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Experiences of individuals living with chronic mental illness in Northern Namibia
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Aim of the study

• To explore and describe the lived experiences of individuals living with chronic mental illness in the Northwest Health Directorate, Northern Namibia
Research questions

• What are the experiences of individuals living with chronic mental illness?
• What are the experiences of family members, community members and health care workers about chronic mental illness?
Research questions (continued)

• What can be done to facilitate understanding and community involvement in the integration of individuals living with chronic mental illness into the community?
Design and Method

- Qualitative, explorative, descriptive, contextual, and theory-generative design
- Four (4) multiple case studies comprised of twenty-four (24) participants
- In-depth phenomenological interviews and focus group discussions
Multiple case study participants

- Community members
- Family members
- Health care workers

Individual living with chronic mental illness
Schematic presentation of each multiple case record

Case 1
- patient x 1
- family members x 2
- community member x 1
- health care workers x 6

Case 2
- patient x 1
- family members x 2
- community member x 1
- health care workers x 6

Case 3
- patient 1
- family members 2
- community members 2
- health care workers x 6

Case 4
- patient x1
- family members x 2
- community members x 2
- health care workers x 6
Main themes identified

• **Theme 1:** Experiences of ineffective individual coping related to living with chronic mental illness

• **Theme 2:** Experiences of alteration in family processes related to the presence of long term mental illness
Themes (continues)

• **Theme 3:** Experiences of individuals’ impaired social interactions related to substance abuse and dysfunctional system evidenced by verbalized discomfort in social situations
Model for facilitating constructive interaction

Purpose of the model

• To provide theoretical frame of reference to advanced psychiatric nurse practitioners to facilitate constructive interaction between individuals living with chronic mental illness and their caretakers (family, community members and health care workers)
CONSTRUCTIVE INTERACTION AS INTEGRAL PART OF MENTAL HEALTH

WORKING PHASE
- Promoting Development of
  - Communicating
  - Sharing
  - Relating

RELATIONSHIP PHASE
- Exploring Poor Interpersonal Interaction

TERMINATION PHASE
- Improved Interpersonal Interaction

FACILITATING CONSTRUCTIVE INTERACTION

MIND
- Advanced Psychiatric Nurse
- Patient
- Family Member
- Community Member
- Health Care Worker

BODY

SPIRIT
Components of the Model

Process of helping another person to reach the goal
Process of constructive interaction phases

- Relationship phase
- Working phase
- Termination phase
Relationship phase

- Development of trust
- Nurse communicate kindness
- Strengthen relationship
- Nurse, patient and others develop goals to be achieved, namely
- Establishment of positive interpersonal relationship
Working phase

- Focus on: development of communication, relating and sharing
- Nurse initiate and maintain positive and constructive interaction geared towards promotion of mental health
- Understanding reasons for poor interpersonal interactions
- Facilitates resolutions towards problems
Termination phase

- Process of enabling constructive interaction is expected to be achieved
- Participants expected to express satisfaction in their way of communicating, relating and sharing
Promotion of constructive interaction

- Realization of goal achievement, that is,
- Promotion of constructive interaction as an integral part of mental health
- Ability to lead an independent life, mobilize own resources with minimal assistance, leading towards mental health
In conclusion . . .

• The advanced psychiatric nurse practitioner as a facilitator, guides all participants in their efforts to achieve the goals, namely, constructive interaction as an integral part of mental health.

• By advocating positive interpersonal interaction by patient and others, the promotion of mental health will be achieved.