

心理教育プログラムを受ける統合失調症患者に対する看護師の役割

～心理教育プログラム後に個別的な振り返りを行って～

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The role of nurses in supporting schizophrenia patients to understand the psychoeducational program

- The importance of involvement of nurses in reviewing the contents of the program with individual patients before and after the program is actually carried out-

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要旨

A 病院の精神科急性期病棟 B において、統合失調症患者退院支援の一環として、多職種で心理教育プログラムを実施している。今回、心理教育プログラム後に看護師が中心となり、対象患者と個別的に内容の振り返りを行った。そして、今回の関わりを評価するため、1 クール終了時に対象患者に半構造化面接を実施した。また、プログラム施行の事前に患者情報を得おくために、事前自己記入用紙に記入してもらった。これらを実施した結果、プログラムに対する患者の理解をより深めるために、病棟看護師は対面で個別的に事後および事前に、患者のプログラム内容の理解の過程に関わることが重要であることが分かった。鳥取臨床科学 5(2), 104-115, 2013

Abstract

In ward B for psychiatric patients in the acute phase in Hospital A, a multidisciplinary psychoeducation program has been carried out as one of the programs to support and facilitate the discharge of psychiatric patients. To enable inpatients to understand the psychoeducational program, ward nurses reviewed the contents of the psychoeducational program, individually with the selected 3 inpatients receiving the program, before and after the program was actually applied to inpatients. Then, to evaluate the effect of the participation of nurses, semistructured interviews were conducted with the 3 inpatients when they accomplished the first run of the program consisting of four sessions of lectures. In addition, prior to each session, the inpatients were required to fill in a self-assessment form of how the inpatients obtained general knowledge about the contents in each session. As a result, ward nurses should be involved individually in patient's understanding of the program, before and after the program is actually carried out. Tottori J. Clin. Res. 5(2), 104-115, 2013

Key Words: 心理教育プログラム, 精神科病棟, 統合失調症, 個別的振り返り; psychoeducational program, psychiatric ward, schizophrenia, individual retrospection with patients