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# Recovery-oriented mental health nursing: a pilot intervention study

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## Abstract

Based on previous studies that have been focusing on current practices in mental health nursing and the on-going development in mental health practice towards a more recovery-oriented approach this pilot intervention study focuses on improving mental health nursing practice through providing specific training sessions for nurses and the implementation of goal-oriented care in close collaboration with service users. Results are measured within a pre- and post-test design among health professionals and service users.

The presentation will contain an introduction of the study protocol, an experience report and hopefully some initial results of the study.

## Keywords

intervention study, mental health nursing, recovery orientation, goal attainment, motivational interviewing

## Background/Objectives

Nursing practice in inpatient psychiatric settings often focuses on the management of the acute situation/crisis and its current symptoms as well as on the overall management of the ward. Therefore, the core focus is often on disease, problems and safety/security aspects only instead of or less on service users' personal resources and goals that are mostly related to the situation outside the hospital in his or her social environment and to symptom management and adaptation process at home.

Based on various concepts such as recovery (Slade 2009) and empowerment and on the results of previous studies (Björkdahl et al. 2010, Richter et al. 2010), a pilot intervention study was developed. The objectives of this pilot study are to implement and evaluate a nursing intervention in hospital based

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mental health acute wards that promotes social integration and participation of service users by using a more goal-oriented approach to nursing care. The intervention focuses on personal recovery, social inclusion, achievement of goals and the use of motivational interviewing and coaching techniques.

## Methods

The study is conducted on 6 wards (4 intervention wards and 2 control wards) in two mental health clinics in Switzerland between January 2013 and March 2014 and uses a mixed method design.

The quantitative data collection is based on a pre- and post-test design, using the following instruments: "Recovery Self-Assessment" [RSA] (O'Connell et al. 2005), "Stages of Recovery Instrument" [STORI] (Andresen et al. 2006) and "Goal Attainment Scale" [GAS] (Hurn et al. 2006). The intervention part of the study contains training sessions for the nurses of the intervention wards and the implementation of the taught techniques and knowledge into daily nursing practice with systematic support of peers and experts. A total of four half-day training sessions will be provided focusing on recovery orientation, social inclusion, goal attainment, coaching and motivational interviewing. For the qualitative part of the study four focus groups with users and nursing staff will be conducted at the end of the intervention period.

The intended sample size is n=60 for mental health/psychiatric nurses and n=240 for service users. In each focus group 7 participants (n=14 service users, n=14 nurses) are included. The study is supervised by an expert panel of health care professionals, service users and carers.

## Results

The study protocol will be presented and first experiences including some methodological challenges will be reported and discussed. Additionally, if already available, a brief outline of the results of the first of three data collection periods will be presented.

## Discussion

As to our knowledge nursing intervention studies in the psychiatric inpatient setting are scarce and this is probably the first study that focuses on implementation and evaluation of recovery and social inclusion techniques in the German speaking area. Evaluating nurses' mental health care is complex and difficult.

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