**INTRODUCTION:** Mental health literacy is defined as “ knowledge and beliefs about mental disorders which aid their recognition, management or prevention” (Jorm et al., 1997). Mental health literacy is an important concept in health promotion and education in schools (Jorm, 2012).

**OBJECTIVES:** Assess mental health literacy about depression and alcohol abuse of portuguese adolescents and youth in a school of the center of Portugal; asses the efect of a educational intervention, based on a website, on mental health literacy components.

**METHODS:** The approach is quantitative multilevel. We conducted a descriptive, exploratory study with the application of an instrument to assess mental health literacy. In the second phase, which corresponds to the intervention, it was used a quasi-experimental design with pre-and post-test. Research Question: What is the level of mental health literacy of adolescents and youth about depression and alcohol abuse, on the various components of the concept? Hypothesis: The attendance of the targeted educational intervention program, based on a website, contributes to increasing mental health literacy. The intervention consists of three classroom sessions and simultaneously continued access to a website. For the intervention 30 students of a secondary school in the central region of Portugal were randomly selected.

**RESULTS:** The program had a substancial and significative result, increasing mental health literacy levels.

**CONCLUSIONS:** There is a need for interventions in school with the aim of increasing mental health literacy, being this intervention a valid approach.

**Keywords:** Mental health literacy, youth

**O-074**

ORAL PRESENTATIONS - 10

Date and Time : 01.11.2013 / 15.15 - 17.00

Hall : INONU

**Scanning the psychiatric symptoms of the students of School of Nursing, and determining the relations of them with the life events**

**Serap Karakoç<sup>1</sup>, Filiz Arslan<sup>2</sup>**

<sup>1</sup>*Department Of Psychiatry, Eskişehir Military Hospital*

<sup>2</sup>*Department Of Peditary, Yeditepe University*

**AIM:** This research has been planned as a descriptive study of the boarding students of the GMMA School of Nursing, who attend their education and training there, for the sake of scanning the psychiatric symptoms and determining the relations of them with the life events.

**MATERIALS-METHODS:** The data of the research have been obtained by using the Demographic Knowledge Form, SCL-90-R Symptom Check List and the Stressful Life Events. The data obtained during the research have been analyzed in the SPSS 10.0 package program by using Variation Analyze(Anova), Kruskall Wallis Variation Analyze, Mann Whitney U Test, Scheffe Test, Chi-Square Test and the Correlation Analyze.

**RESULTS:** According to the evaluation results, the score averages of the general symptom levels have been found utmost in the 2nd grades; then comes 3rd, 4th and the 1st grades in turn. When we compare the lower scales of SCL-90-R in accordance with the income levels, the score averages of mutual sensibility; depression and anger- hostility among the people have been increased due the decrease of the income levels.

A statistical positive correlation is found between the positive symptom levels and the life event numbers in the 1st, 2nd and the 4th grade students.

**CONCLUSION:** Scanning the psychiatric symptoms of the students of GMMA School of Nursing, and determining the relations of them with the life events have been targeted in this research. It is evaluated that the results of this research would be helpful in the organizing the preventive mental health.

**Keywords:** psychiatric symptom, life event

**O-075**

[ORAL PRESENTATIONS - 10

Date and Time : 01.11.2013 / 15.15 - 17.00

Hall : INONU

**The Effect of Internship Program on Self-Esteem, Assertiveness  
and Professional Self Concept of Nursing Students**

**Selma Sabancıoğulları<sup>1</sup>, Şükran Ertekin Pinar<sup>2</sup>, Selma Doğan<sup>3</sup>**

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<sup>3</sup>Faculty of Health Sciences, Department of Nursing, Uskudar University, Istanbul, Turkey

**BACKGROUND:** Internship application programs have aims such as increasing the professional competence and self-confidence of students, preparing them for professional role, enhancement of nursing skills and increasing professional socialization.

**AIMS:** Examining the effect of internship program on self-esteem, assertiveness and professional self concept of final year nursing students.

**METHODS:** The subject of the descriptive study consists of 69 final year nursing students performing internship application in graduation program. Data was collected by info form, Cooper Smith Self-esteem Scale, Rathus Assertiveness Inventory and Professional Self Concept Scale. Forms and scales were applied to students before and after (9 months after) the internship program. Data was evaluated by t test in dependent groups.

**RESULTS:** After internship program the assertiveness average points of student nurses increased significantly. ( $p=0.023$ ). Although self-esteem ( $p=0.348$ ) and professional self concept scale general point averages ( $p=0.374$ ) increased after internship program, the increase is not significant. Professional self concept scale professional competence sub dimension average point significantly increased after internship program. ( $p=0.000$ ).

**CONCLUSIONS:** A significant change didn't occur in self-esteem levels of students after internship program, however their assertiveness and professional competence points increased significantly.

**Keywords:** assertiveness, internship program, professional identity, self-esteem, student nurse

**O-076**

ORAL PRESENTATIONS - 10

Date and Time : 01.11.2013 / 15.15 - 17.00

Hall : INONUJ

## **The Analysis of the Relationship between Nursing Students' State of General Health and Psychological Help Seeking Attitudes**

**Burcu Arkan<sup>1</sup>, Gülseren Çıtak Tunç<sup>1</sup>, Murat Bektaş<sup>2</sup>**

<sup>1</sup>*School of Health, Uludag University, Bursa, Turkey*

<sup>2</sup>*Faculty of Nursing, Dokuz Eylul University, İzmir, Turkey*

**AIM:** The study was conducted to determine the relationship between nursing students' state of general health and psychological help seeking attitudes.

**METHOD:** 348 students who are studying in 2012-2013 formed the sample of the study. Data was collected through a questionnaire consist of questions about the characteristics of students, help-seeking questionnaire and the general health questionnaire. The data was evaluated with percentages, pearson correlation analysis, one-way analysis of variance. Scheffe test was used for advanced analysis of the data.

**FINDINGS:** 5.7% of the students with psychological problems receive help from a psychiatrist whereas the rate of students receiving support from a psychiatry nurse is 3%. A relatively small insignificant and reverse relationship was found among the students' state of general health questionnaire score averages, psychological help seeking inter-personal range sub-scale ( $r=-0.059$ ,  $p=0.313$ ), belief in consultation sub-scale ( $r=-0.003$ ,  $p=0.958$ ), having an urge sub-scale  $r=-0.026$ ,  $p=0.653$ ) and social acknowledgement sub-scale ( $r=-0.017$ ,  $p=0.767$ ) whereas in uneasiness sub scale ( $r=0.012$ ,  $p=0.837$ ) a positive and relatively small significant relationship was found. Only in having an urge sub scale was a difference between score averages by years ( $F=5.157$ ,  $p=0.002$ ) and in the advanced analysis it was found that the difference stemmed from the differences between junior year and senior year students' score averages ( $p=0.003$ ).

**RESULT:** In line with the obtained data, it is suggested that junior and senior year students be observed more carefully in terms psychological problems and students' help seeking attitudes be analysed longitudinal.

**Keywords:** Psychological help seeking, help seeking attitude, nursing students, and psychological problem.

# HORATIO, EUROPEAN PSYCHIATRIC NURSING CONGRESS 2013

*Stepped care provided by psychiatric nurses in different parts of the world...*

**October 31 - November 2, 2013 - Istanbul / Turkey**

ORAL ABSTRACTS

**O-077**

[ORAL PRESENTATIONS - 10

*Date and Time : 01.11.2013 / 15.15 - 17.00*

*Hall : INONU*

## **Psychiatric and Mental Health Nursing in Canada: Issues, Practices, and Moving into the Future**

**Sarah Benbow, Cheryl Forchuk**

*Arthur Labatt Family School of Nursing, Faculty of Health Sciences, Western University, London,  
Ontario, Canada.*

Psychiatric and mental health nursing in Canada has changed dramatically throughout the years, as has the context in which psychiatric care is provided. Current issues in psychiatric and mental health nursing in Canada include: the continued societal stigma impacting individuals with mental illness (and subsequently the care they receive); inequities in the social determinants of mental health, including inequities in access to care; deinstitutionalization and community integration; the increasing prevalence of concurrent disorders; and the need to cater to diverse populations with unique needs. Within this context, psychiatric and mental health nurses across Canada share a number of universal practices and foci, as set out by the Canadian Federation of Mental Health Nurses. These standards will be reviewed and discussed in relation to current issues and practices. However, despite a shared guiding framework, health care is governed at the provincial level and thus there are differing approaches to mental health nursing across the provinces. These aspects will be discussed.

Moving into the future, it is clear that mental health (and illness) care requires a recognition of the social determinants of health, a focus inclusive of governmental policy influencing acute, chronic, and community care, as well as a recognition of the unique role that psychiatric and mental health nurses can have to engage in health promotion and influence positive change in the lives of individuals with mental illness.

**Keywords:** mental health, nursing practice standards, issues and tensions

**O-078**

ORAL PRESENTATIONS - 11

Date and Time : 02.11.2013 / 09:30 - 11:15

Hall : KOCATEPE

**Movies As a Course Material**

**Ayşe Kuzu<sup>1</sup>, Latife Utaş Akhan<sup>2</sup>**

<sup>1</sup>Ahmet Erdoğan Vocational School of Health Services, Bülent Ecevit University, Zonguldak, Turkey

<sup>2</sup>Zonguldak School of Health, Bülent Ecevit University, Zonguldak, Turkey

**AIM:** The study was planned for purpose of evaluating the contribution of movies to learning, where movie is used as a course material in the education of psychiatric nursing.

**METHODS:** This study was carried out with 50 students (who accepted to involve in the research) from 70 students who receive psychiatry lessons during fall term of 2012-2013 education year. The movie 'A Beautiful Mind' and the disease of schizophrenia was selected, which is considered to be difficult to understand for students. Following the lecturing, students were examined with a short assessment examination consisting of 10 questions. Same examination was repeated after the movie. One of the lecturers only told the subject, while the other prepared assessment questions in accordance with content of the course, watched and discussed the movie and asked assessment questions once more. The test which was implemented after the movie contained open-ended questions that include opinions of the students regarding watching the movie.

**RESULTS:** There is a significant statistical difference between scores before and after watching the movie ( $p < 0.001$ ). Concerning the open-ended section where students provided their opinions related to the film, 30 of 50 students said "I understood the symptoms and indications of schizophrenia", while 25 students said "I materialized theoretical information".

**CONCLUSION:** It can be concluded that use of movies for the education of psychiatry nursing provides efficient learning, and that it provides positive effects in understanding indications and symptoms of disease and materializing the subject.

**Keywords:** Psychiatric nursing education, watching movie, nursing students

**O-079**

[ORAL PRESENTATIONS - 11

*Date and Time : 02.11.2013 / 09:30 - 11:15*

*Hall : KOCATEPE*

**Development of a clinical guideline: assessing violence**

**Tove Pank, Jette Christiansen**

*The University Hospital of Aalborg, Psychiatric Department. Region Nordjylland, Denmark*

Every 5th psychiatric patient in Denmark is exposed to coercion, in 2010 it was 17.163.

Several studies from Europe show a connection between aggression and violence and the use of coercion. Moreover aggression and violence has costs for patients e.g. prolonged hospitalization and for staff as absence due to illness.

Studies show that nurses frequently are exposed to verbal threats or physical violence from patients. That is why nurses need a reliable assessment tool to identify patients who may be aggressive or violent. To reduce the numbers of patients exposed to coercion we needed to identify a valid and reliable assessment tool to predict violence and aggression within short time and without previous knowledge of the patient.

To achieve this goal we developed a clinical guideline to recommend a structured valid assessment tool to help nurses in their daily clinical work. They need an assessment tool which most likely is able to predict aggression and violence within short time and in the acute wards it is important that the nurses do not need previous knowledge of the patients. The overall aim is to reduce the use of coercion and to enhance security for patients and nurses.

In the clinical guideline we recommend that nurses use The Brøset Violence Checklist because it is valid, reliable and easy to use.

The Brøset Violence Checklist should be combined with a nursing plan to be sure that coercion in the psychiatric wards is reduced.

**Keywords:** Psychiatric nursing, Aggression and violence, Assessment tool, Clinical guideline

**O-080**

ORAL PRESENTATIONS - 11

Date and Time : 02.11.2013 / 09:30 - 11:15

Hall : KOCATEPE

**Peer Support Workers Employment Project Evaluation in Child and Adolescent Mental Health Services, (CAMHS)**

**Helen Joy Oldknow, Kevin Wayne Williamson**

*Rotherham Doncaster and South Humber NHS Foundation Trust*

**Background**

The UK transitions from CAMHS to Adult Mental Health Services, (AMHS) have been the focus of numerous research studies (Swaran, 2009). All have identified difficulties, namely service user experience, disengagement, thresholds for acceptance and long delays in completing transition. Joint working between the services has also been identified as an obstacle (Pugh. K, Meir. R, 2006).

**Aim**

In collaboration with the Trust's User and Carer Research Group, the main aim of this project was to evaluate the introduction of a Peer Support Worker's (PSW) (people with experience of mental health problems) employment project to promote transitions to adult mental health services.

**Methods**

This was a mixed methods qualitative evaluation involving face-to-face interviews, focus group, email survey and documentary analysis with employed personnel.

**Results**

Thematic analysis was used.

**FINDINGS:**

- The PSWs have improved clinical engagement and patient experience;
- Widened service user participation in service user developments
- This showed our staff the recovery model in action.
- It promotes the positive way which people with a lived experience of mental health issues can contribute to the care and treatment of others
- Provided paid employment to people with histories of mental health problems,
- Feedback form young people and their families via the Trust's Transition to adult services survey. Family 1, 'We felt as though we mattered'.

**Conclusion**

Feedback from staff has been extremely positive.

The implementation has been successful; however further evaluation of service user feedback and outcome data is the next step in the process.

**Keywords:** peer support, paid employment, recovery.

**O-081**

ORAL PRESENTATIONS - 11

Date and Time : 02.11.2013 / 09:30 - 11:15

Hall : KOCATEPE

**Professional Identity Development in Nurses Who Were Newly Graduated From Different Education Programs**

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**BACKGROUND:** Nursing education plays an effective and important role on assuring the professional identity development of nurses.

**AIMS:** Evaluating the professional identity development of nurses who were newly graduated from different education programs.

**METHODS:** The subject of the descriptive study consists of 257 nurses who were newly graduated from an integrated and classical education program of a nursing school and the classical education program of a different school. Data was collected by info form and Professional Self Concept Scale. Form and scale were applied to the nurses right after the graduation. Data was evaluated by One-Way ANOVA, Tukey HSD and t test in independent groups.

**RESULTS:** The professional self concept average points of nurses who were graduated from the classical (128.66± 12.97) and integrated (126.47± 9.09) education programs of the same school were detected to be significantly higher than nurses who were graduated from the classical program (113.62±12.21) of another school. (p=0.000). A significant difference could not be detected between the professional self concept point averages of nurses who were graduated from classical and integrated education program of the same school. (p=0.416).

**CONCLUSIONS:** The professional identities of nurses who were graduated from different education programs of the same school developed similarly. The professional identity level of nurses who were graduated from a different school is lower. In line of these findings, it can be said that clinical educators and learning environment are more effective than education system regarding the development of professional identity.

**Keywords:** education programme, newly graduated nurse, professional identity

# HORATIO, EUROPEAN PSYCHIATRIC NURSING CONGRESS 2013

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ORAL ABSTRACTS

**O-082**

ORAL PRESENTATIONS - 11

*Date and Time : 02.11.2013 / 09:30 - 11:15*

*Hall : KOCATEPE*

## **Spiritual Care in Nursing**

**Esin Cerit<sup>1</sup>, Birgöl Özkan<sup>2</sup>**

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<sup>2</sup>*Department of Nursing, Erciyes University, Kayseri, Turkey*

Although the concept of spirituality is highly individualized and defined by patients in a variety of ways, religious beliefs and values exert a deep influence on how patients perceive illness, make decisions, cope with the burden of the disease, and adhere to treatment. When a person confront disturbance in faith and merit system which have signify life, provides hope and power, boredom appears. The person who has mental health disturbance has problems such as hopeless, powerless, uneasiness with life, disturbance in self-respect and finding life is meaningless. One of the duties of nurses is to support patients to cope with patience experiments and find meaning for life with holistic approach when knowledge and power of patients are fallen short. Spiritual concept which is one of fundamental concept of holistic care is as important as person's physical, emotional, social aspect. Research on spiritual well-being has suggested that it can directly impact physical and emotional outcomes, and is of great importance to patients. However, by nurses blinding importance of spiritual maintenance, lack of presentation ability for this maintenance, messing religion and spirituality, undesirability of spiritual care or considering an unscientific approach causes ignoring of spiritual care. In this article, there are informations about importance of spiritual care for psychiatry nursing, spiritual needs of individuals, knowledge levels of psychiatry nurses about spiritual needs and psychosocial abilities to give spiritual maintenance.

**Keywords:** Spiritualite care, Psychiatric nursing

**O-083**

ORAL PRESENTATIONS - 11

Date and Time : 02.11.2013 / 09:30 - 11:15

Hall : KOCATEPE

**The Effect on Postpartum Depression and Quality of Life of Mothers Planned Education And Home Visit**

**Havva Tel<sup>1</sup>, Şükran Ertekin Pinar<sup>2</sup>, Gülseren Dağlar<sup>2</sup>**

<sup>1</sup>Cumhuriyet University Faculty of Health Sciences, Department of Nursing, Sivas, Turkey

<sup>2</sup>Cumhuriyet University Faculty of Health Sciences, Department of Midwifery, Sivas, Turkey

**BACKGROUND:** Postpartum depression is the most common psychiatric problem in the one-year postpartum period. Postpartum depression is decreasing the quality of life of the mother.

**AIMS:** The aim of this study is determine the effect on postpartum depression and quality of life of mothers planned education and home visit.

**METHODS:** This study included 70 mothers in postpartum period. The research data were collected with Personal Information Form, Edinburgh Postnatal Depression Scale, Quality of Life Scale (WHOQOL-BREF-TR) and Mothers with Postpartum and Newborn Health Care Information Form.

**RESULTS:** It was found out that there was no statistically significant difference between depression scores of mothers in repeated measurements ( $p>0.05$ ), there was a statistically significant difference between quality of life and information scores ( $p<0.05$ ), life quality of mothers and information scores were lower in the first measurements. Additionally, it was determined that there was a statistically negative difference between depression and life quality scores of mothers in all measurements ( $p<0.05$ ), life quality of mothers increased as their depression level decreased.

**CONCLUSIONS:** Postpartum period had a negative effect on life quality of mothers, life quality of mothers improved with home visits and information and their depression level decreased. In order to prevent and control the postpartum depression in early period, it is necessary to assess mothers in terms of postpartum depression for discharge as from preparation stage, to give information and consultancy and also to maintain this support in postpartum period with home visits.

**Keywords:** Postpartum, postpartum depression, quality of life, home visiting, training, nursing

**O-084**

ORAL PRESENTATIONS - 11

Date and Time : 02.11.2013 / 09:30 - 11:15

Hall : KOCATEPE

**Health and lifestyle among young informal carers who support family members or close friends with mental illness**

**Ingela Skärsäter<sup>1</sup>, Mikael Elf<sup>2</sup>, Barbro Krevers<sup>3</sup>, Lilas Ali<sup>1</sup>**

<sup>1</sup>Sahlgrenska Academy, Gothenburg University, The Institute of Health and Care Science, Gothenburg, Sweden

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In the last decades it has been stated that the mental health of young people has deteriorated. Young persons' report depressive feelings, anxiety and sleep-disturbance. The tendency is most pronounced for young women in the ages 16-24 years. Nowadays, the main parts of the psychiatric care are out-patient care. Family, relatives and close friends get involved and need to take great responsibility for their relative or friend with mental illness, which has consequences for their own health. This study will explore health situation among young persons', age 16-25 years, who are identifying themselves as supporting a family member or a friend with mental illness. The collected data in this study is based on baseline data from the research project "Ps Young Support". That research project aimed to develop and evaluate web-based health efforts for young persons' who were close to people who suffered from mental illness. Data was collected by means of questionnaires in June 2010, which the informants (N=241, 170 females and 71 males) responded. Sociodemographic and lifestyle characteristics were obtained and self-rated health questions were asked about their general health, well-being, physical and mental illnesses. The results revealed high levels of stress, as well as different psychosomatic symptoms, such as sleeping problems, and head- or stomach ache. Over half of the young persons stated that they used some kind of non-prescriptive pharmacological treatments against pain. This is alarming and preventive health care resources should be offered to these young informal carers.

**Keywords:** Health, Informal care, Life style, Symptoms, Young adults

**O-085**

ORAL PRESENTATIONS - 12

Date and Time : 02.11.2013 / 09:30 - 11:15

Hall : INONU

## Suicide risk in Spanish nursing students

**Fco Javier Montes Hidalgo, Montserrat Edo Gual, Amor Aradilla Herrero, Montserrat Antonín Martín, Joaquín Tomás Sábado, Cecilia Brando Garrido**  
*Escuelas Universitarias de Enfermería Gimbernat*

**BACKGROUND:** Due to the fact that nursing students are frequently exposed to situations of suffering, sickness, disability and death, to those with low coping strategies, it has been hypothesized that they are more likely to have related thoughts death and are in a particularly vulnerable situation to develop reactive manifestations of anxiety, depression and possibly suicidal ideation.

**OBJECTIVE:** To evaluate the relationship between suicide risk nursing students and various emotional and attitudinal variables.

**METHODS:** 124 nursing students participated with a mean age of 22.38 years (SD = 5.66) and a range of 18-44 years. The participants answered a questionnaire with data on age and sex and the following scales:

- GSE.
- RSES
- RS
- SHS
- KUAS
- ZDRS
- BRCS

An observational, transversal design. Descriptive indices, correlation coefficients and multiple linear regressions were calculated.

**RESULTS:** Positive and significant coefficients of correlation were obtained between the risk of suicide and self-esteem scores ( $r = 0.522$ ,  $P < 0.01$ ), depression ( $r = 0.462$ ,  $p < 0.01$ ) and subjective happiness ( $r = 0.455$ ,  $P < 0.01$ ). Linear regression analysis identified self-esteem as the main predictor of suicide risk factor, followed by subjective happiness and depression.

**CONCLUSIONS:** The analysis of the predictors and factors related to nursing students suicide risk, suggest the need to detect and plant mental health disorders and implement teaching methodologies that allow the adaptation of successful and rewarding environments that promote the positive self-concept and acquisition of strategies and skills of coping.

**Keywords:** suicide risk, nursing students, emotional and attitudinal variables

**O-086**

ORAL PRESENTATIONS - 12

Date and Time : 02.11.2013 / 09:30 - 11:15

Hall : INONU

**Functional Life Status And Suicide Probability Among Cancer Patients**

**Derya Tanrıverdi<sup>1</sup>, Döndü Çuhadar<sup>1</sup>, Serpil Çiftçi<sup>2</sup>**

<sup>1</sup>Department of Psychiatric Nursing, Health Science Faculty, Gaziantep University, Gaziantep, Turkey

<sup>2</sup>ENT unit, Gaziantep University, Medical School Hospital, Gaziantep, Turkey

**BACKGROUND:** Cancer affect the patients in many ways including physical, social, emotional, psychological and economic and restricts the functional live of the patients. Psychiatric problems that seen among cancer patients increase the suicide probability and patients perceive the suicide as a peaceful death type.

**AIM:** Aim of this study to examine the correlation between functional life and suicide probability among cancer patients.

**METHOD:** This study was conducted with 92 cancer patients as descriptive. "Functional Living Index\_Cancer (FLI\_C),"suicide probability scale" (SPS) and a questionnaire form used as data collecting tools. Data were evaluated with used descriptive analyses, and pearson's correlation analyses.

**RESULTS:** It was determined that 16.3% of patients thought suicide. FLI\_C and its subscales mean scores as follows; physical functions 31.9±7.0, psychological functions 28.2±5.8, general well-being 10.4±2.7, social functions 11.0±3.1, gastrointestinal symptoms 8.9±4.1, total FLI\_C 90.5±17.3. SPS and its subscales mean scores as follows; desperarate 19.8±3.5, negative self evaluation 21.8±6.3, hostility 10.7±2.7, suicidal ideation 10.0±2.4, and total SPS 62.5±9.5. Significant negative correlation was found between functional life and suicide probability ( $r = -.452, p=0.000$ ).

**CONCLUSION:** It was found that suicide probability is getting increases among patients with poor functional life. It was recommended that the cancer patients should be supported for improving the functional life and in coping process with illness and treatment symptom. Also, evaluation of the patient's mental status to prevent the suicide among this patients is the important role of the nurses.

**Keywords:** Cancer, Functional Life, Suicide, Psychiatric Nursing

**O-087**

ORAL PRESENTATIONS - 12

Date and Time : 02.11.2013 / 09:30 - 11:15

Hall : INONU

**The Relationship Between Elder Abuse, Neglect And Their Primary  
Caregivers' Burden and Abuse**

**Nur Elçin Boyacıoğlu<sup>1</sup>, Elmas Serçelik<sup>2</sup>, Neslihan Keser Özcan<sup>1</sup>**

<sup>1</sup>Istanbul University Faculty of Health Science, Istanbul, Turkey

<sup>2</sup>Istanbul University, Istanbul Faculty of Medicine

**AIM:** The aim of this study is to determine the relationship between the levels of elder (65 years and older) abuse and neglect suffered by their primary caregivers and the levels of caregivers burden and abuse suffered by their elders in geriatric outpatient clinic.

**MATERIAL-METHOD:** The study is a cross-sectional descriptive design. The study was conducted with 186 elderly patients and their caregivers' (n=136). Data was collected in the geriatric out patient clinic of a university hospital in Istanbul April through July, 2012. The data was compiled via series of questionnaires aimed at determining the levels of elderly abuse and neglect and the levels of the abuse caregivers endure and The Zarit Caregiver Burden Scale.

**RESULTS:** Elders declared the maximum level cleaning of body neglect (16.1%), minimum cleaning of bed room/bed neglect (11.3%). The prevalence of elder abuse was 68.8% (reporting any physical, psychological and sexual abuse) in the previous 12 months. The most frequent abuse was psychological abuse and the least frequent one was sexual abuse. Among perpetrators intimate partners were most frequently identified. In this study, care burden in caregivers of elderly patients were found at moderate levels and the most common abuse type was psychological abuse (%67). Elder abuse and neglect, and abuse of the caregivers and the burden of the caregiver were positive correlated.

**CONCLUSIONS:** This results indicate that family caregivers who perceived caregiving as a burden were more likely to abuse their care recipients as well as be abused by their elders.

**Keywords:** Elderly, neglect, abuse

**O-088**

ORAL PRESENTATIONS - 12

Date and Time : 02.11.2013 / 09:30 - 11:15

Hall : INONU

**Developing Critical Thinking Disposition and Emotional Intelligence in First Year of Nursing Students**

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<sup>3</sup>Department of Nursing Education, Istanbul University, Istanbul, Turkey

The study is aimed to determine nursing students' critical thinking disposition and emotional intelligence in an academic year. Population of this longitudinal study consists of 197 registered freshman students studying at a faculty of nursing in academic year 2012 - 2013. Asymmetrical cluster sampling method was used to determine sample group and all the students registered in the first year were included in scope of the study. Information Form, California Critical Thinking Disposition Scale and Emotional Intelligence Assessment Scale were used for data collection. SPSS version 11.5 was used for data analysis. Nursing students have low level of critical thinking disposition and intermediate level of emotional intelligence both at the beginning and end of academic year. There was no statistically significant difference in both skills at the beginning and end of year. There was a statistically significant difference between students' critical thinking disposition and emotional intelligence at the beginning of academic year. There was no statistically significant difference between students' school of graduation, the state of finding critical thinking and emotional intelligence important in nursing, and critical thinking disposition and total emotional intelligence scores. There was a positive correlation at a medium level between students' critical thinking disposition and emotional intelligence at the beginning and end of academic year. In light of these results, it is suggested the study should be prolonged as longitudinal because development of both skills require a long time. The current study holds importance in that it sheds light on other relevant studies and education programs provided in higher grades by determining student characteristics.

**Keywords:** emotional intelligence, critical thinking, critical thinking disposition, nursing students, nursing education

**O-089**

ORAL PRESENTATIONS - 12

Date and Time : 02.11.2013 / 09:30 - 11:15

Hall : INONU

**Nursing models and their relationship with the identification of mental health needs.**

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**BACKGROUND:** To assess the needs of the mental health community patients without utilizing specialist nurses or career professionals, it is necessary to develop a questionnaire comparing the different nursing models and the North American Nursing Diagnosis Association (NANDA) establishing a relationship between the two.

**OBJECTIVE:** This study examines the relationship between nursing models and the mental health community needs in order to establish a procedure necessary to create a specific assessment tool. This tool will be an assessment for nursing of the mental health needs in the patients' community, to be used by those who are not professional trained.

**PROCESS ANALYSIS:** First, the nursing models were selected whose theory best describes the mental health requirements. Secondly we selected those who had an assessment tool, and subsequently we analyzed how they developed the assessment of the needs for the community of mental health patients, and finally we established a relationship between these models and that of the NANDA diagnostics.

**CONCLUSIONS:** There is not a specific assessment questionnaire that addresses the needs of the mental health community build by nurses.

This preliminary analysis shows the need to build a specific instrument for this assessment.

**Keywords:** Nursing models, NANDA, Mental Health, Assessment, Community

**O-090**

ORAL PRESENTATIONS - 12

Date and Time : 02.11.2013 / 09:30 - 11:15

Hall : INONU

**Resilience in psychiatric and somatic nurses: Results of a focus group study in German hospitals**

**Dirk Richter, Birgit Heckemann**

*Bern University of Applied Sciences, Bern, Switzerland*

**BACKGROUND:** Psychiatric and somatic nurses experience various psychosocial and physical stressors during their work. Resilience is a rather new psychological concept for analysing and for promoting coping strategies against work-related stressors. **AIM:** To analyse and to compare resilience strategies of psychiatric and somatic nurses.

**METHOD:** Six focus groups were conducted in a public mental hospital and in a public general hospital in north-western Germany. Content analytic methods were used to identify individual, social and organizational resilience strategies.

**RESULTS:** Nurses in both settings reported highly individual resilience strategies which were not easy to compare. Compensation for stressful days was mainly sought in physical activities. Social resilience refers both to social relations within the nursing team and to relations to external persons. In both settings, a good team spirit was highlighted as a resource against work-related stress. Social relations towards external persons were regarded as very important but also as difficult to utilize as resilience strategy. Nurses from both settings had the impression that their workload and working conditions were not easily understood by non-health care staff. Organizational resilience refers to institutionalized support for staff. Psychiatric nurses reported more supporting measures, e.g., team meetings, aggression management trainings and experts, supervision support for staff, than somatic nurses.

**CONCLUSION:** Psychiatric and somatic nurses generally utilized similar resilience strategies. Internal social and organizational resilience seem to be very important when having to cope with psychosocial stressors.

**Keywords:** resilience, psychosocial stressors, working conditions, nursing

**O-091**

ORAL PRESENTATIONS - 12

Date and Time : 02.11.2013 / 09:30 - 11:15

Hall : INONU

**The gap in transition between Child and adolescent psychiatry and  
General adult psychiatry**

**Eva Lindgren, Siv Söderberg, Lisa Skär**

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**BACKGROUND:** During transition between Child and adolescent psychiatry (CAP) and General adult psychiatry (GenP) young adults with mental illness face multilevel transitions along with a risk for disruption in continuity of care. Rigid boundaries between the disciplines can be a disadvantage and to decrease the risk transition planning and cooperation are needed.

**AIM:** The aim of this study was to describe professionals' experiences and views of the transition process from CAP to GenP.

**METHOD:** Data were collected through six focus group discussions with professionals from both CAP and GenP.

**RESULTS:** Data were analysed by content analysis with an deductive approach based on Meleis' middle-range theory of transition. The results showed that young adults were undergoing developmental transitions simultaneous with situational transitions, and they were expected to take responsibility despite they still were in need of support. A gap in transition between CAP and GenP arises when different perspectives, i.e. family and individual perspective, and care cultures meet in a complex process. Lack of knowledge, a mutual understanding and cooperation could also increase the gap. To be able to support the young adult the professionals suggested an individual approach in the transition process.

**CONCLUSIONS:** It is important that professionals at both CAP and GenP focus on transition issues to support young adults to reach a successful transition and adjust to the new situation as adults and user of health care at GenP. Cooperation, transition planning, and a mutual understanding of care can support young adults in transition from CAP to GenP.

**Keywords:** child and adolescent psychiatry, focus group discussion, general adult psychiatry, mental illness, transition, young adult,

# HORATIO, EUROPEAN PSYCHIATRIC NURSING CONGRESS 2013

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*Stepped care provided by psychiatric nurses in different parts of the world...*

**October 31 - November 2, 2013 - Istanbul / Turkey**

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ORAL ABSTRACTS



HORATIO, EUROPEAN  
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CONGRESS 2013

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POSTER ABSTRACTS

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*Poster Discussion - 1 : 31 October 2013 / 12:00-13:00*



P-001

## Patient 's perception of involuntary hospitalization

**Tomas Petr<sup>1</sup>, Blanka Novotna<sup>2</sup>**

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Involuntary psychiatric hospitalization is accompanied by a wide range of ethical issues and practical problems.

The poster offers a presentation of outcomes from a research focused on the subjective experiences of involuntarily admitted patients in the Czech Republic. 88 patients participated in the research. These patients described their perception of coercion, the possibility or impossibility of influencing decisions about hospitalization and subsequent treatment, the level of autonomy and emotional experience. Identification and description of issues surrounding the involuntary hospitalization of the mentally ill from their point of view can help us to understand their perception and to modify current practice.

**Keywords:** involuntary hospitalization, perception of coercion, autonomy

P-002

## The Effect Of Internalized Stigma On Self-Esteem In Schizophrenia Patients

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The study has been conducted with 60 schizophrenia patients who suit the research criteria and diagnosed as schizophrenia according to DSM IV diagnosis criteria in the psychiatric clinics of hospitals in Erzurum. The data have been collected by using the "Questionnaire on Internalized Stigma of Mental Illness (ISMI) Scale" that determined the socio-demographic characteristics of patients, and "Short Form of Self-Esteem Scale". The evaluation of data obtained in the research has been performed in computer by SPSS 17.0 (Statistical Package for the Social Sciences) software. The percentage distributions, means, Pearson Correlation analysis and Cronbach's alpha coefficient calculation have been used in the evaluation of data.

It has been found for the patients with schizophrenia that the mean Internalized Stigma of Mental Illness Scale score is  $75.41 \pm 14.15$ , the mean of positive dimension of the self-esteem scale score is  $35.46 \pm 10.98$ , its negative dimension as  $37.16 \pm 14.84$  and the total mean score as  $-1.70 \pm 24.74$ . A negative significant relation has been found ( $r = -.758$ ,  $p < 0.01$ ) between ISMI and SF-SES, when we have examined the relationship between the mean scores of self-esteem and internalized stigma levels of the patients.

The findings show that the patients' self-esteem decreases with the increasing levels of internalized stigma. Based on these results, increasing psychoeducation and counseling services for patients with schizophrenia, and increasing the public awareness on this issue are recommended.

**Keywords:** Schizophrenia, internalized Stigma, Self Esteem

P-003

## The Compliance to Treatment in Schizophrenia Patients

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**AIM:** This study was carried out as defining to determine the compliance to treatment in schizophrenia patients.

**MATERIAL-METHOD:** The study was conducted between 15.10.2011 and 10.05.2012 at the psychiatric clinics of Atatürk University Yakutiye Research and Application Hospital and Erzurum Numune Hospital. The study population comprised of all patients diagnosed with schizophrenia in accordance with DSM IV diagnosis measures and compatible with study criteria between the dates stated above, the study was completed with 63 patients, and no specific groups were chosen from the population. The researcher used the "Question Form" and "Morisky Compliance State". A SPSS 15 package program was used to conduct data analysis.

**RESULTS:** 11.1% of schizophrenic patients were compatible to treatment, 34.9% were moderate compatible, 54.0% were incompatible to treatment.

**CONCLUSION:** it was identified schizophrenic patients negative impact towards adherence to treatment and attitude to treatment. On the basis of these results, it may be suggested that to improve compliance to treatment schizophrenic patient identified factors that lead to poor compliance to assess compliance consulting services to improve the planning.

**Keywords:** Schizophrenia, Compliance to treatment

P-004

**Hopelessness, Loneliness, And Social Support In Patients With  
Chronic Hepatitis B And C**

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This present study was planned to define hopelessness, loneliness, and social support levels of cases with chronic hepatitis B and C. The study was performed descriptively with participation of volunteering chronic hepatitis B (n=130) and C (n=59) patients, who applied to the hepatology outpatient clinic between dates September and November 2012. Data were obtained by using subject introduction form (for sociodemographic characteristics), Beck Hopelessness Scale (BHS), UCLA Loneliness Scale and Multidimensional Scale for Perceived Social Support (MSPSS). Mean BHS of participating patients was  $2.46 \pm 2.75$ ; mean score of UCLA Loneliness Scale was  $31.7 \pm 9.14$ ; and mean of MSPSS was calculated as  $64.94 \pm 13.21$  points. As the result of this present study, loneliness level was significantly higher in patients with hepatitis B, and there were statistically significant negative correlations between hopelessness and loneliness levels as well as means of MSPSS subscale scores in all patients.

**Keywords:** chronic viral hepatitis, hopelessness, loneliness, social support

P-005

## The Relation Between The Styles Of Nursing Students Regarding Coping With Stress And Their Levels Of Assertiveness

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*Department of Nursing, Atatürk University, Erzurum, Turkey*

**BACKGROUND:** Forming the base of the social development and being accepted as one of the most important behavioral patterns, assertiveness is an essential behavioral feature in human relations. The efficiency of precautions taken by the individual against stressors is closely related with her/his behavioral features.

The study is to examine the relation between the styles of nursing students regarding coping with stress and their levels of assertiveness.

**METHOD:** The population of this descriptive study consists of 214 students out of totally 267 freshmen and senior students, who received education in Atatürk University Faculty of Health Sciences between 02.04/25.05.2012 and accepted to participate in the study. The data was gathered with Rathus Assertiveness Schedule (RAE), Stress-Coping Style Scale (SCSS) and Personal Data Sheet which define students' socio-demographic features. Variance analysis, Kruskal Wallis, Mann Whitney U, Independent Samples T test, Pearson correlation analysis are used in data evaluation.

**RESULTS:** In the research, it is confirmed that the students SCSS average total score is  $77.88 \pm 10.08$ . It was determined that the assertiveness levels of the students ( $6.52 \pm 16.84$ ) and 70.4 % of them were assertive. It was found that there was a positively ( $r = 0.235$ ,  $p = 0.001$ ) relation between the coping style with stress and the assertiveness level. The higher the coping style with stress became, the higher the assertiveness level of the students was.

**CONCLUSION:** In line with these results, it is possible to organize training programs, socio-cultural activities in order for students to cope with stress and developing their levels of assertiveness.

**Keywords:** Nursing Students, Assertiveness, Coping Style with Stress.

P-006

**eMenthe: a European co-operation project to enhance Master's level education in mental health practice with eLearning materials**

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There are wide differences in the quality and content of mental health nurse education throughout Europe. These are evident in the course structures, emphasis and specific content. This diversity between programmes creates possibilities for countries to learn from one another and to share and benefit from the diverse approaches. As the concerns and development needs regarding mental health practices are shared, it is wise to identify best practices and to share these for mutual benefit to ensure the highest quality education and practice. To this end, seven European universities from Finland, Ireland, Sweden, United Kingdom and the Netherlands have commenced a collaboration to enhance Master's level education in mental health practice.

The project's aim is to develop eLearning materials with an action research approach in collaboration with Master's level students from these universities and associated partners from clinical practice. eLearning materials on three central themes: recovery, mental health promotion and prevention, the role of families and caregivers will be launched for students in Master's level and clinical practice to use.

International co-operation is seen as a quality assurance process; each of the partners are highly esteemed universities with extensive experience in mental health education, research and strong links with practice. With this kind of co-operation it is possible to enhance the quality of Master's level education in Europe in the future. Funding for the project has been applied for from the Erasmus LLP-programme. At the time of the conference the project will have commenced if the funding decision is positive.

**Keywords:** mental health, Master's level, education, eLearning materials, co-operation

P-007

## Determination Of The Mental Statue And Resilience Level Among Patients And Their Relatives After Bone Marrow Transplantation

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**BACKGROUND:** Some important psychiatric problems may appear before and after transplantation. Depression and anxiety disorders are seen most common after transplantation. Other problems include, role conflict within family, sexual function disorders, problems with returning to work, adaptation to medical diet, anxiety related to possibility of organ rejection. Relatives are important organ resources for transplantation when organ donation is insufficient. **AIM:** This study planned to aim of, determining the frequency of mental disorder and resilience level of the patients and their relatives after bone marrow transplantation.

**METHOD:** This study was conducted with patients who undergone bone marrow transplantation and their relatives as descriptive. Brief Symptom Inventory (BSI) that developed by Derogatis (1992), and Resilience Scale For Adults (RSFA) that developed by Friberg et al. (2003) were used for collecting data. Obtained data were analysed in SPSS by using frequency, mean, chi-square, independent sample t-test and Mann Whitney U test.

**RESULTS:** At the end of the study mean score of BSE was founded as  $45.8 \pm 27.7$  for patients and  $41.8 \pm 21.2$  for relatives and this differences between patients and relatives didn't show significantly changes ( $p > 0.05$ ). Mean score of RSFA was determined as  $131.5 \pm 17.4$  for patients and  $133.4 \pm 13.8$  for relatives but significantly differences didn't seen between two groups ( $p > 0.05$ ).

**CONCLUSION:** Results of the study shows that relatives of the patients face to mental disorders like transplantation patients. So that nurses must be aware of this condition and support to relatives of patients about the transplantation process.

**Keywords:** Bone Marrow Transplantation, Patient, Family, Pschiatric Nursing

P-008

## The Determination of Adolescent Views About The Eating Behavior

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**BACKGROUND:** The nutritional requirements increases due to the rapid growth and changes in body composition during adolescence. Their opinions are important in determining the factors that affect adolescents' eating behaviors.

**AIM:** This study was carried out in order to specify the eating behaviors of adolescents from their own experiences and point of view.

**METHOD:** This study was conducted with one of the qualitative research methods, phenomenological method. The study sample was included 13 female, 12 male in total 25 high school students living in Istanbul. To collect data, two focus groups for girls, two focus group for boys –four focus groups were accepted in total- were formed and recorder was used. For the analysis of the data inductive content analysis method was used.

**RESULTS:** In consequence of the study carried out with 25 students of a high school in Istanbul, depending on the views and experiences of the adolescents; the factors affecting the eating behavior were determined in as: "balanced-unbalanced" double schema and "awareness" schema. The adolescents explained that, they generally selected the foods which are fatty and high carbohydrate; because of delicious and easy to buy them; however they said that the foods which include protein, were more useful for health. Also, they mentioned about didn't have a breakfast in the mornings as regularly and spent time as hungry because of exams and specialized courses. The adolescent often argued with their parents, because the families insistence their children to eat the foods which were choose by mother and father and believed they were healthy. While being healthy was described as being approved and accepted by the society by both female and male adolescents, it was observed that the female adolescent are interested in their physical appearance and the male adolescents are interested in doing exercise.

**CONCLUSION:** This study enabled the adolescents to submit their point of view and experiences for the elicitation of eating behaviors of adolescents.

**Keywords:** eating behavior, adolescent, affecting factors, qualitative research

P-009

## The Defining of Prevalance of The Premenstrual Syndrome of The Students of Nursing Department in Inonu University

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<sup>2</sup>*Gaziantep İl Sağlık Müdürlüğü*

<sup>3</sup>*Besni Devlet Hastanesi*

**INTRODUCTION AND PURPOSE:** The premenstrual syndrome; is a situation includes a lot of complaints in prior menstrual period such as the nervousness, tension, emotional lability, depression, headache, chest tension and complaints of abdominal gas and affects to the life quality. This study has been made to identify to the prevalance of premenstrual syndrome of young girls.

**METHOD:** This descriptive work has been studied on 228 students that are girls agreed to participate in this work in nursing department in School of Health Sciences of Inonu university. The data have been collected by using questionnaire and Premenstrual Syndrome Scale. In the evaluatoin process of data; score, percent, average and Chi-square test have been used.

**FINDINGS:** Prevalance of PMS is % 63.9.% 51,2 of the students are between 19-20 age, when it is considered their physical problems which are in prior menstrual period; % 65,6 have abdominal - pelvic pain, %48.5 have chest pain and tenderness.In terms of mental problems; %70.1 of them have nervousness and anger. It has been found that their symptoms of PMS of % 70 of them have pain during their menstrual process are significantly high ( $p<0,05$ ). % 63.5 of the students have stated that they got information to suffer from problems, %60.2 of them have talk about complaints with their mother in prior menstrual period.

**CONCLUSIONS AND RECOMMENDATIONS:** It has been found that the students have experienced high percentage of PMS. It is quite important that mothers should be informed about the problems of the menstruation period.

**Keywords:** Premenstrual syndrome, Menstruation, Teenage girls

P-010

**Psychiatric symptom levels and burden care of caregivers of patients receiving chemotherapy**

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Background. Chemotherapy treatment is a process that affects human life physically and psychologically because of its long duration, side effects, its affecting all the systems and the probability of recurrence at the end. In this process, caregivers as well as the patient have difficulty in physical, psychological and economic terms.

Aims. The aim of this study is to determine, psychiatric symptom levels and burden care of the caregivers of cancer patients receiving chemotherapy.

Methods. The research is a descriptive study made with caregivers of 160 outpatients in the chemotherapy service of an oncology unit of a training hospital. Introductory Information Form, Burden Interview and Brief Symptom Inventory have been used to collect the data. Results. It has been found that somatization, obsessive-compulsive disorder, depression, anxiety disorder, hostility, and global severity index and Burden Interview average scores of people caregiving to patients receiving over three cycles of chemotherapy are higher than those of caregivers of patients receiving chemotherapy less than three cycles. It has been found that as Burden Interview score increases, somatization, obsessive-compulsive disorder, interpersonal sensitivity, depression, anxiety disorder, hostility, phobic anxiety, additional materials, the global severity index and symptom severity index score averages also increase.

Conclusions. It has been determined that psychiatric symptoms and burden care of caregivers increase after third cycle of treatment and it has been proposed that caregivers be informed before the occurrence of side effects of chemotherapy.

**Keywords:** Cancer, caregivers, burden care, psychiatric symptoms

P-011

**The effect of the cognitive approach-based nursing practice in the patients with anxiety disorder on the patients' automatic thoughts related to treatment**

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The study was conducted as the intervention type having the observational measurement and control group with pre-post test study (semi experimental) in order to identify the effect of the cognitive approach-based counseling in the patients with generalized anxiety disorder (GAD) on the patients' automatic thoughts related to treatment. The sample of the study contained 40 patient with GAD diagnosis including 20 patients for the study group and 20 patient for the control group. 6 interviews of 45 minutes were performed with the patient in the study group. No intervention was made for the control group. The personal consenting form, The Automatic Thoughts scale, The Self-efficacy Scale, Automatic Thoughts Related to Treatment Scale and Beck anxiety scale were applied to both groups in the first and the observational interview after a month. Mann Whitney U Test, Wilcoxon Marked Rank Test, and Friedman Test were used for the assessment of the data. It was seen in the study that cognitive approach-based counseling provided the decrease in the frequency of the patients' automatic thoughts and automatic thoughts related to treatment, and that it provided the decrease in anxiety and the increase in the self-efficacy points. Consequently, it was assessed that the cognitive approach-based counseling, treatment compliance was the model which will be able to be used for the nursing practice.

**Keywords:** Treatment, Automatic Thoughts, Generalized Anxiety Disorder

**P-012**

## **Stepped nursing care in clozapine related sialorrhea**

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Clozapine is the most important treatment option in schizophrenia. This medication frequently causes side effects like hypersalivation, constipation, gaining weight, tachycardia and hypotension. Sialorrhea which is one these side effects causes flowing of salivary out by creating ponding in oral cavity. Therefore, it can cause irritation, stretching marks around jaw and mouth, aspiration, sleep disturbances and decrease in self respect.

Defining stepped nursing care activities carried out in sialorrhea which arises in patients using clozapine in Hacettepe University Faculty of Medicine Hospital. Goals of nursing care in sialorrhea are patient's not aspiring his/her salivary, preventing irritation around mouth and jaw and not reporting social withdrawal.

Nursing interventions are organized according to salivation level. In 1st dry level; there is no salivary flow. In 2nd slight level; salivation flow is sometimes and there is wetness only on lips. In 3rd middle level; salivary is often, there is wetness on lips and jaw. In 4th level; salivary flow is at the level of wetting clothes. In 5th advanced level; salivary flow is at the level of wetting clothes, hands, objects and floor.

After determination of salivary level nursing interventions differ. These are; informing patients, supporting liquid intake, suggesting patients to chew sugar-free gum, reminding having a napkin in hand, applying drop treatment including atropine or trospycamide and so on.

Consequently, deciding the approach which will be provided faster and more easily can be accomplished by developing a standard assessment and evaluation form which can be used in hypersalivation follow-up.

**Keywords:** clozapine, nursing care, schizophrenia, sialorrhea

P-013

## Assessment of Quality of Life in Patients With Schizophrenia Living Protected Home And Living in Their Own Homes

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This research was performed to determine the quality of life of patients with schizophrenia who live in protected houses and living in their own homes after being treated in the hospital.

**METHOD:** 25 patients with schizophrenia patients that living in their homes after they were discharged and 25 schizophrenia patients that living in protected homes belonged to elazığ Mental health Hospital were included in the study after they discharged from the hospital. Patients that living in their own homes were selected by random sampling method. Data were collected using a scale that determine the socio-demographic characteristics of patients and questionnaire of Quality of Life.

**RESULTS:** According to the characteristics of the patients Quality of Life Scale total and subscale scores were examined interpersonal relationships according to gender of patients, occupational roles, psychological symptoms, personal belongings and of the sub-dimensions daily activities and Quality of Life Scale total score difference was statistically significant ( $p < 0.05$ ). In this study, quality of life of patients with schizophrenia who living in protected homes were found to be higher than that of patients with schizophrenia that remaining in their own homes. **Conclusions and Recommendations:** Were found that quality of life in schizophrenia patients who living in Protected houses were higher. Therefore, it may be suggested that to increase the number of protected homes and to direct patients with schizophrenia to these homes.

**Keywords:** Schizophrenia, Quality of Life, Protected Home

P-014

**Effect Of Therapeutic Atmosphere In A Psychiatric Ward On  
Social Functioning Of Inpatients**

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**AIM:** The aim of this study is to evaluate the effect of therapeutic atmosphere in a psychiatric ward on social functioning of inpatients.

**METHOD:** The study was designed as a descriptive research and conducted with 50 patients who were hospitalized at Akdeniz University Hospital Psychiatry and agreed to participate in the study. In order to collect the data, "Social Functioning Scale-SFS" and an information form prepared by the researchers were administered to the patients on the first day of their hospitalization in order to collect data on their socio-demographic, disease-related and hospitalization-related characteristics. On the 10th day of their hospitalization, the patients were administered "Ward Atmosphere Scale-WAS". Finally, on their discharge dates and during their first follow-up appointments, the patients were administered SFS again.

**FINDINGS:** The study found that the male in the study were more socially functional than the female in the ward atmosphere and that functionality could be maintained for a period of one month after discharge. Also, there was a significant difference between the patients' medical diagnoses and their SFS scores during the repeated three measurements and this difference was due to the third measurement( $p<0,05$ ). In other words, regardless of their diagnoses, the patients' levels of functioning after discharge were higher than the onset of their disease and duration of their hospitalization. The findings indicate a relationship between therapeutic setting and social functioning( $p<0.05$ ).

**CONCLUSION:** The findings suggest that, although the current ward needs to be improved, the therapeutic atmosphere in the ward contributes to the development of social functioning of inpatients.

**Keywords:** Therapeutic setting, Social functioning, Psychiatric nursing

P-015

## **The impact of financial crisis on the services of a community mental health center in Athens, Greece: 2008-2011**

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### **Background**

Since the start of Greece recession in 2009, a series of severe austerity measures have been implemented giving rise to significant social turmoil. Unmet mental health needs have been repeatedly reported as a major component of the public health effect of financial crises.

### **Aims**

The present study aimed to examine the impact of current financial crisis on the services of the bigger community mental health center in Athens in terms of users' social profile and mental health needs.

### **Methods**

Data regarding socio-demographic and clinical characteristics of new admissions were collected and compared between similar time periods, i.e. during September and October in 2008-2011. The total annual number of admissions and sessions with mental health professionals was also collected.

### **Results**

No significant differences were found in the rates of uninsured or unemployed newly admitted patients between these years. However, a significant increase in the rate of recently unemployed among the new admissions was found in last two years compared to 2008 and 2009. Although there was no significant difference in the total annual number of admissions, the mean waiting time was gradually increased from 3 to 25 days. A significant increase in the total annual number of sessions was found, from 6,069 in 2008 to 9,246 in 2011.

### **Conclusions**

The increase of mental health needs in the local population during the financial crisis was reflected in the utilization of the mental health center services despite the ceiling effects. Recent unemployment experiences appear to increase the risk of mental health problems.

**Keywords:** financial crisis, community mental health care, Greece

P-016

## Knowledge And Attitudes Of Health Personnel Working In Psychiatry Clinic Regarding Application Of Restraint

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**PURPOSE:** This study was conducted to determine the knowledge and attitudes of Health Personnel working in psychiatry clinic regarding the application of restraint.

**Material/METHOD:** The study was carried out with health personnel working in Elazığ Hospital of Mental and Neurological Disorders. The data were collected from 100 volunteering health personnel without using the sampling method. In order to collect the research data, an 18-item questionnaire developed by the researcher was used.

**FINDINGS:** Of all the participants in the study, 65.0% of them were nurses; 11% of them were doctors; and %24 of them were health officers, 63% of them were graduates from a university and %78 of them were satisfied with the units they worked in. 68.0% of the participants found the application ethical. Of all the participants, 86% of them did not want the application to be banned. Moreover, 52% of the participants reported that the patients felt worried when the application was conducted on them. When asked about their feelings if the application of restraint was conducted on their relatives, 77% of the participants reported that the application was necessary for recovery. Of all the participants, 91% of them it would be worse for patients if the application of restraint were not conducted. In addition, 62% of them believed that the rationale for the application was the aggressive behavior of the patients.

**CONCLUSION:** In the study, it was concluded that most of the health personnel found the application of restraint necessary and therapeutical for the patients.

**Keywords:** Restrain, Health Personnel, Psychiatry

P-017

## The Effect of Migration Phenomenon on Adolescent Mental Health

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### Background

While events like migration enable individuals to start a new life, they may also have adverse effects on them. Because environment is a significant factor in human development, the changes in the environment may negatively or positively affect human development.

### Aim

The aim of this paper is to discuss the effects of migration phenomenon on adolescent mental health and what psychiatric nurses can do about this issue.

### Case

Migrating families have many problems such as adapting to a new culture and restructuring their life. As a part of the family, the children and especially adolescents are also affected by this situation. Because, if migration takes place in a period like adolescence, in which individuals are trying to create an identity and relationships with peers, it causes detachment from the original culture and weakening of the relations, and consequently cause damage on identity development and mental health problems. The most common problems are identity confusion, low self-esteem, anxiety disorders, depression, sleep disorders, problems caused by bilingualism, difficulties of adaptation to social life, low academic success, substance abuse, suicide and tendency to crime.

### Conclusion

All these features make it necessary to regard migrated adolescents as a risk group and carry out mentally protective studies on this group. In this context, mental health professionals, especially psychiatric nurses have important roles. Psychiatric nurses can define the problems and needs of this special group and plan preventive interventions for this group.

**Keywords:** Adolescent, Mental Health, Migration

P-018

**A Comparison of burden on caregivers of patients with first episode psychosis and chronic psychosis**

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**AIM:** This research work was conducted as a descriptive study in order to compare burden on caregivers of patients with first episode psychosis and those with chronic psychosis.

**METHODS:** The research was conducted between April 2011 and June 2011 in a Training and Research Hospital's psychosis clinic and a psychiatric hospital's outpatient clinics. The research sample consists of 39 caregivers of patients with first episode psychosis and 40 caregivers of patients with chronic psychosis. As a data collection tool we used The Data Form for Descriptive Specifications, and The Caregiver Burden Inventory(CBI). In evaluating the data, the numerical and percentage distribution, the chi-square test, the fisher exact test and the t-test analysis in independent groups were used.

**RESULTS:** Burden score average of caregivers of chronic psychosis patients was found significantly high in comparison with that of the caregivers of patients with first episode psychosis (chronic:51.14±17.59,first episode:34.35±14.12,p=0.000). Of the sub-dimensions Time-Dependence Burden (p=0.000), Developmental burden(p=0.000),Physical burden(p=0.001) and Social burden(p=0.000). We found out that caregivers of chronic psychosis patients have relatively much more burden than that of the patients with first episode psychosis, though we found no statistically significant difference in terms of emotional burden(p=0.306).

**CONCLUSION:** In research work, it was found that caregivers of chronic psychosis patients have significantly more burden than caregivers of patients with first episode psychosis.This situation can be explained with long period of illness of chronic phsicosis patients, exceeding number of hospitalization, loss of ability as a result of becoming chronic and cognitive harm that it caused.

**Keywords:** psychosis, first episode psychosis, schizophrenia, caregiver burden

P-019

## Evaluation of Paternal Participation in Baby Care

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**PURPOSE:** The study was designed in an analytical and descriptive way in order to determine knowledge and opinions of fathers with 0-1 month babies within service area of İstanbul Kadıköy Acıbadem Family Health Center about supporting mother, participation in baby care and responsibilities specifically in post-natal period.

**MATERIAL METHOD:** The study was performed by the researcher using a survey form and interviewing with 81 fathers and mothers having 0-1 month old baby who visited İstanbul Kadıköy Acıbadem Family Health Center between 1 July -30 September and agreed to participate in the study.

**FINDINGS:** 81 fathers and mothers participated in the study; 7,4% of fathers graduated from primary school while 34,6% have bachelor's degree. 17,3% of mothers graduated from primary school while 38,3% have bachelor's degree. 63% of fathers thought they participated in baby care while 19,8% stated that they were willing to contribute but they abstained because they thought they could not succeed, 8,6% said they could not find a chance to help because of older family members and 8,6% said they did not participate in baby care.

**CONCLUSION:** As positive understanding of paternal role is closely and positively associated with participation in baby care, nurses should support practices that will enable fathers and other men in the society to develop positive paternal roles. To-be fathers and mothers should be informed about limited baby care support of fathers in father, mother and child health.

**Keywords:** Newborn Care, Paternal Role, Being a Parent

P-020

## Suicide Risk Assessment and Psychosocial Care in Cancer Patients

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### **BACKGROUND:**

Cancer is a process which may affect patients and relatives and also a process of increased vulnerability as a result of thought of losing one's physical integrity. Suicide has been identified as a risk factor for patients diagnosed with cancer. Nurses have an important role in establishment of therapeutic relationship and taking precautions to prevent suicide.

### **AIM:**

In this review, it is aimed to present nurses' responsibilities in suicide risk assessment and psychosocial care of cancer patients.

### **POSITION:**

The suicide risk is high in the first 6 months after diagnosis. During this period, patients recognize cancer and associated symptoms and give various reactions to these problems. After this process, whether the individual make efforts towards compliance or his distressful condition turns into problems like depression, anxiety, increase of pain and delirium. The individual's having feelings of hopelessness, calmness and agitation, having a plan for suicide, having previous suicide attempt, having physical loss as a result of disease and having inadequate social support are the factors pointing increased suicide risk. Nurses help to assess suicide risk factors by evaluating the patient holistically, help patients to tell their problems, develop their coping abilities and increase their compliance to daily life.

### **CONCLUSION:**

Psychosocial interventions which will be carried out by nurses forms an integral part of treatment. Psychosocial support which will be provided for patients and relatives, helps early recognition of suicide risk factors, preventive measures to be taken, patients to benefit more from treatment and to increase quality of care.

**Keywords:** Cancer Patient, Psychosocial Care, Suicide

P-021

## **Nursing care for a patient who was hospitalized with a diagnosis of alcohol addiction: A case report**

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Addiction is a chronic and repetitive disorder that in direct contact with obsessive and unrestrained overconsumption pathology. Recovery from addiction is possible by making changes throughout the time and maintain their continuity.

In this article, 48 years old postgraduate, currently unemployed, divorced male patient with hypertension is presented who began taking alcohol in his high school years and then increased taking it because of problems such as family and work.

Patient was first hospitalized in 2009 because of his daily alcohol intake had increased up to 30 - 40 units and there had been depressive symptoms. He stopped taking alcohol for 10 months. He was hospitalized again in March 2012 because of Family and financial problems, starting to drink cologne, nearly 12 kilograms weight loss and experiencing an intracranial hemorrhage. According to these parameters patient was diagnosed with nursing diagnoses such as water-electrolyte imbalance, change of diet, falling hazard, disorder at the regular sleep pattern, anxiety, inability to cope with personal.

Firstly, an education aimed at withdrawal syndrome was planned for the patient who has still been taking the pharmacological treatment. After that, a training aimed at anger management with breathing exercises was given. Family meeting was held at the same time when effective problem solving ability was taught to patient using fishbone analysis. Process was completed with trainings such as sleeping hygiene and regular diet. He was introduced to Alcoholic Anonymous (AA) to be able to maintain the motivation after he leaves the hospital.

Keywords: Alcohol addiction, nursing care.

**Keywords:** Alcohol addiction, nursing care.

P-022

## Developing a Collaborative Seclusion Pathway aiming to provide safe and effective care to all

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### **BACKGROUND:**

When seclusion is implemented for a patient it is often a time of extreme stress for both the patient and care giver. Optimising safe and effective care is imperative. We hypothesised that developing a collaborative seclusion pathway would meet these requirements and thus minimise omissions of care and reduce documentation errors. This would ultimately result in the delivery of a higher standard of patient care. The Mental Health Commission regulate the use of seclusion in approved centres and have set out the provisions that staff must apply in Rules Governing its use in Approved Centres (2009).

**METHOD:** All documentation relevant to seclusion was gathered. A review of all existing seclusion audits was carried out and a comprehensive literature search allowed us to look at existing international standards of care for seclusion. These were compared to our own practice.

**RESULTS:** A twelve page seclusion pathway was developed. This “live” document follows the patient from the moment seclusion is initiated until the moment seclusion is discontinued. It provides all care givers a concise and straight forward plan of care. It is also an auditing tool allowing all variances to be recorded. It places all documentation regarding seclusion, bar the Mental Health Commission Forms, in one document and thus be filed contemporaneously.

**CONCLUSION:** This pathway has been piloted in the Approved Centre for 6 months and subsequently extended to a 12 months period. An audit has just taken place which has compared our outcomes to previous seclusion audits. Initial results are positive.

**Keywords:** Seclusion, Pathway, Collaborative

P-023

## Determining Mobbing Perceptions and Job Satisfaction Among Healthcare Professionals

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**BACKGROUND:** Mobbing appears widely in the health sector. The experiences of mobbing at work negatively influence work performance, social relations, and mental health of personnel.

**AIMS:** This descriptive study was carried to determine mobbing perceptions and job satisfaction among healthcare professionals working in different health institutions in the center of the province of Kars.

**METHODS:** Three hundred and ninety healthcare professionals were enrolled in the study. Study data were collected with a personal information form, mobbing perceptual scale, and the Minnesota Job Satisfaction Scale. In the analysis of the data, percentage distribution, the Mann-Whitney U, Kruskal Wallis Variance Analysis and Pearson's correlation analysis tests were used.

**RESULTS:** Among the participants, 62.4% of the physicians, 53.4% of the nurses, 49.4% of the midwives, 68.0% of the technicians, and 63.3% of other health professionals reported exposure to mobbing behaviors. Exposure to mobbing was pointed out as a negative experience influencing job satisfaction by 98.3% of the physicians, 94.8% of the nurses, 97.6% of the midwives, 92.0% of the technicians, and 89.7% of other health professionals. A close relationship was identified between mobbing perceptions and job satisfaction among health professionals.

**CONCLUSION:** More than half of healthcare professionals have been exposed to mobbing behaviors. A vast majority of healthcare professionals stated that exposure to mobbing at work has considerably influenced their job satisfaction. Therefore, raising awareness about the problem of workplace mobbing and learning how to deal with mobbing are crucially important in terms of job satisfaction and productivity of healthcare professionals.

**Keywords:** Mobbing, job satisfaction, Healthcare professionals

P-024

## Compliance Problems To Treatment in Schizophrenic Patients

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### Background

Compliance can be defined as acceptance of patient to suggestions about health and adaptation to those. In schizophrenia characterized with complete and partial remission, rate of non-compliance to treatment may increase to 70-80%.

### Aim

The goal of this article is to discuss what can be done for enhancing compliance by researching compliance problems to treatment in schizophrenic patients and drawing attention to those problems.

### Method

Literature about this subject is compiled scrutinisingly.

### Results

Non-compliance to treatment makes rehospitalisation increase. Rehospitalisation causes not only increase in hospital cost but also decrease in patient's quality of life. Absence or inadequacy side effect of patient's inner vision, side effect of the medicine, inadequate social support, financial difficulties and inadequate information can be accounted of some reasons of non-compliance to treatment.

### Conclusion

Among the attempts for increasing compliance to treatment, success of psychoeducation has been proved. Provision therapeutic cooperation with patient, saving inner vision to him/her, informing family and society, medicine with low side effect, simple dosing regimes can increase patient's compliance to treatment. Home visit may be beneficial for deinstitutionalised patients.

**Keywords:** Compliance, Schizophrenic Patients,

P-025

## Systematic Analysis of Nurse Research on The Children with Intellectual Disabilities in Turkey

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**BACKGROUND:** Intellectual disability is a condition that needs whole life observing, control, treatment and rehabilitation.

### **OBJECTIVE:**

This research is made to synthesize the sign of nursing research that has been made on children with intellectual disabilities during 1998-2011.

### **METHOD:**

T.C.YÖK Publication and Documentation Department, Pubmed, Ebschost, ISI Web Knowles data bases, online academic journals and on Turkish Psychiatry has been scanned by using five word search and reached to 12416 researches as a result of scan our sample composes of 14 research.

### **RESULTS:**

71.4% (n:10) of researches are descriptive type. 57.1% of researches are made in private special education centre and 42.9% of those used sample between 60-100. In 85.7%(n:12) doesn't define faithfulness to family, in 92.9% doesn't search 0-6 age interval and sibling of mentally disabled child hasn't been included into research. Researches has been built on mothers that give care to child and depression is most common sign on family individuals. On 21.4% nurse approach to child, on 71.4% nurse approach to mother and on 42.9% nurse approach has been defined. On 50% of researches nurse care improvement is advised.

### **CONCLUSION:**

With this results signs can be advised encourage of mentally disabled child's qualitative research, search for psychological problems for people that give care, to make research between 0-6 age group, and provide education to nurses for psychotherapy, family therapy, group therapy.

**Keywords:** Children, Intellectual disability, Nursing Research

P-026

## Psychosocial Problems of Women Who Has Been Diagnosed As Breast Cancer in Turkey: Systhematic View

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### BACKGROUND:

Breast cancer is one of the most important health problem of women and is the most common cancer type in women in our country. It creates a crisis in many ways such as physical, psychological, social and spiritual.

### OBJECTIVE:

This research is a systhematic evaluation of the researches that had been made between 1991-2011 in Turkey on breast cancer diagnosed womens psychological problems.

### METHOD:

T.C.YÖK Publication and Documentation Department Dissertation Database, Pubmed data bases, electronic academic journals and on google academic data base has been scanned by using eight word search and reached to 104941 researches. As a result of scan our sample composes of 19 researchs.

### RESULTS:

84.2% of researches are articles and average age is  $44.95 \pm 1.17$ . On 58.4% of them (n=11) samples are between 51-100, on 74.1%(n:14) married women had been searched the most mentioned psychological problem is anxiety (47.4%)(n=9). Body image has same proportion with anxiety; physical problem is decrease in physical function (36.8%)(n=7). Difficulty that faced is marriage (52.6%)(n=10), the least are economic difficulties (15.3%)(n=3).

### CONCLUSION:

It had been defined that women with breast cancer has phycical, psychological and social problems and integrated approach by healthcare professionals to breast cancer women will be beneficial.

**Keywords:** Breast Cancer, Psychosocial Problems, Women

P-027

## Professional Containment Methods Used in Psychiatric Wards in Turkey: Nurses' Reports

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**BACKGROUND:** Despite the changes and efforts towards less restrictive environment and treatment, professional containment methods are still used in psychiatric wards in Turkey. However, there is not enough data showing the types, frequency and justifications for the methods used to manage conflict behaviours in inpatient treatment facilities.

**AIM:** To describe types, frequency and justifications for the containment methods (such as mechanical restraint, seclusion, and enforced medication) utilized in psychiatric wards in Istanbul, Turkey.

**METHOD:** Research design was descriptive. The subjects consisted of 215 nurses recruited from nine psychiatric hospitals in Istanbul. The self-report questionnaire was developed to determine 1) characteristics of nurses and wards; 2) type, degree and justifications of the use of PCMs.

**RESULTS:** 80.9% of the nurses were female. 52.6% had 5 or less years of work experience in psychiatric wards. The average numbers of the nurses working in day and night shifts were  $3.41 \pm 1.54$  and  $1.54 \pm 0.92$  (respectively). The average number of patient per nurse was  $14.42 \pm 8.93$ . Pro-re-nata medication and forced intramuscular medication were the most frequently used; mechanical and physical restraints were sometimes used; and seclusion was the rarely used method. Aggressive behaviour (both threat and attack behaviour) was the primary justification, followed by absconding behaviour.

**CONCLUSION:** The findings suggest that regulations are needed to decrease the number of patients per nurse; nurses need to be educated about the reasons and requirements of PCMs; and hospital based and nationwide statistics should be kept on PCMs.

**Keywords:** psychiatric wards, nurse, containment methods, restraint, seclusion

P-028

## Self Handicapping and Its Impact on Mental Health

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### Background

Self handicapping is securing the conditions providing internalization of success and externalization of failures as a result of an individual's choice. This concept has an inconsistent structure. While the individual tries to protect his personality successfully, he does actions which harm his performance.

### Aim

It is aimed to present self-handicapping behavior and its effects on mental health in this review.

### Positioning

Self-handicapping is a strategy used by an individual as a defence mechanism to protect his personality and avoid confrontation with himself and it becomes a personality trait in time. This condition prevents realistic assessment of problems and causes them to remain unsolved. Because he can't consider his problems as self-induced failures, argues that successes belong to him. Actually, this state subserves feeling himself good, both in successes and failures. Individual can use various verbal and/or behavioral strategies for self handicapping. In verbal strategies, in an unexpected situation, he express that this has arisen from external sources and presents excuses. In behavioral strategies, he does actions which may affect performance like using alcohol-drug, postponing responsibilities, not using opportunities. As he can't evaluate his reactions realistically, mentioned strategies increase likelihood of failure, cause somatic complaints and psychological problems.

### Conclusion

Self handicapping causes a decrease in individual's compliance, life satisfaction and intrinsic motivation; causes an increase in negative mood, somatic symptoms and alcohol-drug use. Individual decreases his social life to protect himself and externalize failures. In conclusion, self handicapping restrains performance and has an adverse effect on adaptation and psychological health.

**Keywords:** Mental Health, Self Handicapping

P-029

## Supporting intervention for families and patients with mental illness

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The individuals with mental illness should be supported out of the hospital for usefulness of treatment. Successfully adopted interventions typically include early involvement of opinion leaders that can influence future, potential users; setplans for roll-out, adoption and sustaining of the new intervention; personal contact between the intervention developer and adopters, especially live demonstrations, for purposes of modeling and building momentum for use; ongoing contact between developer and adopters to address implementation barriers; and set incentives for adoption and competent use of new intervention. Additionally, extended training in the family model or trainings utilizing multi-methods produce superior outcomes compared to brief trainings or those only using didactic methods.

Many intervention strategies have been used to improve medication adherence and quality life in patients with mental illness. The result of this information, mental patients out of the hospital should be supported by psychiatric nurses means such as the telephone, e-mail and social networks (facebook, msn, twitter, etc.). This intervention could be especially useful for improving adherence in those patients with a negative attitude towards treatment of mental illness. In a recently published randomized, controlled, four-month study, an intervention based on a telephone call provided by a mental health nurse once monthly proved effective in enhancing medication adherence among patients with mental illness.

**Keywords:** Supporting intervention, Mental illness

P-030

## Nursing Students' Anger Expression and Constipation Severity Level

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### BACKGROUND:

Anger is one of the important emotional situations along the human life. If person can't express her/his anger via appropriate ways, she/he may have the physiological, psychological and social problems.

### OBJECTIVE:

This study's aim is to define the nursing students' anger levels and anger expressing ways, constipation severity levels and to investigate the correlation between them.

### METHOD:

The sample of descriptive and correlation-seeking study was 116 volunteered nursing students of Faculty of Health Sciences.

The data was collected Information Form, Constipation Severity Instruments (CSI) and State-Trait Anger Expression Inventory and evaluated with frequency, percent and spearman correlation analysis.

### RESULT:

The mean age of students were  $19.13 \pm 1.25$  (18-27); 85.3% of them were female. It was determined that 64.7% of the students felt partially nuisance their anger expression and 26.7% of the students thought to express correctly their anger feels.

The CSI total score was  $20.18 \pm 11.27$ . The sub-dimensions scores of CSI were  $10.81 \pm 5.74$  for Obstructive Defecation (OD),  $8.06 \pm 5.65$  for Colonic Inertia (CI),  $1.3 \pm 2.05$  for Pain. The mean of anger points was found  $19.14 \pm 4.40$  for trait anger,  $22.36 \pm 3.58$  for anger control,  $15.46 \pm 3.50$  for anger-in and  $14.70 \pm 2.70$  for anger-out.

A positively meaningful correlation was determined between trait anger/anger-in/anger-out and CSI, between anger-in and pain/CI, between anger-out and pain/OD. Besides, there was a negative correlation between anger control and CSI total scores.

### CONCLUSION:

It can be said that the level of trait anger can be one of the reasons of constipation and be able to control anger should reduce the risk of constipation.

**Keywords:** Anger, Constipation, Nursing Students

P-031

## Systematic Analysis of Researches About Suicide in Children and Adolescents in Turkey

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### BACKGROUND:

Suicidal behavior is individual's self-directed aggression which is voluntarily end his life.

### OBJECTIVE:

The aim of the study is to evaluate systematically studies that had been conducted about suicide in children and adolescents between the years of 2000-2013 in Turkey.

### METHOD:

T.C.YÖK Publication and Documentation Department Dissertation Database, Pubmed data bases, electronic academic journals and on google academic data base has been scanned by using eight word search and reached to 5407 researches. As a result of scan this study sample composes of 33 researchs.

### RESULTS:

87.9% (n = 29) of the studies was articles, in 48,5% (n=16) sample size was 0-100 and 84.8%(n = 28) of researches consisted of 13 to 20 age group. In 27.3% (n = 9), suicide was seen in the parents of adolescents and in 45.5% (n = 15) was present in the adolescent's past psychiatric history. When studies examined in terms of cause of suicide, first, major depression identified (57.5%) and in terms of ways of suicide, first, drug using and self-poisoning (63.6%).

### CONCLUSION:

s a result of research, suicide attempts in children and adolescents has been seen mostly high school and directly related with psychiatric tablo. Based on these results, identifying risks for suicide during adolescence may be decrease suicide cases.

**Keywords:** Child and Adolescent, Suicide, Systematic Research

P-032

## Internalized stigma and perceived family support in acute psychiatry services in-patients

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The study is developed for the purpose of determining the relation between internalized stigma and perceived family support in acute psychiatry service in-patients, and has the feature of cross-sectional and descriptive study.

Study sample consists of 224 patients receiving therapy in acute psychiatry service. Data were collected using information form, internalized stigma scale and a family perceived social support scale. The average age of the patients is  $37 \pm 11.56$  and therapy period is  $6.27 \pm 5.81$ /year. Age at disorder onset is  $30.42 \pm 10.62$ /year. The majority is high school graduate and consists of individuals hospitalized three times and more. 66.1% of the patients are taken to the hospital by family members and relatives. High level of statistically significant negative correlation is detected between the internalized stigmatization scale and the total score of family perceived social support scale. It is seen that the patients stigmatize themselves more as the family perceived social support decreases ( $r = -0.721$ ,  $p = 0.000$ ). Moreover, a significant relation is identified between internalized stigmatization and the diagnosis, educational background, marital status, hospital experience, number of hospitalization, electroconvulsive therapy status, economic condition, idea of self-harm and harming others, dismissal status, family mental illness history and premorbid personality characteristics. In conclusion, taking into account the variables having an effect on decreasing patient self-stigmatization due to disorders, it is believed that planning intended for increasing the perceived social support is required and the nurses working at psychiatric clinics play a significant role regarding the matter.

**Keywords:** Psychiatric disorders, internalized stigmatization, social support, labelling

P-033

## Opinions of Fourth Year Nursing Students about Internship in Psychiatric and Mental Health Nursing

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### BACKGROUND:

It is emphasized that internship program in nursing makes positive contributions to individual and professional development of the students, prepares the students for their professional roles, increases professional proficiency and integrates theory with practice.

### AIM:

The study was undertaken in order to determine opinions of fourth year nursing students about internship in psychiatric and mental health nursing.

### METHOD:

The study was conducted with 66 students who studied at the fourth year nursing students. The data of the study were collected using "Evaluation Form of Opinions about Psychiatric and Mental Health Nursing Internship" designed by the researcher and "Evaluation Form of Internship Program Objectives for Psychiatric and Mental Health Nursing".

### RESULTS:

Mean score obtained by the students from "Evaluation Form of Internship Program Objectives for Psychiatric and Mental Health Nursing" was  $182.10 \pm 22.34$  and it was statistically significant ( $p=0.001$ ,  $t=66.207$ ). There was no significant correlation in mean scores of internship program, and age, gender, marital status, employment status ( $p>0.05$ ). Also; 22.7% of the students told that internship program improved their communicational skills, 25.8% told that internship program improved their self-esteem, 27.3% told that internship program improved their holistic approach abilities, 22.7% told that internship program improved their problem solving skills and 25.0% told that internship program improved their abilities to intervene to the psychiatric patients.

### CONCLUSIONS:

It may be thought that internship program for psychiatric and mental health nursing improved students' communicational skills, self-esteem, holistic approach abilities, problem solving skills and abilities to intervene to the psychiatric patients.

**Keywords:** Nursing education, internship program, opinions

P-034

## Beliefs And Attitudes About Mental Illness of Headmen

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**BACKGROUND:** People with mental illness, dissimulate their diseases and keep away from the community themselves because of negative beliefs, attitudes towards mental illness. Headmen who get involved in local government, are public nested and accepted as a leader of public, have important status in beliefs and attitudes towards mental illness.

**AIM:** Investigating beliefs and attitudes towards mental illness of headmen was aimed.

**METHOD:** Sociodemographic Questionnaire, Scale of The Community Attitudes Towards The Mentally Illness and Beliefs Toward Mental Illness Scale were used for collecting data in this cross-sectional and descriptive study. Mann-Whitney U, Kruskal Wallis and Correlation were used for data analyses.

**RESULTS:** The average age of the headmen was  $= 55.16 \pm 7.18$  and the average person in the neighborhood that they are responsible was 13.600. 72% of headmen were rarely faced mental patients in the area of work states and 66.7% of them didn't orientate to health care service. Community Mental Health Ideology subscale ( $= 24.39 \pm 6.88$ ) and Desperation and Deterioration in Interpersonal Relationships subscale ( $= 32.06 \pm 13.83$ ) were higher than the other subscales. Negative correlation was founded between Beliefs Toward Mental Illness Scale's total score and Community Mental Health Ideology subscale ( $p=0.037$ ) and positive correlations were founded between Beliefs Toward Mental Illness Scale's total score and Dangerous subscale ( $p=0.000$ ), Desperation and Deterioration In Interpersonal Relationships subscale ( $p=0.000$ ).

**CONCLUSION:** It can be thought that headmen have ideologic attitude towards mental illness and patients with mental illness and they have difficulty in communication with desperation.

**Keywords:** headmen mental illness, belief, attitude

P-035

## The Effect of Basic Level Psychiatry Nursing Education Given to the Nurses Who Worked at Psychiatry Clinics upon Their Knowledge Levels

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### BACKGROUND:

It is emphasized that regular and extensive educational programs given to the nurses who worked at psychiatry centers and were in direct contact with patients may help increase nursing care quality and thus quality of health services.

### AIM:

This study was undertaken with a pre-test and post-test model in order to determine the effect of basic level psychiatry nursing education given to the nurses who worked at psychiatry clinics upon their knowledge levels.

**METHOD:** The study was conducted with 17 nurses who worked at a Psychiatry Health Center. The nurses received a 45 hour course. Nurses filled in Descriptive Characteristics Form and Evaluation Form of Knowledge Levels of Nurses designed by the researchers before and after the training.

**RESULTS:** It was found out that 47.1% had vocational health high school degree and 70.6% had a course about psychiatry nursing before. Nurses mean score of knowledge level was 245.6+37.1 before the training whereas it was 324.6+38.8 after the training and the difference between before and after training was statistically significant ( $p<0.001$ ). It was discovered that mean scores of those who had a course about psychiatry nursing before this training were higher and the difference between before and after training was statistically significant ( $p<0.05$ ). It was seen that there was no significant difference between nurses knowledge levels before and after training in terms of socio-demographic characteristics such as age, gender, education ( $p>0.05$ ).

### CONCLUSIONS:

It recommended that trainings given to the nurses who worked at psychiatry clinics should regularly be continued.

**Keywords:** Psychiatry nursing, education, knowledge levels



HORATIO, EUROPEAN  
PSYCHIATRIC  
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CONGRESS 2013

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POSTER ABSTRACTS

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*Poster Discussion - 2: 1 November 2013 / 12:00-13:00*



P-036

## Being the elderly in a nursing home

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**INTRODUCTION AND OBJECTIVE:** In accordance with physical weakening; changes in social roles, loss of self-confidence and authority, incompetence, inefficiency, and feelings of helplessness, of being in need of others, fear of being alone and the fear of death appear in the elderly. As offspring are often expected to take care of elderly people in our country, by considering that living in a nursing home may affect the thoughts and feelings of the elderly, this study was conducted to determine their thoughts and feelings about “being the elderly in a nursing home”.

**METHOD:** This study was made in a nursing home with the permission from the institution. Phenomenological method was used and the number of participants in this study was determined according to “data saturation” principle. Accordingly, the sample was 17 elderly people. The data was collected by semi-structured interviews and interview records were transcribed and grouped in the direction of recurring themes.

**RESULTS:** The participants were 9 male and 8 female and in an average age of 79.64. It was found that the intellectual themes of being an elderly in a nursing home are “approaching to death”, “having nothing to do”, “suffering from pain and lacking”, “convenience in daily life” and “always waiting for somebody to come”; and the emotional themes are “solitude”, “missing” and “sorrow”.

**CONCLUSION:** As a result it was found that although nursing homes facilitate the daily lives of the elderly, they feel loneliness, missing and grief.

**Keywords:** aging, living in a nursing home

P-037

## The Validity and Reliability Study of the Turkish Version of Educational Needs Questionnaire

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**OBJECTIVE:** The aim of the study is to determine the validity and reliability of the Turkish version of the Educational Needs Questionnaire (ENQ-Mueser et al.1992).

### **METHOD:**

The study was carried out in a methodological design and was conducted in the psychiatric outpatient clinics of a university hospital and two schizophrenia associations in Istanbul between September 2007-July 2010. The sample was included 140 patients and 75 patients' relatives, and the data was collected after obtaining ethical approval.

The reliability of the Turkish version of Educational Needs Questionnaire was evaluated by computing Cronbach alpha coefficients for internal consistency and correlations of item-total score of the questionnaire. The validity of the ENQ was evaluated by Content Validity Index-CVI and Factor analysis for construct validity.

**RESULTS:** In content of validity of the ENQ, 9 academicians who were working as lecturer in different departments, also in different nursing schools, evaluated the scale. Due to the recommendation CVI was found that 0.85. Factor analysis of the ENQ revealed that it was composed one factor. In content of validity of the questionnaire in the item total correlation, items' reliability coefficients of correlation was found  $r= 0.47-0.75$  for patient group and  $r= 0.44-0.84$  for patients' relatives, and it was found that correlation was a positively and statistically higher significance ( $p<.001$ ). The internal consistency coefficient (Cronbach's alpha) of the ENQ was 0.97.

**CONCLUSION:** Turkish version of Educational Needs Questionnaire is found to be valid and reliable scale and it can be used in relevant studies.

**Keywords:** patient, relatives, educational needs, Educational Needs Questionnaire, validity and reliability

P-038

## Effect of Passive Music Therapy On Sleep Quality Among Nursing Home Residents

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**OBJECTIVE:** This study, as a pretest-posttest, an experimental design without control group was conducted among nursing home residents to determine their quality of sleep and effect of passive musical therapy which is applied at bedtime on the quality of sleep.

**METHOD:** The study constituted 31 elderly people who doesn't have badly hearing impairment or memory problem, are capable of answering the questions by themselves and have had no dosage change with their current medicines during the research. Data were collected at the beginning of the research and after 3 weeks of passively musical therapy, by interview forms and Pittsburg Sleep Quality Index (PSQI). Data were evaluated with; number, percentage, averages, Paired t test, Mann Whitney U test and Kruskal Wallis test.

**RESULTS:** It was found that the average of the elderly people was  $81.0 \pm 8.49$ , PSQI score before passive musical therapy was  $5.19 \pm 1.75$ ; PSQI score after passive musical therapy was  $4.41 \pm 1.60$ . According to those results; subsequent passive musical therapy's average of PSQI score was found lower than precedent passive musical therapy's average of PSQI score ( $p=0.03$ ). While no difference was observed before/after passive musical therapy PSQI scores between age, gender, social status, social insurance, chronic disease, smoking and alcohol usage of elderly people participating in the study ( $p>0.05$ ), a difference was found between educational status and before/after PSQI scores ( $p<0.05$ ). Conclusion; it was found that passive musical therapy which is applied at bedtime on elderly people has positive effects on the quality of sleep.

**Keywords:** Musical therapy, sleep, sleep disorders, sleep quality, older people

P-039

## Turkish version of the Parental Monitoring Scale: A study on validity and reliability on high school students

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**BACKGROUND:** Monitoring of children's behavior is considered an essential parenting skill. Numerous studies show that well-monitored youths are less involved in delinquency and other normbreaking behaviors, and scholars conclude that parents should track their children more carefully.

**AIM:** The aim of this study was to investigate the validity and reliability of the Turkish version of the Parental Monitoring Scale.

**METHODS:** Sample consisted of 294 students who were attended in two high school and one vocational high school in İstanbul. The reliability of the Turkish version of Parental Monitoring Scale was assessed computing Cronbach alpha coefficient for internal consistency and correlations of item-total score of the scale. Confirmatory Factor Analysis for construct validity of scale was measured.

**RESULTS:** Cronbach alpha coefficient of Parental Monitoring Scale was calculated as 0.82. Item-total correlation coefficients of scale were significant at the level of  $p < 0.01$ . An advanced confirmatory factor analysis pointed out that the good fit indexes of the scale is in accordance with the model ( $\chi^2/$ sd: 23,72; GFI.98, CFI.99, ve RMSEA.05).

**CONCLUSION:** The single factor structure was identified significantly, thus, the model obtained as a result of fit indexes showed having a good concordance. The Turkish version of Parental Monitoring Scale is found to be valid and reliable.

**Keywords:** Parent, adolescent, reliability, validity

**P-040**

**The Statement Psychosocial in Amputation of Pediatric Patients**

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Psychosocial dimensions of amputation on pediatric patients. Contemporary technological developments, despite that the need for amputation reduced in relation with the improvements in physic, are one of them ostimportant problems for the nurses who looks after the individual bodily. Nursing of amputee children shows difference rahther than grown-up people. By there a son that the growing process of these children it is problematic to decide on their health course. For this reason, the age of the amputee child, cause of the amputation, ability to move in later condition, family's socio cultural structure, psychosocial status are to be evaluated in a seperate way as the pediatric amputees may be affected worse of the condition rather the adults. Occasion of losing of limbs during childhood, are importan the all the problems affecting the family and himsel for herself, health workers, social enviroment. The lose of extremities of the body causes anxiety, despair, regret, uncertainty and negetion on the individual. Emerging visual, functional and psychological problems affects the life of the individual in a negative way. After the decision of amputation surgery, it is necessary to help to the individual in the physiotherapic aspect both by the doctor and nurse to keep him or her in conformity with new prosthesis. To the children with extremity loss, it is required to increase their life quality and approach to make execute their roles in life and develop their fuctionality.

**Keywords:** Children's mental health, pediatric amputation, social conformity

P-041

## A Study on the Anger Levels and Expression of Anger Among Young People

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**INTRODUCTION AND PURPOSE:** Adolescence is often signified with social, biological, and psychological transformations as well as emotional inconsistencies, which underlines the significance of anger control and expression of anger for young people. This particular study deals with the anger levels and the expression of anger among young people attending highschools and universities.

**METHOD:** The study was conducted in Fethiye, Muğla. The study sample, thus, included 770 students who consented to participate in the study. The data were collected with a Sociodemographic Information Form and "The State-Trait Anger Scale" designed by Spielberger.

**FINDINGS:** The study sample mostly included high school students (55.2%). 41.6% of the participants were aged between 16-18 years old. The participants stated that they had a loving and affectionate atmosphere at home (44%) and they weren't exposed to domestic violence (72.3%). It was also noted that 51.2% of the participants had a fight/argument within the last month and 51.3% of the students confirmed that they exercised violence on a living being. The constant anger score of the participants were found  $X=23.28\pm6.90$  while the score of internal anger was  $X=17.10\pm4.76$  and the score of external anger was  $X=17.89\pm5.09$ . It was further reported that the score of anger control was  $X=19.05\pm4.95$ . The study results indicated that high school students in the study had higher scores of anger, which statistically changed according to certain variables such as being exposed to domestic violence, exercising violence on any living being, and having a fight/argument within the last month.

**Keywords:** Anger, Anger management, Young, Student

P-042

## Perfectionism in Nursing Students

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**PURPOSE:** Perfectionism is a personality style characterized by striving for flawlessness and setting of excessively high standards for performance accompanied by tendencies for overly critical evaluations of one's behavior. Nursing is a profession greatly associated with responsibility and therefore constitutes great possibility of influence on nursing students' sense of responsibility and personality characteristics. The present research was carried out to determine the level of perfectionism of nursing students.

**METHOD:** The research was undertaken in Fethiye, Muğla and the sample of the study is consisted of 400 nursing students who agreed to involve in the research. "Frost Multidimensional Perfectionism Scale (FMPS)" and sociodemographic information form are used for collecting data.

**RESULTS:** It was determined that 50.8% of the participants was consisted of women and 33.2% of them were students between the ages of 20-24. 72.8% of the students come from families with democratic tendencies. 56.2% of the participants stated that they chose the profession willingly and 62.5% of them described themselves as ideal candidates for nursing. With regard to subscale of the FMPS: Organization average point was  $X=18.27\pm4.57$ , Personal Standards average point was  $X=20.57\pm5.27$ , Parental Criticism average point was  $X=13.01\pm3.81$ , Parental Expectations average point was  $X=15.23\pm3.91$ , Doubts About Actions average point was  $X=11.48\pm3.59$  and Concern over Mistakes average point was  $X=28.33\pm6.48$ . FMPS scores demonstrated significant differences ( $p<0.05$ ) depending on the variables of gender, age, and family's attitude. The study is recommended to be repeated in a larger and different samplings.

**Keywords:** Perfectionism, Nursing, Student

P-043

## Death Anxiety in Nursing Students

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**PURPOSE:** The fear of death is a universal problem for humans. Nurses are often encounter with terminally patients during their clinical work. Working with terminally ill patients is likely to affect death anxiety of nurses. This descriptive study was conducted to investigate level of death anxiety of nursing high school students.

**METHOD:** The research was carried out in 2012 in Muğla, Fethiye. The sampling of study is consisted of 400 nursing students, eager to take in part in the research. The survey and “Templer Death Anxiety Scale (DAS)” were used for data-collection.

**RESULTS:** It was determined that 55.5% of the participants were women, 61.5% of the students have taken lessons about looking after patients in terminal stage. 41% of them have witnessed to a moment of death and 40.3% of the students have experienced the loss of a close relative. While 59% of the students expressed that they rarely thought about having a fatal illness or a sudden death, 57.3% of them mentioned that they had thought and imagined their moments of death. 62.5% of the participants think that owning religious beliefs plays a positive role over thoughts about death. As regards to the DAS, the average point is  $X=9.24\pm 3.16$  in students. Death anxiety appeared to be higher in the case of the women, students of the third degree, those students who took lessons for terminal patient care and those participants who thought often about the risk of having a fatal disease. The statistical difference ( $p<0,05$ ) in this regard is significant.

**Keywords:** Death, Death Anxiety, Nursing, Student

P-044

## The Relationship Between The Communication Skills and Conflict Trends of Nursing Students

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**OBJECT:** This research was conducted to determine the relationship between the conflict and communication skills of nursing students.

**METHODS:** The data were collected using a "Communication Assessment Scale" and "Conflict Tendency Scale" and "Personal Information Form". "Communication Assessment Scale" was developed by Korkut (1996) as 25 item, 5 point, likert type scale. "Conflict Tendency Scale" was developed by Harary and Batell as a 53 item, 5 point likert type scale.

**RESULTS:** Entering active conflict with the ability of students to cope with problems ( $r=-0.137$   $p<0.05$ ), total score of a comprehensive conflict ( $r=-0.202$   $p<0.01$ ), intensity conflict ( $r=-0.222$   $p<0.01$ ) a significant negative relationship between.

Communication skills and conflict mixed with a total score ( $r= -0.169$   $p<0.05$ ), the active biased conflict ( $r= -0.205$   $p<0.05$ ); between the cognitive communication and conflict hash total score ( $r= -0.162$   $p<0.05$ ), active biased conflict ( $r=0.188$   $p<0.05$ ), passive unequivocally reject conflict ( $r=0.120$   $p<0.05$ ); between the emotional conflict and conflict hash total score ( $r= -0.163$   $p<0.05$ ), the active biased conflict ( $r=0.209$   $p<0.05$ ), humanistic approach ( $r=-0.173$   $p<0.05$ ); between the behavioral communication and conflict hash total score ( $r=-0.133$   $p<0.05$ ) there was a significantly negative relationship.

**CONCLUSION:** Nursing students who make cognitive and emotional communication skills have low conflict trend about the active biased conflict, passive and hybrid conflicts. Nursing students who make emotional communication skills can't show humanistic approach. Nursing students who make behavioral communication skills' conflict biased and unequivocally reject conflicts was found significantly high.

**Keywords:** nursing students, communication skills, conflict

P-045

## Empathy in Medical and Nursing Students – Evaluation of The Turkish Forms of Jefferson Scale of Empathy

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**BACKGROUND:** The way leading to effective care is understanding the patient's perspective, feelings, emotions, and their problems. A key instrument improving the therapeutic effectiveness of health professional-patient relationship is empathy.

**AIMS:** The aims of this study were to evaluate Turkish form of Jefferson Scale of Physician Empathy(JSPE) at medical and nursing students and to examine differences in empathy scores between male and female students, and school differences in medical school and nursing school.

**METHODS:** The study was designed to evaluate Turkish form of JSPE used with physicians, medical students, and nurses. Turkish form of JSPE was translated into Turkish using back-translation procedures to ensure the accuracy of the translation. Turkish form was administered to 76 medical students, 337 nursing students. To assess the dimensionality of the scale, confirmatory factor analysis for categorical outcomes was carried out. Also an item analysis of the scale was conducted. Test-retest reliability was assessed by readministering the scale to 186 students. For Internal consistency was assessed by Cronbach's alpha. Subscale scores were compared in terms of gender and schools.

**RESULTS:** Cronbach alpha value for the scale was high (0.862). Test-retest reliability of the scale was moderately satisfactory (0.661). Female students scored higher than male students. As a result of factor analysis, three factors were obtained.

**CONCLUSION:** The study have shown that Turkish form of the JSPE can be a instrument evaluating the empathy of Turkish medical and nursing students. Further research is needed to identify factors that contribute to changes in psychometric data of the scale

**Keywords:** Jefferson Empathy Scale, medical student, nursing students

P-046

## Cognitive-Behavioral Approach in Obsessive Compulsive Disorder and the Role of Psychiatric Nurses

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This review study aims to systemically analyze the data obtained from current literature about cognitive-behavioral approach and the role of psychiatric nurse in Obsessive Compulsive Disorder (OCD). In recent years, the importance of cognitive-behavioral approach has increased, with the significant developments in treatment of OCD.

Cognitive behavioral therapy meets the scientific standard for effective techniques and interventions that are empirically based. Given the evidence supporting cognitive behavioral therapy, it makes sense that advanced practice psychiatric nurses become adept in the use of this psychotherapeutic method. Advanced practice psychiatric nurses are in a unique position to coordinate physical, psychiatric, and social theory into true holistic care for the individual using the highest standards of empirically supported treatment. Advanced practice psychiatric nurses uses a process of guided discovery to help the individual uncover belief systems or conclusions that are unconsciously influencing current feelings, behaviors, or thoughts. The therapist often focuses on the most common type of distortion that an individual uses, points out the process to the individual, and then assists him or her in exploring the factual basis of the cognitive style. Advanced practice nurses need specialized and empirically tested evidence to guide their practices. Cognitive behavioral therapy has been proven to integrate well in nursing practice and meets the scientific standard for effective techniques and interventions that are empirically based. As a result, cognitive behavioral therapy is the ideal vehicle for the advanced practice nurses to use to guide counseling and education interactions with individuals.

**Keywords:** Cognitive behavioral therapy, obsessive compulsive disorder, psychiatric nurses

P-047

## Belief, Attitude and Stigmatization about Mental Illness and Patient: A Systematic Review

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**AIM:** It is aimed to provide a critical review through screening literature for the effects of belief, attitude and stigmatization of mental illness and patient.

**METHOD:** Regardless of year, google and google academic database were screened between 27-11-2012 and 10-12-2012 with the keywords of “mental illness, belief, attitude, stigmatization” and “mentally ill patient, illness, belief, attitude, stigmatization”.

**FINDINGS:** As a result of the screening study, a total of 1435 results were obtained and 55 suitable results were taken into consideration. The results of review study show that 54.5% of the screened publications were written by psychiatric nurse(s) and 49.1% were published in a refereed journal, while 41.8% were presented as a research article and 23.6% of the studies were about stigmatization, fight against stigma, and attitudes, beliefs and stigmatization behaviors of health professionals towards patient/illness. No recommendation was made about attitude, belief and fight against stigma behavior in 36.4% of the screened studies, while 25.5% emphasized the importance of public education on this matter.

**CONCLUSION:** The studies investigating mental illness and attitudes, beliefs and stigmatization behavior for this illness have indicated that professionals and society must reach a consensus and behavior pattern.

**Keywords:** Mental illness, mentally ill patient, belief, attitude, stigmatization behavior.

P-048

## The Burden of The Family Members Caring for Oncology Patients

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### General Information (Background)

Cancer is an ever-increasing disease all over the world and can be seen in people of all ages. In parallel with the development of the technology, there has been important developments in cancer treatment. However, the treatment causes many physical and psychological side effects. These side effects slow down the treatment process and increase the need for care of the patient. In this respect, the family, as the main social support, undertakes the care of the patient. However, this responsibility creates a sense of burden for the family; and this burden may negatively affect both the physical and the mental health of the family members.

### Aim

This study analyzes the burden of the family members giving care to the individual diagnosed with cancer, and the effects of this on the patient; and it explains what can be done by consultation-liaison nurses.

### Situation

Daily life activities, social relations, working and family life of the family members caring for cancer patients are affected. The studies show that with regard to these troubles and difficulties, together with the increase of the burden for the care-givers, the patients suffer from anxiety, depression, social isolation and loss of role.

### Conclusion

With regards to protective mental health, in terms of primary, secondary and tertiary prevention for the patients with cancer, the consultation-liaison nurses should prepare and apply the required intervention plans.

**Keywords:** care-givers, consultation liaison psychiatry nursing, family burden, oncology

P-049

## Effects of Social Support on Psychosocial Adjustment in Chronic Diseases

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**BACKGROUND:** Chronic diseases are health problems that require effort and desire for the disease-related adaptation. It is because chronic diseases affect the patient's emotional and social life that cause increasing social assistance requirements.

**AIMS:** Encouraging to study on the subject of "Chronic diseases" by putting out the effect of social support for chronic diseases.

**METHODS:** A comprehensive literature search was carried out

**RESULTS:** Social support is an important resource for coping with the disease. It is seen that social support serves as a mechanism that increase the well-being, psychosocial adaptation and auto-control feeling of individuals, and reduce the negative impact of stress. It is identified from the studies that social support as determinant of psychosocial adjustment and the presence of social support effects positively.

**CONCLUSIONS:** To enhance patient compliance with chronic illness, it is necessary to identify sources of social support and the patients not having social support must be taken as risk group in terms of adaptation.

**Keywords:** Chronic Diseases, Psychosocial Adjustment, Social Support

P-050

## Defining of Oncology Nurses' Communication Skills

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**INTRODUCTION AND PURPOSE:** The oncology clinics are special areas due to working with the patients and communicating. In this work; it has been aimed at defining of oncology nurses' communication skills.

**METHOD:** This descriptive study has been made with the 30 nurses who agreed to participate in the study in oncology clinics of Turgut Ozal Medical Center, Inonu University. The data in the work has been collected by "Personal Information Form" and "Scale Assessment of Communication Skills (SACS)". During being evaluated of the data; number, percent, average and chi-square have been used.

**FINDINGS:** It has founded that the nurses of %66.7 that agreed to participate in this work are women, %63.3 of them are married. %80 of the nurses are undergraduate, %70 of them prefer willingly this job. %66.7 of the nurses are permanent staff, %83.3 of them works as charge nurse. %56.7 of them work depends on changing shift, %70 of them are satisfied with the unity that they work in, %76.7 of them have had service training. The average score of SACS of oncology nursing have been found as 76.43±9.02. It has been found a significant relationship between educational level, working position, selection of the unit status, satisfaction of the unit, service training, working time in the unit and SACS averages of the scores (p<0.05).

**OUTCOMES AND ADVICES:** The communication skills of the oncology nurses' is a moderate level. It has been suggested that some plans should be made to improve of the communication skills in the service training program.

**Keywords:** Oncology Nurses, Communication Skills, Education

P-051

## Effectiveness of Family Education about Psychological Development of Children

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**OBJECTIVE:** Family is the most important institution in a child's life to provide the infant's basic and primary needs such as care, protection, health, affection, trust, education and socialization. Therefore, education of families has a major effect regarding the psychological development of children, and nurses' role in these trainings are very important. This study purpose that investigation of effectiveness of family education session about psychological development of children.

**METHOD:** This study which was semi-experimental was realized in the pre-school classes of 4 different schools in Fethiye District and 96 volunteering families were sampled. During the training which was limited with a single session, topics such as "the role of family regarding the psychological development of children", "family and child communications", "techniques of changing behaviors and attitudes of children" and "avoiding violence" were discussed in session. A questionnaire of 20 survey items was used both before and after the sessions to determine the level of awareness and the contribution of training.

**RESULTS:** The participants whose 89.6% were mothers and 62.52% had basic (primary) education; were found out to have been violent to their children more than once by the ratio of 60.4%. There was a statistically significant difference between pre and posttest in the study ( $p < .05$ ). The education program proved to yield a considerable increase in the level of awareness of family after the education session. Contributed implemented in the level of knowledge of family education and family education should be useful to a more comprehensive.

**Keywords:** Family education, Effectiveness, Pre-school children, Nursing

P-052

## The Treatment Motivation and Social Support in Alcohol and Substance Dependents

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**BACKGROUND:** Alcohol and substance use disorders are a chronic state of disorder that might cause physical, mental and social problems in the individual. Motivation for treatment of alcohol and substance dependents is usually considered to be a strong predictor of seeking treatment and treatment success.

**AIMS:** The aim of this study was to determine the treatment motivation and perceived social support levels of individuals diagnosed with alcohol or substance dependence.

**METHODS:** This study was used a descriptive design. Study sample consists of 51 patients diagnosed with substance dependency according to DSM-IV. Patients who were admitted to psychiatric department for dependency treatment were included in the study. The data were collected using a questionnaire form, the Treatment Motivation Questionnaire (TMQ) and Multidimensional Perceived Social Support Scale (MPSS). Data were evaluated with used descriptive analyses, Mann Whitney U test and pearson's correlation analyses.

**FINDINGS:** The mean score of the TMQ is 91.8. The mean score of the MPSS is 39.47. Treatment motivations mean scores of those who previously detoxification treatment and decide to seek treatment voluntarily were significantly higher than others ( $p<0.05$ ). The treatment motivation of those who had quit his job due to substance is higher than others. But, perceived social support of those are lower than others ( $p<0.05$ ).

**CONCLUSION:** Taking detoxification treatment previously, participating to treatment as voluntarily and losing their jobs due to substance have a positive effect on the motivation of the patients.

**Keywords:** Dependency, Social Support, Treatment Motivation

P-053

## Registered General Nurses' Experiences of Caring for Patients with a Psychiatric Diagnosis

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### Background

People with a diagnosis of a psychiatric disorder have higher morbidity and mortality rates than the general population. Nurses working in medical, surgical and emergency department settings will therefore find themselves caring for this client group. However, evidence from the literature suggests that registered general nurses experience difficulties in caring for patients with psychiatric disorders and report that they lack the knowledge, skills and confidence to care for people with co-morbid needs.

### Aim & Objective of Study

This study examined the experiences of registered general nurses' caring for patients with a psychiatric diagnosis in a general hospital setting in Ireland.

### Method

A qualitative descriptive approach was utilised to interview ten registered general nurses selected by means of purposeful sampling from an urban general hospital. Data was analysed using thematic content analysis based on Newell & Burnards' (1996) framework. Ethical approval was granted by the university ethics committee and the local ethics committee of the hospital.

### Results

The findings highlighted that the label of a psychiatric diagnosis influenced nurses' perceptions of patients' behaviours and how they responded and communicated when caring for patients with a psychiatric disorder. Environment factors were also identified as having a significant impact on the delivery of nursing care.

### Conclusions

The findings provide valuable insight into the current practices of registered general nurses caring for patients with a psychiatric diagnosis. It is envisaged the issues identified by the study will help guide changes and be influential in improving practice.

**Keywords:** psychiatric diagnosis, registered general nurses, general hospital

P-054

## Baccalaureate and Masters' Degree Nursing Students' Levels of Critical Thinking

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**OBJECTIVE:** The aim of this study was to determine the level of critical thinking of MSc and BSc degree nursing students.

**METHOD:** In this descriptive study, The California Critical Thinking Disposition Inventory (CCTDI), was used for data collection. Sample was consisted of students who agreed to participate (N=124) who are maintaining their BSc and MSc degrees in nursing at the University of Ataturk. Data were collected between May 15-30 2013, and evaluated using the SPSS program.

**RESULTS:** In total 99 BSc students, 25 MSc students participated in to the study and of them 50.6% were between 20-22 years old, 46.8 % of their mothers and 49.2% of their fathers' level of education was elementary school, 49.6% had lived in a city before coming to the university. The CCTDI total mean score were  $X=197.93$  in BSc, and  $X=206.84$  in MSc students. It was determined that as education degree increased the level of critical thinking increased ( $p<0.05$ ). In addition those who had lived in a city coming to university and male students were found to have higher levels of critical thinking than the others ( $p<0.05$ ).

**CONCLUSION:** A statistically significant difference was found in the students' critical thinking score mean according to their education degree

**Keywords:** Nursing students, critical thinking, education

P-055

## Eating Disorders in the Patients Diagnosed with Diabetes and Hypertension

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Patients with diabetes and hypertension are to follow a diet and regulate their eating habits. Their minds are always busy with the diet lists, the food that is forbidden, limited eating and weight control.

### AIM:

To find out the relationship between these two chronic disorders and the psychological conditions and eating behaviours of patients.

### MATERIALS-METHODS:

A total of 223 patients presenting to Health Care Centers in Sakarya were included in the study. 137 had diabetes and 86 had hypertension.

Eating Attitudes Test (EAT), Bulimic Investigatory Test, Edinburgh (BITE) and General Health Questionnaire (GHQ) are used.

### FINDINGS:

The age averages of patients with diabetes was  $56,10 \pm 11,56$ , average body mass index was  $29,08 \pm 4,17$ ; age averages of patients with hypertension was  $53,80 \pm 13,12$  and body mass index was  $28,99 \pm 4,62$ . There was no meaningful relationship between the patients with diabetes and hypertension according to the results of BMI, BITE, EAT and GHQ.

The items of EAT that best differentiates the groups according to the results of logistic regression analysis were about irregular menstruation, eating out and eating controlling life. The best differentiating BITE items were about the times when only eating is thought about, feeling guilty when eating a lot and fear of becoming overweight.

**RESULT:** In the evaluation of EAT and BITE, it is found out that the results of survey on eating disorders are below the average value.

In conclusion, it is thought that controlled studies over the groups not diagnosed with illness can be more informative.

**Keywords:** Diabetis, hypertension, eating disorders

P-056

## The Attitudes of Patient Relatives towards Schizophrenia

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Opinions and judgements of society may affect the situation of knowing schizophrenia accurately, the position of patients in the society and the period of diagnose and treatment.

**AIM:** To determine the beliefs and attitudes of patient relatives on schizophrenia.

### MATERIALS AND METHODS:

A total of 101 patient relatives in Sakarya Training and Research Hospital in-patient and out-patient departments and Sakarya Community Mental Health Center were included in the study. The survey form which was developed for the Project of Attitude in Mental Illnesses.

### FINDINGS:

99 % stated that schizophrenia was a psychological disorder when they were given a definition of it. When they were asked what schizophrenia was 89.1 % stated that it was a mental illness. When its etiology was asked, 73.3 % said it occurred due to social problems, and 71.3 % to weakness of character. Most of the patient relatives (83.2 %) thought that schizophrenia was a curable disease, however 66.3 % of them thought the medicine used for cure may be addictive and 73.3 % among these thought it may have severe side effects.

The attitudes of patient relatives towards diagnose, etiology, treatment and social distance are questioned; the highest negative attitude score is from the sub-dimension of social distance. Factors effecting the attitudes towards schizophrenia are examined. There is a meaningful difference between age and education level and knowing about schizophrenia ( $p < 0.05$ ).

### RESULT:

Being labelled as mentally ill affects the lives of even relatives of schizophrenics. So, informational programs should be improved.

**Keywords:** Schizophrenia, Stigma, Patient Relatives

P-057

## Medication Compliance In Patients With Bipolar Disorder And Investigation Of Some Factors Affecting

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This is an cross-sectional research that was conducted to estimate adherence to treatment in patients with bipolar affective disorder and to determine some of the factors that may cause adherence problems. The population of the study consisted of 280 patients. All patients were included in the study sample and the study, after being contacted by telephone and informed about the study, 150 patients who agreed to participate in the study and home visits reached. Data were collected through face-to-face interviews at home visits using "Personal Information Form", "Morisky Medication Adherence Scale", "Multidimensional Scale of Perceived Social Support" and "Ways of Coping Questionnaire". Non-adherence with treatment was detected in 55,3% of the study group. Possible problems inhibiting regular drug therapy and the level of adherence to treatment showed a significant negative correlation, with Phi = 32,2%; such that, adherence to treatment decreased as the rate of problems increased. The effect of the mean scores of social support groups on treatment adherence was not statistically significant ( $p > 0,05$ ). Logistic regression analysis revealed the risk of non-adherence to treatment was OR=9,9 (1,5 - 65) times higher for illiterate patients compared to primary school graduates, OR=5,8 (2,4 - 14,1) times higher for patients having problems preventing regular drug therapy, and OR=2,6 (1,0 - 6,9) times higher for patients on medication for 1-5 years compared to patients on medication for 6-10 years. As a result of the study, we observed that slightly more than half of the patients experienced non-adherence to drug therapy

**Keywords:** Patients with bipolar affective disorder (BAD), medication adherence, Morisky medication adherence scale, coping with stress, social support, affecting factors, nursing

P-058

## Hopelessness in Schizophrenia

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Suicide, thoughts and attempts of suicide are widely seen in schizophrenic patients. There are studies that show the risk of suicide increasing along with positive symptoms during the active stage and most patients commit suicide then.

**AIM:** To determine the hopelessness in schizophrenic patients and the correlation between these emotions and the positive and negative symptoms of schizophrenia.

**MATERIALS AND TOOLS:** A total of 70 voluntary schizophrenic patients attending Sakarya Community Mental Health Center were included in the study. They were given an Interview Form, Beck Hopelessness Scale, Positive/Negative Syndrome Scale. Percentage, t-test, Anova and correlation are used in the statistical analysis of the data.

**FINDINGS:** 34.3 % had a family history of psychiatric disorder. 47.1 % had a previous attempt of suicide. 77.1 % were described as having compliance in drug administration. 47.1 % had some psychological training.

As for PANSS scores, there was no meaningful difference between the ones attempting suicide and the ones not. However, there was a significant difference between positive symptoms ( $F=7.760$ ,  $p=0.001$ ), general psychopathology subscales ( $F=4.869$ ,  $p=0.011$ ) and total PANSS scores and drug administration ( $F=6.064$   $p=0.004$ ).

It was found out that there is a slight correlation positively between the scores from Beck Hopelessness Scale, PANSS positive ( $r=0.261$ .  $p=0.029$ ), PANSS General psychopathology ( $r=0.272$   $p=0.023$ ) subscales and PANSS total scores ( $r=0.289$   $p=0.015$ ).

**RESULT:** It is important to detect the factors triggering suicide in schizophrenia, and to prevent the patient from committing suicide, the health staff should be conscious about risk factors.

**Keywords:** Hopelessness, Schizophrenia, Suicide

P-059

## Cognitive Functions and Nutritional Status of Nursing Home Residents and Community-Dwelling Elders in Kayseri

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**BACKGROUND:** Increasing elderly population in our country raises the importance of old age problems. It is essential to handle cognitive health and nutritional status of the elderly subjects.

**AIMS:** The objective of the present study is to determine the cognitive functions and nutritional status of nursing home residents and community-dwelling elders in Kayseri.

**METHODS:** This study was conducted with totally 201 elders living in nursing home (n=101) and community (n=100) in Kayseri. Data were collected with Descriptive Characteristics Form, Standardized Mini Mental Test (SMMT) and Mini Nutritional Assessment (MNA) by a face-to-face interview. Data were analyzed with descriptive statistics (mean, standard deviation, median, minimum and maximum values), Mann Whitney U test and Spearman rho correlation analysis with SPSS 15.0 package program.  $p < 0.05$  was set as statistical significance level.

**RESULTS:** Mean age of community-dwelling elder and nursing home residents was  $73.1 \pm 6.6$  year and  $77.4 \pm 6.8$  years, respectively. Mean SMMT score of community-dwelling elders and  $22.1 \pm 4.4$  while it was  $18.5 \pm 4.5$  in nursing home residents ( $U=2788.000$ ,  $p < 0.001$ ). Mean MNA score of community-dwelling elder and nursing home residents was  $25.3 \pm 2.9$  and  $23.0 \pm 3.7$ , respectively ( $U=3204.000$ ,  $p < 0.001$ ). Nutritional status based on MNA and cognitive functions according to SMMT was significantly correlated ( $r=0.431$ ,  $p < 0.001$ ).

**CONCLUSIONS:** A positively significant correlation between nutritional status and cognitive functions of community-dwelling elder and nursing home residents was found in the present study. Health professionals should evaluate the elderly people whose cognitive functions and nutritional status deteriorate as being at risk and should plan protective interventions.

**Keywords:** Nutritional Status, Cognitive Function, Elderly

P-060

## Determination Of The Mental Status And Suicide Probability Of Women Who Have Suffered Violence\*

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**BACKGROUND:** Violence against women has been recognized as a rising issue worldwide. Suicidal behaviour including ideation and attempt and poor mental health are the most important predictors of completed suicide and offer critical points for intervention.

**AIMS:** The aim of this study was to determine the mental status and suicide probability of women who have suffered violence.

**METHODS:** This study was used a descriptive design and involved 73 women who have suffered violence. Women who were admitted to the emergency department due to exposed to violence were included in the study. The data were collected using a questionnaire form, the Suicide Probability Scale (SPS) and Brief Symptom Inventory (BSI). Data were evaluated with used percentage calculation, Kruskal-Wallis test and Pearson's correlation analyses.

**FINDINGS:** 32.9% of the women have previously attempted suicide. The mean of the SPS is 62.6. The item mean of the BSI is 0.9. There is positive correlation between the SPS and the BSI ( $p < 0.001$ ). It was found a positive correlation between the incidence of violence and suicide probability ( $p < 0.01$ ).

**CONCLUSION:** Women who have suffered violence high percentage attempted suicide. The findings indicated that women who more often exposed to violence are higher risk of suicide. Violence and poor mental health are associated with suicidal behavior.

\*Data collecting process of this study is continuing

**Keywords:** Women, violence, suicide, mental status

P-061

## **Anxiety and Quilt In Parents of the Children Who hospitalized Burn Unit**

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**BACKGROUND:** The parents of an injured or sick child, experience anxiety about effect of the life-threatening or medical condition on the future of the child. One of the most stressful events in a child's parents is development of the burn on child. Stress source for parents include stay away from home and other family member, to witness the painful procedures that child exposed, afraid of the problems that child may experience in future.

**AIM:** The aim of the study is to determine the level of guilt and anxiety in parents of children who treated for burn.

**METHOD:** Study was conducted with parents of the children who hospitalized for burn treatment as descriptive.sociodemografic quastionnaire and State-Trait Anxiety Inventory used as data collecting tools. Data analyzed in SPSS by using frequency, Mann Whitney U test, Kruskal Wallis.

**FINDINGS:** 20% of the parents feel themselves guilty because of the childs' condition, 36.4% think that this is their neglect, 20% feel themselves as inadequacy. Trate anxiety mean score of parents was  $42.7 \pm 7.1$  and state anxiety mean score was  $45.2 \pm 9.3$ . State anxiety level of the parents who think "it is my neglect" was significantly higher then parents who think "it is not my neglect" ( $p < 0.05$ ). State/trait anxiety level of the parents who think couldn't spend enough time with their children was founded higher then other parents.

**CONCLUSION:** Results shows that not to spend enough time with his/her children and who think being neglect on the burn of child increase anxiety level of the parents.

**Keywords:** Burn, Parents, Quilt, Anxiety,

P-062

## Empowerment of Children and Adolescents of Mentally Ill Parents

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**Background :** Children living with a mentally ill parent have a significantly greater risk of developing short and long term mental health problems or psychosocial difficulties. The lack of and the need for better knowledge and training of professionals working with children have been emphasized.

**Aims:** This EU funded Daphne III project CAMILLE (Empowerment of children and adolescents of mentally ill parents through training of professionals working with children and adolescents) aims to prevent the rise of children's and adolescents' psychosocial symptoms. The objectives are 1) to explore and describe existing programs and initiatives in different organizations across Europe, focusing on empowerment of children and adolescents of mentally ill parents, 2) to develop and pilot a new pan-European training program to upgrade the competences of the professionals working with the families of target groups and 3) to assess and evaluate the piloted training program and to translate to six European languages.

**Methods:** The baseline data will be gathered during May and June 2013. A case study analysis on organizational structure of 10 services and three focus groups (with professionals, parents and adult children) in six European countries will be conducted. The sample size of the participants in focus groups will be ca. 108. Additionally a questionnaire survey will be implemented among professionals (n=90) in these countries.

**Results :** Preliminary results of the focus group interviews will be presented at the conference.

**Conclusions:** This project contributes to the pan-European guidelines for promoting health and well-being of children of mentally ill parents.

**Keywords:** child, adolescent, mentally ill parent, empowerment

**P-063**

## **Nurses Comments on the Maintenance of Spiritual Care**

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**PURPOSE:** This research, was performed to determine the opinions of nurses on the maintenance of spirituality care.

**METHOD:** Elazığ research units connected to public hospitals, public hospital nurses working in hospitals and mental health and diseases were applied to those who are willing to work. Including the characteristic of the demographic data collection form and grading scale was used in spirituality and spiritual care.

**FINDINGS:** %82.7 of respondents females, %72.7 of married, %42.7 were graduate of licence. This is result of the Project. Nurses, %32.7 of the internal medicine, %12 of surgical unit, %55.3 were working in special units. Employees %55.3 have heard of spiritual care and %71.7 didn't receive information about spiritual care. Spiritual care of patients are %50 of the respondents and respondents %92 are doesn't reach the required of the spiritual care. Nurses %54.7 running the application is made on the institution of spiritual care. %98 of respondents in the scale of spiritual care by gender revealed a statistically significant difference compared to ( $p < 0.05$ ). Providing spiritual care nurses have a more meaningful spiritual care scales score ( $p < 0.05$ ).

**RESULTS:** Spiritual care is enough to show that the views at the research results for nurses.

**Keywords:** Spiritual care, nursing, morale

P-064

## Communication Skills of Nursing Students

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**PURPOSE:** This study was planned to assess communication skills of health high school' s students.

**METHOD:** Study was done on nursing students of Malatya Health High School and 200 nursing students was included. A questionire which include 10 questions about demographic features and communication skills scale was used. Istatistical analyses was done with Paired Sampels T-test and frequencities.

**RESULT:** 51 % of Participant's were between 20-21 years old. 99% of the students were unmarried and theirs 59% were females. 92% of Participants' s commmunications were good with their friends and patients and they could make emphaty. The mean score of the communication skills scale was 171.120, the minimum is 96 and the maximum is 230. There is no istatistical significance between scale acores and sex, marriage, age, income ( $p>0.05$ ). Students scale scores who communication skills are good and who make empathy were higher than the others ( $p<0.05$ ).

**DISCUSSION:**Characteristic features affects communication skills.

**Keywords:** Communication, students, nursing

P-065

## Knowledge and Attitudes of Patients in Psychiatry about Application Of Restraint

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**PURPOSE:** This study was conducted to determine the knowledge and attitudes of patients in psychiatry clinic regarding the application of restraint.

**MATERIAL/METHOD:** The study was carried out with patients in Elazig Hospital of Mental and Neurological Disorders. The data were collected from 50 patients who were remission. In order to collect the research data, an 20-item questionnaire developed by the researcher was used.

**FINDINGS:** Of all the participants in the study, 30.0% of them were 28 to 35 years old; 66% of them were single; %78 of them were male and 60% of them were graduates from a primary school and 58% of them had not been determined so far. % 36 of them felt worried when the application was conducted on them. Among the participants, 71% of them stated that patients should be informed before conducting the application of restraint. Of all the participants, 64% of them did not want the application to be banned, and 64% of them found the duration of the application appropriate as 1 hour a, and 62 % of them reported that it was due to the violence committed by the patients both for themselves and for their environment.

**CONCLUSION:** In the study, it was concluded that most of the patients found the application of restraint necessary and It could be suggested both patients and their family had been informed before application of restraint.

**Keywords:** Application, Patient, Psychiatry

P-066

## Delirium in Patients After Orthopedic Surgery

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Delirium is defined as non-specific organic brain syndrome in which disturbances of consciousness is associated with attention, perception, memory, psychomotor-activation, mood, and sleep-wake cycle disturbances.

Delirium is a common problem with a reported incidence of 13%-61% in orthopaedic patients. The mortality rate for patients who develop delirium can be as high as 37%.

Recent research indicates that delirium may not be completely reversible in all patients. The normal physiological changes of aging predispose elders to the development of delirium. Inadequate pain management and polypharmacy are major precipitating factors for the disorder. New models of delirium pathophysiology are focused on the effects of both direct brain insults and aberrant stress responses. Preventing postoperative delirium requires a team approach. Medical conditions should be optimized and metabolic disturbances such as dehydration, electrolyte imbalance, and infection corrected. Prevention or rapid correction of perioperative hypoxia or hypotension is critical. Delirium may present before or after the surgical procedure and has demonstrated increased risk, including mortality. It is associated with increased costs of care, morbidity, delayed functional recovery, and prolonged hospital stay. Identification of predictive risk factors, early diagnosis and treatment, and implementation of environmental controls can minimize the impact of postoperative delirium. This article focuses on the literature about delirium in the orthopaedic patient, including incidence, how to identify those patients at risk, patient outcomes, nonpharmacological and pharmacological interventions, and provides an example of how one tertiary care hospital implemented a prevention and management program of delirium in orthopaedic patients.

**Keywords:** Orthopedic Surgery, Delirium, Management of Delirium

P-067

## Psychosocial Approach to Organ Transplantation Patients and Their Families

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Diseases which treatment is only possible through organ and tissue transplantation are an important health problem in the world as well as in our country. In recent years, developments in medical science, organ transplantation is increasingly accepted as a method of treatment due to giving the chance of life to end-stage organ failure patients.

Organ transplantation is a serious surgical procedure that alter the quality of life. As well as positive expectations, it is a challenging process that requires long-term compliance for both patients and their families because of surgical risks. Researches suggest that noncompliance rates ranging from 20-50 % among transplant recipients. Also mentioned in the literature, nearly all United States transplant centers (95%) include a psychosocial assessment as a part of the evaluation process. Psychosocial issues are present before, during, and after transplantation. Psychosocial problems for transplant patients and their families include; pre-transplant evaluation stres; decision-making process; fear and anxiety about futures; loss of comfort, independence, autonomy, and privacy; coping with the medical regimen; change in the family role process and so on. Problems identified during hospitalization include: anxiety disorders, cognitive impairment, depression and post-traumatic stress disorders. The use of patient/ family education programmes early in the treatment, can be most beneficial for patient and their families' compliance in the process of treatment and care. The purpose of this review, taking into account the psychosocial aspects of the organ transplant patients and their families to adaptation this process and introduce health-care professionals' roles.

**Keywords:** Organ Transplantation, Transplantation Patients and Their Families, Psychosocial Approach

P-068

## **Incorrect practices observed by the last grade nursing students during their clinical practices evaluation**

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**OBJECTIVE:** In this study, it was aimed to determine incorrect practices observed by the last grade nursing students in their peers during their clinical practices.

**METHODS:** This study was conducted in the nursing department of a faculty of health sciences where the integrated training was implemented. The study sample comprised 75 students who agreed to participate in the study. The data of the study were obtained by a questionnaire prepared by the researchers. The questionnaire consists of two parts. While the first part of the questionnaire includes socio-demographic characteristics, the second part includes topics such as the patient follow-up, patient evaluation, medication, blood transfusion, record keeping and providing information for the patient.

**RESULTS:** The students stated that they rarely observed incorrect practices in the following areas: administering medication in wrong doses (30.7%), administering medication to a wrong patient (26.7%), administering medication in the wrong way (25.3%), administering medication to a patient allergic to that medication (12%), delaying medical treatment (25.3%), non-compliance with the treatment standards (22.7%), insufficient follow-up of patients (29%), inadequate record keeping (24%), incompetency in the evaluation of patients (34.7%), non-compliance with asepsis (41.3%), wrong blood transfusion (6.7%) and providing information for the patient (37.3%). Students stated that errors generally occurred due to "lack of knowledge and experience".

**CONCLUSION:** Last grade nursing students stated that their peers, though rarely, performed incorrect practices on patients during their clinical applications. It was determined that lack of knowledge and experience led to incorrect practices.

**Keywords:** Incorrect practices, nursing students, clinical practices

P-069

## Emotional Responses and Coping Strategies in Cancer Patients

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Nowadays, cancer is one of the most important and current issues. For many patients, cancer is a traumatic experiences they have ever faced. Patients' most important need is a demand of support in dealing with somatic, psychological, emotional and social complaints.

The most frequent and common psychologic disorders in cancer patients are anxiety and depression. Being an obvious threat to the welfare of the people these feelings are normal due to the cancer patients. Role of nurse is to management of physically and emotionally exhausting, fear of the unknown, support patient and their families, having role in ensuring the compliance of patients with change, dealing with financial pressures, giving information for family/ friends, maintaining a career etc. Nurse should understand patients' state, help to express their emotions, give explanations in verbally and writing, simple advice, support. While evaluating the psychological support offered by nurses, the following personal skills should be taken into account: the ability of establishing a non-verbal or verbal contact and the ability to maintain this contact. Additionally, what should not be forgotten is the need of support expressed by patient's closest family which expect to be informed and given hope from the nursing staff. Nurses have the capability of coping with difficulties in all areas of cancer patients such as not only physical but also meeting the emotional needs by provide understanding and empathy. In this article, emotional responses and coping strategies in cancer patients will be considered.

**Keywords:** Cancer, Emotional Response, Coping Strategies

P-070

## **Determination of patients' health promotion lifestyle behavior who are hospitalized in psychiatry department**

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**GOAL:** This study was carried out as descriptive to determine the patients' health promotion lifestyle behaviors who are hospitalized in Psychiatry Department.

**METHOD:** The sample of this study consists of 160 patients who accepted to attend the study, had no problem in understanding the questions and communicating, hospitalized in clinical between 1 June 2010-1 July 2011. Data of research was obtained with "Personal Information Form" and "Health Promotion Lifestyle Profile". For all of the scale, the lowest point was 48, the highest point was 192. In data's analysis, frequency distribution, average, Standard deviation and ANOVA test were used.

**FINDINGS:** Total point average of patients' HPLP is 108,13+26,56 and this closes medium. In study, interpersonal support point of those whose education level is low, who are unemployed, whose economic level is deficient, whose social support is limited, who have no information about their illness, who use alcohol and drugs was found as low( $p<0.05$ ). Exercise points of those who have sufficient income across outcome, health responsibility points of those who hospitalize in clinical voluntarily, stress management points of those who have information about illness and who have anxiety problems, self actualization points of those who use drugs regularly after being discharged from clinical and who work, HPLP total points of those who hospitalize in clinical voluntarily were stated as higher.( $p<0.05$ ).

**CONCLUSION:** It is obvious that patients in psychiatry clinical need to develop health promotion lifestyle behavior. Especially in nutrition, exercise, taking health responsibility, stress management, self-actualization and interpersonal support, there is incompetence.

**Keywords:** Psychiatry Patients, Health Promotion Lifestyle Behavior, Nursing Care

P-071

## **Nurses' opinions about the Consultation-Liaison Psychiatry and the relationship between empathy and communication skills**

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### **PURPOSE:**

This descriptive study aims to determine that nurses who working in medical and surgical clinics for opinions about Consultation-Liaison Psychiatry Unit and the relationship between emphatic tendency and communication skills.

### **METHOD:**

The sample of the study is consisted of 116 nurses who working in medical and surgical clinics between August-October 2012 and who are volunteer to participate the study. The data were obtained from Sociodemographic Data Collection Form, Empathic Tendency Scale and the Communication Skills Scale. Correlation, t-test, ANOVA tests were used in data analyzes.

### **FINDINGS:**

50.5% of the nurses were worked in medical clinics, 52.2% of them were between the occupational experience of 1-5, 85.1% were registered nurse. 58.1% of the nurses directed patients to the Consultation-Liaison Psychiatry Unit (CLPU) and 66.2% nurses wanted to be receive consultancy on psychiatric nurse. Average point of emphatic tendency of the nurses is  $72.62 \pm 7.82$  and average point of communication skills is  $76.22 \pm 9.65$ . There was a positive correlation between emphatic tendency and communication skills score ( $r=0.499$ ,  $p=0.00$ ) in nurses. The nurses who working in psychiatric clinic were more emphatic tendencies than the others ( $t=2.618$ ,  $p=0.014$ ). More experienced nurses are directed to the CLPU ( $F=8.618$ ,  $p=0.00$ ). The majority of nurses were correctly identified of function CLPU. The most consultation is required for patients who are suffering from anxiety and depression. Nurses were required to counseling on communication techniques. RESULT: CLPU is very important that both nurses and their patients in helping to psychosocial problems.

**Keywords:** Consultation-Liaison Psychiatry Unit, Emphatic tendency, Communication skills, Nursing

P-072

## Emotions, Thoughts and Experiences of Caregivers of Schizophrenia Patients About Family to Family Support Program

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**BACKGROUND:** “Family to Family Support Program” is a significant intervention program to assist families by informing them about treatment procedures and coping strategies, increasing their functionality, helping them to overcome the challenges of the disease.

**AIMS:** This study was particularly designed to investigate the emotions, thoughts, and experiences of caregivers of schizophrenia patients who participated in “Family to Family Support Program”

**METHODS:** The study was conducted with one of the qualitative research methods, phenomenological method. The study sample included caregivers who care for schizophrenia patients and participated in the “Family to Family Support Program”. 20 caregivers were included in the sample. The study was carried out in İzmir Schizophrenia Support Association. The study data were collected with four open ended questions.

**RESULTS:** The average age of the participants, 10 male caregivers and 10 female caregivers, was  $56,77 \pm 7,28$ . 9 caregivers were fathers, 6 caregivers were mothers, and 5 of them were siblings. The thematic analysis indicated that the emotions, thoughts and experiences of caregivers can be categorized in four groups: “I have learnt how to cope with my problems, I am more conscious about my behaviours towards the patient and I know I am not alone, I feel better, and schizophrenia is not the end of anything, getting informed can solve many problems”

**CONCLUSIONS:** Caregivers who participated in “Family to Family Support Program” expressed their satisfaction that they were benefited from the program, their coping skills were improved, they experienced less challenges when providing care, they understood the disease better, and it felt comfortable.

**Keywords:** family to family support program, schizophrenia, caregiver, experience

P-073

## Opinions of Patients' Relatives and Health Professionals Regarding Patient Accompaniment in the Department of Psychiatry

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**BACKGROUND:** One of the areas where the family involvement in psychiatric treatment is supported is the time during which a family member of the patient stays with the patient as a companion.

**AIMS:** This descriptive study was conducted to determine the views of the patients' relatives and health professionals on the implementation of patient accompaniment the psychiatry clinic.

**METHODS:** The study was performed in the psychiatry clinic of a university hospital in Izmir. The sample consisted of 25 patient companions and 19 health personnels. The research data was collected through a questionnaire and for the analysis of the data, number and percentage distribution was used.

**RESULTS:** The companions, 52% were female and 48% were parents. Of the health professionals 63.2% were physician. The companions complained that there was not enough space to rest in the clinic (24%), and that they were not able to sleep comfortably (36%). Health professionals indicated that the difficulties suffered by the companions were the lack of space to sleep or rest in the clinic environment (68.4%) and that the companions had trouble in coping with the disease and disease process and in approaching the patient (52.6%). The health professionals considered that accompaniment is necessary for patients with aggressive behavior (63.2%) and for patients at risk for suicide (57.9%).

**CONCLUSIONS:** It is recommended that the responsibilities undertaken and the problems suffered by the companions should be taken into account and the necessary arrangements regarding their rest and sleep requirements should be made.

**Keywords:** Companion, Inpatient, Health Professional, Psychiatric Clinic

P-075

## Evaluating The Perceived Burden of Family and the Quality of Life Among Family Members of Patients with Schizophrenia

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**Background:** Most of the patients with schizophrenia live with their families. Families generally fulfill the caregiving role without any external support, which is extremely challenging.

**Aims:** This descriptive study has been conducted to evaluate the perceived burden of family and quality of life in family members of patients with schizophrenia.

**Methods:** The family members of 70 schizophrenic outpatients were included in this study. Data were collected with sociodemographic data form, the World Health Organization Quality of Life Questionnaire and the Perceived Family Burden Scale. In the analysis of data, Mann-Whitney U test, Kruskal-Wallis analysis of variance test and Pearson's correlation analysis test were used.

**Results:** A statistically significant negative correlation was found between the families' perceptions on the burden of family schizophrenic patients and their quality of life scores. With the improving perceptions of objective burden and total burden among the families, their scores of the spirituality and environmental domains of the quality of life scale showed a significant decrease. Furthermore, in parallel to improved perceptions of subjective burden, quality of life scores decreased. A statistically significant negative correlation was detected between the age of family members and their quality of life scores and also perception of burden of family scores.

**Conclusion:** The perceived burden of family in family members of schizophrenic patients shows negative effects on their quality of life. For the family members of patients, planning for alternative solutions to reduce the burden of family and supporting them more effectively would contribute to improve their quality of life.

**Keywords:** Schizophrenia, Schizophrenia Patient Caregivers, Perceived Family Burden, Quality of Life



**HORATIO, EUROPEAN  
PSYCHIATRIC  
NURSING  
CONGRESS 2013**

---

**AUTHOR INDEX**

---



# HORATIO, EUROPEAN PSYCHIATRIC NURSING CONGRESS 2013

*Stepped care provided by psychiatric nurses in different parts of the world...*

October 31 - November 2, 2013 - Istanbul / Turkey

## AUTHOR INDEX

Acar, Y.	O-066
Açıkğöz, I.	O-017
Açıl, H. C.	P-056
Ağı, E.	P-031
Ahlström, B. H.	O-042
Aho, J.	O-022
Aho, J.	O-062
Aksoy, A.	P-057
Akyüz, N.	P-069
Alakulppi, J.	O-006
Ali, L.	O-042
Ali, L.	O-084
Alkan, S.	P-007
Altan, N.	P-038
Altun, M.	P-008
Amaral, A. P.	O-073
Ançel, G.	O-017
Announced, T. B.	O-048
Antonín Martín, M.	O-085
Aradilla Herrero, A.	O-085
Aradilla Herrero, A.	O-089
Arguvanlı Çoban, S.	P-033
Arguvanlı Çoban, S.	P-035
Arguvanlı Çoban, S.	P-046
Arguvanlı Çoban, S.	P-059
Arkan, B.	O-020
Arkan, B.	O-076
Arkins, B.	O-051
Arslan, A.	P-042
Arslan, F.	O-074
Arslan, F.	P-010
Asscheman, M.	W-08
Aşık, E.	O-064
Aşık, E.	P-024
Aşık, E.	P-049

Ata, E. E.	P-068
Ata, E. E.	P-070
Ateş, M. A.	P-010
Auffenberg, C.	P-062
Avcı, D.	O-081
Avcı, G.	O-070
Axelin, A.	O-001
Aydın, A.	P-020
Aydın, A.	P-026
Ayhan, A. Y.	O-017
Ayhan, D.	O-044
Ayoğlu, T.	P-066
Ayoğlu, T.	P-067
Ayoğlu, T.	P-069
Bademli, K.	P-072
Balcı, M.	O-066
Balıkçı, A.	P-071
Barış, N.	P-010
Barkway, P.	O-039
Barkway, P.	O-037
Barroso, T. M.	O-038
Batkın, D.	O-053
Batmaz, M.	O-070
Bay, M.	P-025
Baycu, D.	O-066
Baykal Akmeşe, Z.	O-018
Baykal Akmeşe, Z.	P-034
Beekman, A.	O-010
Beekman, A.	O-047
Behrens, J.	O-011
Bektaş, M.	O-076
Benbow, S.	O-025
Benbow, S.	O-026
Benbow, S.	O-077
Berman, H.	O-025

# HORATIO, EUROPEAN PSYCHIATRIC NURSING CONGRESS 2013

*Stepped care provided by psychiatric nurses in different parts of the world..*

**October 31 - November 2, 2013 - Istanbul / Turkey**

## AUTHOR INDEX

Berman, H.	O-057
Bilge, A.	O-018
Bilge, A.	O-019
Bilge, A.	P-034
Bilge, A.	P-047
Bilgin, H.	P-027
Bilgin, H.	O-034
Bilgin, H.	P-039
Bodur, G.	O-088
Boyacıoğlu, N. E.	O-034
Boyacıoğlu, N. E.	O-087
Bradford, S.	W-05
Bradford, S. P.	O-035
Brando Garrido, C.	O-085
Brando Garrido, C.	O-089
Bremnes, O.	W-01
Brkic, I.	O-008
Broadbent, M.	O-012
Brodie, E.	W-04
Bryant, M.	O-028
Buldukoğlu, K.	P-014
Bulutlu, H.	O-019
Buzlu, S.	P-037
Callaghan, P.	O-040
Callaghan, P.	P-006
Camcıoğlu, T. H.	O-063
Campbell, R.	O-027
Can Öz, Y.	P-025
Can Öz, Y.	P-026
Can Öz, Y.	P-031
Can, G.	P-005
Can, G.	P-054
Carter, T.	O-040
Carver, F.	O-014
Casey, M.	O-050

Caxaj, C. S.	O-057
Cengiz, M.	P-054
Cerit, E.	O-082
Christiansen, Å.	O-052
Christiansen, J.	O-079
Clifton, A.	W-03
Cocoman, A. M.	O-050
Cocoman, C.	P-053
Corring, D.	O-027
Coskun, S.	P-042
Coskun, S.	P-051
Coşkun, S.	P-041
Coşkun, S.	P-043
Coveney, A.	O-051
Coxon, G.	O-068
Cranny, O.	P-022
Csiernik, R.	O-028
Czabala, C.	P-062
Çakar, H.	P-073
Çam, O.	P-034
Çam, O.	P-047
Çeber, E.	O-018
Çelikel, C.	P-043
Çetinkaya Duman, Z.	P-018
Çetinkaya Duman, Z.	P-072
Çetinkaya Duman, Z.	P-073
Çıtak Tunç, G.	P-049
Çıtak Tunç, G.	O-020
Çıtak Tunç, G.	O-076
Çiftçi, S.	O-086
Çuhadar, D.	O-065
Çuhadar, D.	O-086
Çuhadar, D.	P-004
Çuhadar, D.	P-007
Çuhadar, D.	P-052

# HORATIO, EUROPEAN PSYCHIATRIC NURSING CONGRESS 2013

*Stepped care provided by psychiatric nurses in different parts of the world...*

October 31 - November 2, 2013 - Istanbul / Turkey

## AUTHOR INDEX

Çuhadar, D.	P-060
Çuhadar, D.	P-061
Dağ, M. S.	P-004
Dağdelen, M.	P-051
Dağlar, G.	O-083
Daştan, L.	P-012
Dawson, I.	P-062
Dawson, I.	W-01
Deb, O.	O-039
Demirelöz, M.	O-018
Deniz, D.	O-066
Diaz, K.	O-028
Dikec, G.	O-003
Dinç, H.	O-034
Dogan, S.	O-075
Dogan, S.	O-081
Doğru, E.	P-064
Donnelle, L.	O-027
Doyle, L.	P-006
Durat, G.	P-055
Durat, G.	P-056
Durat, G.	P-058
Edo Gual, M.	O-085
Edwards, B.	O-026
Edwards, B.	O-027
Edwards, B.	O-028
Eker, F.	O-064
Ekers, D.	O-004
Ekers, D.	O-032
Ekinci, M.	P-005
Elf, M.	O-084
Ellilä, H.	P-006
Emiroğlu, M.	P-012
Engin, E.	P-034
Enginkaya, S.	O-034

Erdoğan, N.	O-064
Erdoğan, N.	P-024
Erdoğan, N.	P-049
Eren, N.	O-033
Ergun, A.	O-066
Erol, A.	P-055
Erol, A.	P-058
Ersögütçü, F.	P-065
Ertekin Pinar, Ş.	O-041
Ertekin Pinar, Ş.	O-075
Ertekin Pinar, Ş.	O-081
Ertekin Pinar, Ş.	O-083
Eskiyurt, R.	P-012
Eskiyurt, R.	P-021
Evli, M.	P-029
Fealy, G.	O-050
Fernández Donaire, L.	O-089
Ferreira, R. O.	O-038
Fisman, S.	O-028
Forchuk, C.	O-025
Forchuk, C.	O-026
Forchuk, C.	O-027
Forchuk, C.	O-028
Forchuk, C.	O-077
Gafa, M.	O-016
Galea, P.	O-023
Giustizia, S.	O-028
Godin, M.	O-027
Gómez Benito, J.	O-089
Goossens, P.	O-010
Gorlick, C.	O-025
Gökpinar, F.	O-065
Göktaş, K.	O-019
Gönüllüoğlu, N.	P-009
Gönüllüoğlu, N.	P-050

# HORATIO, EUROPEAN PSYCHIATRIC NURSING CONGRESS 2013

*Stepped care provided by psychiatric nurses in different parts of the world...*

**October 31 - November 2, 2013 - Istanbul / Turkey**

## AUTHOR INDEX

Gönüllüoğlu, N.	P-064
Guner Kucukkaya, P.	O-015
Günaydın, N.	O-056
Günaydın, N.	P-044
Gündoğdu, Ş.	P-026
Gündoğdu, T.	P-060
Gündüz, Y.	P-025
Güngörmüş, Z.	P-060
Hacıhasanoğlu Aşilar, R.	O-063
Hahn, S.	O-021
Hammervold, U. E.	O-002
Haspeslagh, M.	O-055
Heckemann, B.	O-090
Hedman Ahlström, B.	O-058
Hemingway, S.	O-067
Hemingway, S.	O-068
Hemingway, S.	W-03
Hemingway, S.	W-09
Hemkendreis, B.	O-054
Henderson, M.	O-029
Henderson, P.	O-029
Hiçdurmaz, D.	P-017
Hiçdurmaz, D.	P-020
Hiçdurmaz, D.	P-028
Higgins, A.	P-006
Hoogendoorn, A.	O-047
Hull, M. B.	O-009
Hull, M. B.	O-013
Ioannidi, N.	P-015
İlter, M.	P-058
Jeff, F.	O-039
Jeng, M.	O-028
Jormfeldt, H.	P-006
Joronen, K.	P-062
Kadayıfçı, A.	P-004

Kaplan, V.	P-052
Karaca, S.	O-043
Karaca, S.	P-019
Karaca, S.	P-025
Karaca, S.	P-026
Karaca, S.	P-031
Karaca, S.	P-036
Karadağ, M.	O-066
Karakaş, S.	P-002
Karakoc, A.	P-019
Karakoç, S.	O-074
Karakoyun, S.	P-009
Karakoyun, S.	P-050
Karayağız Muslu, G.	P-051
Karman, P.	O-047
Kaunonen, M. E.	P-062
Kavak, F.	P-003
Kavak, F.	P-013
Kavak, F.	P-016
Kavak, F.	P-063
Kavak, F.	P-064
Kavak, F.	P-065
Kaya, F.	P-039
Kaya, H.	O-088
Kaya, Y.	P-017
Kelleci, M.	P-057
Kelleci, M.	P-068
Kelleci, M.	P-070
Keogh, B.	P-006
Kerkhof, A.	O-047
Khallil, E.	O-040
Kılıç, M.	O-020
Kılıç, N.	P-023
Kızılkaya, M.	P-021
Kilkku, N.	P-006

# HORATIO, EUROPEAN PSYCHIATRIC NURSING CONGRESS 2013

*Stepped care provided by psychiatric nurses in different parts of the world...*

October 31 - November 2, 2013 - Istanbul / Turkey

## AUTHOR INDEX

Koc, M.	O-053
Koç, K.	P-026
Koekkoek, B.	O-047
Koekkoek, B.	O-047
Konstantakopoulos, G.	P-015
Koopman, R.	O-048
Korkmaz, G.	P-032
Koskinen, L.	O-022
Koskinen, L.	O-062
Köroğlu, N.	P-068
Krevers, B.	O-042
Krevers, B.	O-084
Kuosmanen, L.	O-001
Kupka, R.	O-010
Kurdal, E.	P-009
Kurnaz, G.	P-007
Kutlu, Y.	O-003
Kutlu, Y.	P-008
Kuzu, A.	O-078
Küçük, L.	P-032
Laaksonen, C.	O-001
Lafçı, D.	P-004
Likitalo, H.	O-022
Lindgren, E.	O-091
Loureiro, L. M.	O-038
Loureiro, L. M. D. J.	O-031
Loureiro, L. M. J.	O-073
Löhr, M.	O-011
Löhr, M.	O-054
Lök, N.	P-014
Malato, D. M. Q.	O-061
Mankan, T.	P-063
Marynowski Traczyk, D.	O-012
Mc Goff, C. A.	O-029
Mcmanus, S.	P-022

Meijel, B. v.	O-010
Meijel, B. V.	O-047
Meijel, B. V.	O-047
Mendes, A. C.	O-038
Menteş, S.	O-059
Meretoja, R.	O-022
Meriç, M.	P-011
Meriç, M.	P-045
Metzenthin, P.	O-036
Milanovic, D.	O-008
Mischke, C.	O-036
Mitchell, B.	O-028
Montes Hidalgo, F. J.	O-085
Morres, I.	O-040
Moursel, G.	P-073
Moxham, L.	O-012
Muir Cochrane, E.	O-037
Muir Cochrane, E. C.	O-039
N. Fetta, B.	P-031
Nielsen, B. B.	O-071
Nielsen, B. B.	O-072
Nieminen, I.	P-062
Nienaber, A.	O-054
Norman, R.	O-027
Norman, R.	O-028
Novotna, B.	P-001
Nugteren, W.	W-08
Nurro, M.	O-062
Oflaz, F.	P-011
Oguz, S.	P-038
Okanlı, A.	P-002
Okanlı, A.	P-016
Oksal, H. A.	P-056
Oksal, H. A.	P-058
Oksay Şahin, A.	P-036

# HORATIO, EUROPEAN PSYCHIATRIC NURSING CONGRESS 2013

*Stepped care provided by psychiatric nurses in different parts of the world...*

October 31 - November 2, 2013 - Istanbul / Turkey

## AUTHOR INDEX

Olasoji, M.	O-005
Oldknow, H. J.	O-080
Oliveira, N. R.	O-038
Oliveira, R. A.	O-038
Onan, N.	P-025
Onan, N.	P-026
Onan, N.	P-030
Onan, N.	P-031
Onat, T.	P-026
Ongan, D.	P-059
Osuch, B.	O-027
Öksüz, E.	O-043
Öksüz, E.	P-010
Öz, F.	P-048
Öz, P. D. F.	O-060
Özaltın, G.	O-043
Özbaş, A.	P-066
Özcan, C. T.	O-045
Özcan, C. T.	P-045
Özcan, N. K.	O-034
Özcan, N. K.	O-087
Özçelik, E.	O-070
Özdemir, F.	P-031
Özkan, B.	O-059
Özkan, B.	O-082
Özkan, B.	P-029
Özkan, B.	P-033
Özkan, B.	P-035
Özkan, B.	P-040
Öztürk, E.	P-034
Pank, T.	O-079
Parlakoğlu, Ö.	P-025
Pedreiro, A. T.	O-038
Pedreiro, A. T. M.	O-031
Pedreiro, A. T. M.	O-073

Pehlivan, M.	P-007
Pehlivan, S.	P-004
Pehlivan, Y.	P-004
Pekyardımcı, C.	O-044
Petr, T.	P-001
Pikouli, K.	P-015
Ploumpidis, D.	P-015
Racetovic, G.	O-008
Rasmussen, D.	O-027
Ray, S. L.	O-057
Reiss, J.	O-027
Restoule, J. P.	O-057
Richter, D.	O-090
Richter, D.	O-021
Rodrigues, M. A.	O-038
Rojo Rodés, E.	O-089
Rudnick, A.	O-026
Rudnick, A.	O-027
Rudnick, A.	O-028
Ryan, P.	P-062
Sabancıogullari, S.	O-075
Sabancıogullari, S.	O-081
Sagut, P.	P-018
Sakellari, E.	P-015
Santangelo, P.	O-024
Santos, J. C.	O-038
Santos, J. C. P. D.	O-031
Savaş, H.	O-065
Schømer Olsen, S. R.	O-052
Schulz, M.	O-011
Schulz, M.	O-054
Schwarze, T.	O-021
Seki Öz, U. H.	O-060
Serçelik, E.	O-087
Sert, H.	P-056

# HORATIO, EUROPEAN PSYCHIATRIC NURSING CONGRESS 2013

*Stepped care provided by psychiatric nurses in different parts of the world...*

October 31 - November 2, 2013 - Istanbul / Turkey

## AUTHOR INDEX

Sevinç, E.	O-063
Sisman, F. N.	O-066
Simpson, W.	P-062
Siviloğlu, T.	O-019
Sjöström, N.	O-042
Skär, L.	O-091
Skärsäter, I.	O-042
Skärsäter, I.	O-084
Skärsäter, I.	P-006
Snowden, A.	W-09
Sousa, C. S.	O-038
Southern, D. A.	O-029
Soyuer, S.	O-059
Söderberg, S.	O-091
Stickley, T.	P-006
Stringer, B.	O-047
Stringer, B.	O-047
Sukut, Ö.	O-070
Şahin Altun, Ö.	P-005
Şahin Orak, N.	P-030
Şahin, H.	P-059
Şahin, M.	P-064
Şahin, S.	P-025
Şengün Inan, F.	P-073
Şenyurt, M.	P-071
Şenyuva, E.	O-088
Tabak, I.	P-062
Tanrıverdi, D.	O-086
Tanrıverdi, D.	P-007
Tanrıverdi, D.	P-052
Tanrıverdi, D.	P-060
Tanrıverdi, D.	P-061
Tekkas, K.	P-027
Tel, H.	O-041
Tel, H.	O-083

Tel, H.	P-023
Telli, S.	O-066
Tims, H.	W-06
Toğluk, S.	P-013
Tola, E. J.	O-036
Tomás Sábado, J.	O-085
Toptaş, S.	P-048
Tozluyurt, N.	P-046
Tunc, G. C.	P-024
Tün, H.	P-071
Ugurlu, N.	O-045
Unver, V.	O-046
Utaş Akhan, L.	O-078
Uz Cildir, G.	P-019
Uzun, Z.	P-025
Ünal, A.	O-065
Ünsal Barlas, G.	P-025
Ünsal Barlas, G.	P-026
Ünsal Barlas, G.	P-031
Üzar Özçetin, Y. S.	P-028
Van De Sande, R.	P-006
Van De Sande, R.	W-07
Van Dommelen, R.	P-006
Vaquerizo Cubero, A.	O-089
Varcoe, C.	O-057
Vassallo, M.	O-030
Vigano, G.	P-062
Vingillis, E.	O-027
Voort, N. (. v. d.	O-010
Vuokila Oikkonen, P.	P-006
Vuorio, O.	O-022
Walsh, A. J.	O-007
Ward Griffin, C.	O-025
Wentz, E.	O-058
Wilk, P.	O-028

HORATIO, EUROPEAN  
PSYCHIATRIC NURSING CONGRESS 2013

*Stepped care provided by psychiatric nurses in different parts of the world...*

**October 31 - November 2, 2013 - Istanbul / Turkey**

**AUTHOR INDEX**

Williamson, K. W.	O-080
Wolfensberger, P.	O-021
Wolfensberger, P.	W-02
Wolfensberger, P.	W-02
Yağdıran, N.	P-061
Yalçın, N.	P-041
Yalçınkaya, S.	P-041
Yıldırım, A.	O-063
Yıldız, F.	P-026
Yılmaz, E.	P-002
Yılmaz, E.	P-003
Yılmaz, E.	P-013
Yılmaz, E.	P-016
Yılmaz, İ.	P-040
Yılmaz, K.	P-031
Yılmaz, M.	O-049
Yılmaz, M.	P-059
Yıldız, E.	P-054
Yılmaz, E.	P-065
Yılmaz, S.	P-037
Yuksel, C.	O-046
Yüksel, N. Ö.	O-049
Zablocka Zytka, L.	P-062
Zanone, S.	P-062
Zararsız, G.	O-059
Zuaboni, G.	O-021





# HORATIO, EUROPEAN PSYCHIATRIC NURSING CONGRESS 2013

October 31 - November 2, 2013  
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