

21st World

NURSING EDUCATION CONFERENCE

July 16-18, 2018 Melbourne, Australia

Clinical practicum of psychiatric nursing improves emotional intelligence

Mitsuto Hasuike

Morinomiya University of Medical Sciences, Japan

Statement of the Problem: Mental health problems affect the way mentally ill patients think, feel, and behave which creates a communication problem with others. Therefore, nursing students often experience difficulty in establishing rapport with them. Communication skills are associated with emotional intelligence (EI) which is the ability to perceive and manage our own emotions and those of others.

Purpose: The purpose is to clarify whether a two-week clinical practicum of psychiatric nursing made a significant difference in the EI scores of nursing students.

Methodology: Emotional intelligence scale (EQS) of eight senior nursing students was measured prior to and after the clinical practicum. After clinical was completed, the students were asked to fill out a self-report questionnaire with free description which was analyzed with content analysis.

Findings: The results of this study showed that among three branches of EQS, “intrapersonal” ($t=4.16, p<0.01$) and “situational” ($t=2.70, p<0.05$) were significantly different, but “interpersonal” ($t=0.157, p<0.879$) was not significant. The data from the questionnaire was processed with coding and categorizing and three categories such as “deeper understanding of patients”, “further recognizing psychiatric nursing” and “improved communication skills” were extracted.

Conclusion & Significance: The experience of a psychiatric nursing clinical practicum might improve communication skills in nursing students and further enhance the understanding of patients with psychiatric diseases. For nursing students, communicating with psychiatric patients may result in providing an opportunity to reflect on their own emotions. The sample of this research was small and future studies should be encouraged.

Biography

Mitsuto Hasuike has completed his PhD from Miyazaki Prefectural Nursing University at Miyazaki, Japan. He teaches psychiatric nursing at Morinomiya University of Medical Sciences. He has supported borderline personality disorder patients in the community and also conducted qualitative research of mental health among young people so that they are able to live to their utmost potential.

hasuike@morinomiya-u.ac.jp

Notes: