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# Overcoming Challenges and Achieving Higher Recovery in Coordination with Nurses Employed in Psychiatric Wards

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**Abstract:** *Psychiatric nurses oversee the day-to-day operational activities of a psychiatric hospital. Positivity is one of the essential qualities of a psychiatric nurse. Nurses require emotional strength to cope with disrespectful patients who refuse medication or deny having a mental condition. In acute psychiatric institutions, depression and bipolar disorder are common diagnoses and treatments. Ten psychiatric nurses and ten nutritionists from public and private hospitals in and around Kolkata, West Bengal, participated in this qualitative study that relied on a purposeful sampling method. Telephonic interviews were scheduled based on responses to semi-structured surveys. Before beginning the discussions, informed consent was obtained. Only those who volunteered were deemed to be mentally at ease and keen to talk about their experiences. The coding analysis was performed using the Atlas ti-9 software, and the participants' opinions were tallied using networking, word cloud, and other methods. Results of participants' perceptions show that mental health nurses have several responsibilities; one of the most important is maintaining a positive attitude. Most patients committed to acute psychiatric hospitals suffer from major depressive disorder, anxiety, or bipolar disorder. Despite a lack of research, some foods have been hypothesized to aid mental health. As a result, mental health facilities' nurses and dietitians encounter constant, unprecedented difficulties in their work. Besides, psychiatrists, nurses, and nutritionists face some of the most challenging patients in the hospital when working in mental wards. Overall, nurses and nutritionists need thorough training in dealing with adverse circumstances if their patients are to make full recoveries and enjoy their work.*

**Keywords:** *Psychiatric Nurses, Dietitians, Psychiatric Wards, Nursing Education, Foodservice, Nutrition.*

## 1. INTRODUCTION

Psychiatric nurses manage the day-to-day activities of a psychiatric facility. One of the most crucial aspects of being a mental health nurse is having a positive outlook on their work. Nurses



need emotional resilience to handle rudeness, drug refusal, and patient denial of mental illness. Depression and bipolar disorder are among the most treated conditions in acute psychiatric hospitals.

## **2. RESEARCH METHODS**

This qualitative study with purposive sampling was conducted on ten psychiatric nurses and ten dietitians working in private and government medical centers in Kolkata and nearby districts in West Bengal. The telephonic interviews were arranged as per the semi-structured questionnaires. Informed consent was taken before starting the discussions. The willing participants who were only eager to share their experiences were considered for the study. Atlas ti-9 software was used for the coding analysis, and word cloud and other studies to assess participants' perceptions.

## **3. RESULTS AND DISCUSSIONS**

Among the many demands placed on mental health nurses is the constant obligation to exude a cheerful demeanor constantly. Depression, anxiety, and bipolar illness are common among patients admitted to acute psychiatric facilities. Despite a lack of study, it has been suggested that some foods may help with mental health difficulties. Therefore, nurses and dietitians in mental care centers always face enormous challenges.

### **a. Nursing management**

Patients hospitalized for treating mental diseases need the assistance and care of psychiatric nurses. They are responsible for the day-to-day operations of the ward, including the supervision and medication distribution of patients requiring mental health treatment. Mental health nurses have a wide variety of responsibilities. One of the most important is maintaining a good attitude when dealing with patients who suffer from a wide range of mental health conditions [1]. Serving meals, providing medication, admitting patients, and restraining aggressive patients are just some of the many tasks that fall under the purview of psychiatric nurses. However, there is a need for more quantitative studies. Qualitative inquiries have raised whether psychiatric nurses have the necessary expertise [2], [3]. Men are also attracted by psychiatric nursing, which is not at ease with the more commonplace nurturing and caregiving roles in the nursing profession. Nurses report difficulties despite professional preparation, calling for even more creative approaches to nursing programs and courses. Through ongoing education, psychiatric nurses must be prepared to cope with hostility, denial of mental disease, and drug rejection [4]. It is common practice for nurses to be well-established professionals with decades of expertise. There are surprisingly many male participants, given that nursing is often a female-dominated field. This is consistent with the sensitivity and difficulty of the issues involved in this form of patient care. This gender split is mirrored in another research [5].

Some nurses are employed for children and adults suffering from improper behavior disorders. People with autism spectrum disorder (ASD) should pay close attention to what they consume to improve their quality of life and prevent worsening their condition. Nurses must take care of their proper nutrition and other routine work. Many people with ASD find that their digestive



and other health issues improve after beginning a nutrition program that nurses can note daily. More research is needed into the effectiveness of different diets for people with ASD and other psychiatric cum neurodegenerative disorders [6]. A study found that a large percentage of psychiatric nurses (88.5%) say that dealing with patients who are violent or aggressive is difficult. More than seventy-five percent of respondents agreed that psychiatric nurses feel anger and frustration due to these difficulties. High rates of burnout among psychiatric nursing staff were attributed to the exact causes by 73.1% of respondents [7].

#### **b. Diet management**

Food as medicine is also for psychiatric disorders, despite insufficient research on these health issues. Acute psychiatric units see a high prevalence of mood disorders like depression and bipolar disorder. Low levels of some neurotransmitters like serotonin, dopamine, noradrenaline, and gamma-aminobutyric acid have been linked to depression (GABA). Many mood disorders, including depression, respond well to treatment with amino acids such as tryptophan, tyrosine, phenylalanine, and methionine [8]. A decrease in the prevalence of mental diseases has been linked to increased consumption of omega-3 and omega-6 polyunsaturated fatty acids (PUFA), vitamin D, and minerals. A lack of folate can increase the likelihood of developing mental health issues like depression, dementia, and schizophrenia. Depression, bipolar disorder, schizophrenia, anxiety, ADHD, addiction, and autism are some mental health conditions that can be managed with amino acid supplements [9]. Diets like the Mediterranean diet, which specializes in food groups rich in nutrients connected to neurotransmitters and the relatively new idea of the gut-brain axis, are excellent examples of healthy eating. A body of research relates a poor diet to worse mental health and slower recovery from depression and other diseases [10]. Overall, skilled and experienced dietitians are essential to cope with such situations to handle dietary aspects during working hours or in an emergency in these respective services.

#### **c. Quality assurance**

To achieve good recovery for psychiatric patients, high-quality management is essential. Any private or public organization can go through the same crucial auditing procedure that leads to accreditation, which is a certification of added value. The certification process has been studied in terms of comprehensive quality standards, including such significant parameters as education, infrastructure, safety and security, the involvement of many departments, and top-level management. [11]

#### **d. Data analysis**

Atlas ti. 9 software was used for preparing codes based on the collected answers as data collection from the nurses and dietitians for three months of this research duration. The networking was finally organized along with word clouds based on the transcription.

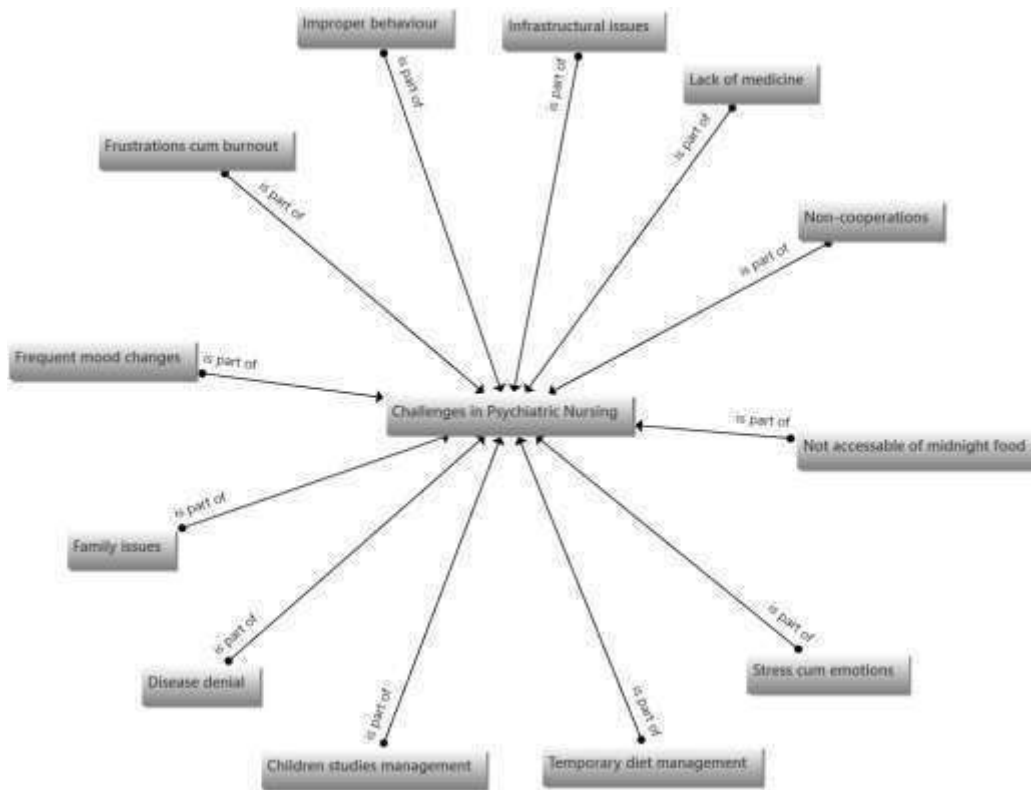


Fig.1. various linking factors responsible for challenges of psychiatric nurses

Fig. 1 shows that various factors are closely and positively linked with challenges for a psychiatric nurse and a dietitian employed in a large hospital or care center. However, small medical centers such as less-bedded hospitals, nursing homes, asylums, and other private care centers are getting many patients who need proper care from skilled nurses and dietitians.

Fig.2 shows the maximum number of words used by the nurses and dietitians working in related wards in various medical centers in Kolkata and peripheral areas.



Fig.2. Word cloud prepared based on maximum used words by the participants



#### **4. CONCLUSIONS**

Working in psychiatric wards are very challenging for all medical professional, mainly nurses and dietitians apart from psychiatrists. Many factors are associated with these wards for coping with adverse situations during working hours. An exact education for handling negative cases is mandatory for nurses and dietitians to achieve better recovery and job satisfaction.

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