23rd World Nursing and Healthcare Conference

July 10-12, 2017   Berlin, Germany

Nurses in street attire: Facilitator of recovery process?

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The recovery model has been introduced in Hong Kong since 2010. Recently, the policy of uniformity in rehabilitation ward has changed to allow staffs to wear their own clothes to better fit the recovery model. The effects of nursing staff wearing street attire have been under discussion over the past decades in the USA, the UK and Australia. However, this literature is of limited value to the psychiatric services in Hong Kong, where no related research has been conducted. The aim of the study was to explore Hong Kong mental health nurses' views about wearing street attire within an in-patient rehabilitation unit with regards to facilitating patients' recovery process. A qualitative descriptive study method, utilizing individual in-depth semi-structured research interview, was employed in this study. Interview data were content analyzed from the perspective of post-positivism. A total of 11 interviews were conducted with nurse participants. The analysis process initially identified 177 open codes, which were merged into 81 nodes. Finally, 3 main themes and 9 sub-themes were identified. Main themes were 'building up rapport with patients', 'street attire helps deinstitutionalization' and 'different approaches to maximize the benefit and to minimize the risk'. A majority of nurse participants positively viewed the policy of wearing street attire in a psychiatric rehabilitation unit; they felt the policy was potentially beneficial to patients' recovery process. Street attire is not the only key to recovery; nurses are recommended to be aware of their skills in taking care of patients, to further maximize the benefit of the policy.

Biography

San Yuet Kwok is currently a final year undergraduate student in BSc (Hons) in Mental Health Nursing in The Hong Kong Polytechnic University. She is a undergraduate member of Pi Iota Chapter of Sigma Theta Tau International, Hong Kong since 2016. She has been a student assistant for data collection and data entry in a research project. "Nurses in street attire: Facilitator of recovery process?" is the first research project that she was a co-investigator with her research teammates..

Notes:

J Nurs Care, an open access journal
ISSN: 2167-1168

World Nursing 2017
July 10-12, 2017

Volume 6, Issue 4 (Suppl)

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