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Experiences of patients with bipolar disorder in a Psychoeducational group: A qualitative study

Bipolar Disorder contributes to high rates of morbidity with serious consequences on the quality of life. There is limited research on life experience of people with this mental disorder in educational interventions, in Chile.

The aim of this study was to examine the experiences of patients with a diagnosis of bipolar disorder who participated in a psychoeducational programme in a regional hospital.

The methodological approach used was qualitative descriptive. The participants were selected until the theoretical saturation of the information was reached. Information was collected through semi-structured interviews.

The psychoeducational group experience favours learning and acceptance of the disease. The interviewees reported seeing themselves reflected in other participants, feeling welcomed within the group, wanting to help and establishing close relationships with other participants. Confidence on mental healthcare providers and their role in educating about the disease and pharmacological treatment were emphasized.

Psychoeducational group experience is significant for the interviewees and helps them manage their disease.

Biography

I am a Chilean Registered Nurse (RN), Bachelor in Sciences of Nursing (BSN), and Master in Sciences of Nursing (MSN), Universidad Católica del Maule, Talca, Chile. I worked as a General Nurse, in an ambulatory mental health care and psychiatric setting. Since 2015, I have worked as a lecturer at the school of nursing, University of Talca. In this context, I have taught mental health to undergraduate nursing students, and now I am enrolled in a PhD program.

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