

Team activity utilizing a strength model that focuses on the thoughts and dreams of patients with mental illness

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Abstract

Of approximately 310,000 individuals hospitalized in psychiatric wards throughout Japan, 68 % are patients who have been hospitalized for 1 year or more and have difficulty with discharge, and thus support projects for the transition to the community for mentally ill people, and to settle into the community are underway nationwide. As support for psychiatric inpatients who have difficulty with discharge to help them be independent and not be discouraged, nursing care that focuses on the strengths of chronic psychiatric inpatients will support the 'abilities that the inpatients have', expand their activities of daily life, and promote the transition to the community. The wards primarily provides inpatient care for patients in the chronic phase of mental illness, and the outcomes of activities undertaken in the year 20XX focusing on 'strengths' were reported. Tottori J. Clin. Res. 8(2), 161-165, 2017

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I. Introduction

Of approximately 310,000 individuals hospitalized in psychiatric wards throughout Japan, more than 211,000 individuals (68 %) are patients who have been hospitalized for 1 year or more and who have difficulty with discharge, thus dealing with elderly long-term psychiatric inpatients has become a major problem nationwide.

Support projects for the transition to the community for mentally ill people, and to settle into the community are underway nationwide including at the psychiatric wards of study hospital, and the number of psychiatric wards has reduced from 5 to 3 wards. At our ward, there are many long-term inpatients with symptoms such as suicidal ideation, impulsive behavior, and drug refusal, which lead to reduced ability for independent life and reduced motivation for discharge, and therefore makes discharge difficult. As part of the role of psychiatric nurses, we thought that we would like to attempt support that would help inpatients to be independent and not discouraged.

In the year 20XX, activities were undertaken with the team goal of 'thinking from a different angle by identifying patient strengths to help changes of chronic psychiatric inpatient (reducing isolation, increasing open observation, improving self-care, and reducing representation)', and with the endpoint of 'enabling

patients do at least one thing that they couldn't, while incorporating their hopes'. Nursing care that focuses on the strengths of chronic psychiatric inpatients will support the 'abilities that the inpatients have', expand their activities of daily life, and promote the transition to the community. We report these activities of 20XX.

II. Outline of study institution

Study institution, which was a hospital that primarily provides medical care for chronic mental illness, constitutes of psychiatric wards, including the Medical Treatment and Supervision Act, and according to the data of 20XX – 1, there were 469 sickbeds, daily mean of 390.2 inpatients, mean hospital stay of 138.9 days, and 333 nurses.

The study ward provides medical care for chronic psychiatric patients, and for the year of 20XX – 1, there were 52 sickbeds, daily mean of 37.6 inpatients, and mean hospital stay of 784 days, with a hospitalization period < 1 year in 7 patients, and ≥ 1 year in 30 patients. There were 13 long-term inpatients of 10 years or more, accounting for 37 % of the study ward inpatients. The nursing system was 15:1, and there were 18 nurses.

The nursing staff of A team at the study ward focused on 'strengths' in the present study. For the year of 20XX – 1, the A team had 16 isolation rooms (including 5 protection rooms, and 3 outlet rooms), and