Overview of Psychiatric Nurses’ Attitudes toward Hospitalized Borderline Personality Disorder Patients with Self Harm and Nursing Practice Implications

Judith L. Hauck, DNP, PMHCNS-BC

Purpose and Research Questions

- Purpose:
- Research Questions:
- Theoretical Framework:
  Peplau’s Interpersonal Theory

Disclosure Statement, Acknowledgement and Contact Info

- Disclosure Statement:
  • This speaker has no conflict of interest to disclose.
- Acknowledgement:
  • Special thanks to Dr. Barbara Harrison and Dr. Anthony Montecalvo
- Contact Info:
  • jhauck4@aol.com

Background

- Borderline Personality Disorder (BPD): Complex, pervasive, multidimensional
- Prevalence and Healthcare Service Demand
- Axis II of DSM IV – Criteria: Behaviors
- Stigma: Compromised Quality of Life
- Behaviors Challenging to Nurses: Substance abuse, suicide, emotional regulation, self harm, treatment difficulties, patient safety and ….

(NIMH, 2006; Perious, 2006; Krawitz, 2003)

Research Studies: Attitudes and Factors

- Negative Attitudes:
  • James and Cowman (2007) - Ireland
  • Deans and Meocevic (2006) – Australia
- Education enhanced attitudes:
  • Treloar-Commons and Lewis, (2009) - Australia
  • Krawitz (2004) – New Zealand
- Factors: Clinician characteristics: Nursing specialty, years of service, frequency of contact, type of professional MH clinician (discipline) and …
  • Black et al (2011) – USA
  • McAllister et al, (2002) - Australia

(NIMH, 2006; Perious, 2006; Krawitz, 2003)

Literature Review: Summary and Trends

- Individuals with BPD diagnosis…
  • Nurses considered difficult patients to handle.
  • Attitudes: cautious or negative.
  • Education changes attitudes: How long?
  • Nurses’ Perspectives: education and treatment
  • Domestic (USA) and International trend

(James & Cowman, 2007; Krawitz, 2004; Woollaston & Hixenbaugh, 2008; Black et al, 2011)
Methodology / Setting / Sample

- **Research design:** Descriptive, correlational
- **Setting:** Central Pennsylvania – 3 Psychiatric Hospitals
- **Sample:** Pool of 165 psychiatric nurses
- **Inclusion/Exclusion Criteria:**
- **Recruitment and Ethical Considerations:**

Methodology / Instrument

- **Adapted Attitudes Toward Deliberate Self Harm Questionnaire (ADSHQ):**
  - Adapted from ADSHQ – (McAllister et al, 2002)
  - Impact of self reporting questionnaire on awareness of attitude
    - **Dimension 1:** Assessment and referral
    - **Dimension 2:** Ability to deal effectively with self harm patients
    - **Dimension 3:** Empathetic approach
- **Demographic and Educational Questionnaire:**

Results: ADHQ Scores

<table>
<thead>
<tr>
<th>Scores</th>
<th>Minimum</th>
<th>Maximum</th>
<th>Mean</th>
<th>Standard Deviation</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Score</td>
<td>42</td>
<td>71</td>
<td>53.93</td>
<td>5.321</td>
</tr>
<tr>
<td>Dimension 1 Score</td>
<td>17</td>
<td>29</td>
<td>24.25</td>
<td>2.457</td>
</tr>
<tr>
<td>Dimension 2 Score</td>
<td>7</td>
<td>23</td>
<td>15.54</td>
<td>2.810</td>
</tr>
<tr>
<td>Dimension 3 Score</td>
<td>8</td>
<td>19</td>
<td>14.14</td>
<td>2.193</td>
</tr>
</tbody>
</table>

Results: Sample Demographics

<table>
<thead>
<tr>
<th>Variables</th>
<th>n and %</th>
<th>Variable and Mean</th>
<th>Variable and Mean</th>
<th>Variable n and %</th>
<th>Request for Education</th>
</tr>
</thead>
<tbody>
<tr>
<td>Male</td>
<td>10% (n = 8)</td>
<td>Mean Age 47 Years</td>
<td>Mean Yrs. of Psych. Nurs. 9.9 years</td>
<td>n and %</td>
<td>n and %</td>
</tr>
<tr>
<td>Female</td>
<td>90% (n = 75)</td>
<td>Diploma 28% (n=23)</td>
<td>BA/BS (4yr) 27% (n=22)</td>
<td>MS/MA 4% (n=4)</td>
<td>Yes 88% (n=72) No 12% (n=11)</td>
</tr>
<tr>
<td>Current Ed. by Degree</td>
<td>AD 41% (n=34)</td>
<td>Diploma 28% (n=23)</td>
<td>BA/BS (4yr) 27% (n=22)</td>
<td>MS/MA 4% (n=4)</td>
<td>Yes 88% (n=72) No 12% (n=11)</td>
</tr>
<tr>
<td>Frequency of Patient Contact</td>
<td>Daily 49% (n=40)</td>
<td>Weekly 30% (n=26)</td>
<td>Monthly 20% (n=17)</td>
<td>Yearly 1% (n=1)</td>
<td>Yes 88% (n=72) No 12% (n=11)</td>
</tr>
</tbody>
</table>

Results: Years of Psychiatric Nursing Service

- Years of Psychiatric Nursing Service and Adapted ADSHQ dimension 2, “dealing effectively with patients” were significantly correlated ($r = .22, P < .05$).

Results: Request for Further Education

<table>
<thead>
<tr>
<th>Request for Further Education</th>
<th>N</th>
<th>Mean</th>
<th>Std. Deviation</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Score</td>
<td>10</td>
<td>47.90</td>
<td>3.479</td>
</tr>
<tr>
<td>Dimension 1 Score</td>
<td>Yes</td>
<td>73</td>
<td>54.75</td>
</tr>
<tr>
<td>Dimension 2 Score</td>
<td>Yes</td>
<td>73</td>
<td>22.10</td>
</tr>
<tr>
<td>Dimension 3 Score</td>
<td>Yes</td>
<td>73</td>
<td>14.51</td>
</tr>
</tbody>
</table>

Hauck
Results: Further Continuing Education

- Nurses 88% (n=72) reported further continuing education would help to enhance care.
- Reported need for further education resulted in significance differences in the Adapted ADSHQ
  - Total scores: [t(81) = - 4.20, p = .000]
  - Dimension 1 scores: [t(81) = -3.096, p = .003]
  - Dimension 3 scores: [t(81) = -4.53, p = .000]

Examples of identified educational needs:
- Information to educate patients (74%)
- Education received regularly (69%)
- Skills training workshop (69%) and …

Practice Implications: What to do?

- Continuing education received regularly:
- Self awareness of attitude:
- Positive nurse-patient relationship:
  - Move towards a collaborative connection that works for the clinician and client
  - Accountability
- Effective nurse/therapist characteristics:
- Evidence Based Practices (EBP) vs. Therapy as Usual (TAU)

Discussion

- Were psychiatric nurses’ attitudes negative or positive?
  - Comparison with McAllister 2002 study of ER nurses and clinicians: This study’s findings showed higher means ...
- Significantly related to Adapted ADSHQ scores:
  - Years of psychiatric nursing service
  - Need for further continuing education

Psychiatric nurses indicated:
- Self awareness of educational needs
- Willingness to expand their knowledge base
- Improved treatment needed

Practice Implications: Outcomes

- Impact on treatment and patient outcomes:
  - Evidence Based Practices:
    - Dialectical Behavior Therapy (DBT): Patient cases
    - Other EBP’s: Systems Training for Emotional Predictability and Problem Solving (STEPPS) etc. and ….
  - Recovery Concepts: Hope, Empowerment and ….
  - Positive Attitudes and Supportive Relationships:
    - Nurses as role models/leaders: Advocates

Questions and thoughts?...

Limitations, Conclusion and Recommendations

Limitations:

Conclusions:
- Psychiatric nurses’ attitudes leaned towards being positive
- Years of psychiatric service
- Nurses’ need for further education

Recommendations:

References


Coutts, K., Russo, J., Snowdon, M., Senior, D., Ellis, R., & Roy-Bryan, P. Factors associated with high use of public mental health services by persons with borderline personality disorder. Psychiatric Services, 56, 1148-1154.


References


