Mrs Abigail Buertey (Ghana)

The perceived effect of stigma on community psychiatric nurses in Ghana

THE PERCEIVED EFFECT OF STIGMA ON COMMUNITY PSYCHIATRIC NURSES IN GHANA.

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OUTLINE

- Background of the study
- Research Methodology
- Findings/Results
- Discussions
- Conclusion
- Recommendation
- Acknowledgement
- References

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BACKGROUND OF THE STUDY

- Community Psychiatric Nurses (CPNs) play significant roles in mental health care delivery Agyapong, Osei, Farren, & McAuliffe (2015) .

- They carry mental health services to the doorsteps of the mental patients in the community (Yawopare, 2013).

- However, community Psychiatric nurses are generally looked down upon by the public (Yawopare, 2013).

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BACKGROUND OF THE STUDY

- They are seen as "semi-mad" people (Yawopare, 2013).

- Inadequate scientific data exist

- Exploration the perceived effects of stigma on Community Psychiatric Nurses in Ghana

METHODOLOGY

- A qualitative exploratory descriptive design was used

- Purposive sampling technique was use to select participants

- In-depth interviews were conducted in English via a face-to-face approach with participants

- Data was analyzed using thematic content analysis after it was audiotaped and transcribed verbatim

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FINDINGS/RESULTS

- The participants described various effects of stigma, such as low productivity, depression, and anger

- They expressed what their experiences with other health workers in the various district hospitals and in their various communities

FINDINGS/RESULTS

- Low productivity

"If the unit is there and I am there and you don't treat me well how do I give out my best? If I come to work and people, make comments that will make me unhappy how will I take care of my clients"- (Akosua)

FINDINGS/RESULTS

Afia disclosed that;

When you tell us we are not part of the budget then what are you trying to tell us?, that our services are not needed? It affects us, because you see, when you are working and you have the sense that people appreciate and love what you are doing, you put in more effort, but when you are working and you get tired and you remember this treatment, then you say, after all hmmmm after all, so you cannot put in much effort"- (Afia)

FINDINGS/RESULTS

- Depression

"So sometimes it affects me emotionally I get unstable at times but sometimes I work out of it" - (Adwoa)

"No matter what we are coping. We are coping. We were all sad. I wish I was at the other department like the general or midwifery side because I think they are treated better I feel so sad, hmm and I feel so bad. Hmm it's not pleasant at all"- (Mansah).

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FINDINGS/RESULTS

- Anger

Akosua underscored that;

"It is demoralizing and sometimes I get angry. At times I see it to be a useless job. They should appreciate our work hmmm"- (Akosua)

"At times I do feel very bad, at times I do regret and ask myself why I'm I doing this work? At times it discourages me and makes me angry"- (Afia).

DISCUSSION

- Stigmatization had affected their work both in the hospital/Community setting and in their community Agyapong, Osei et al. (2015).

- They considered leaving the mental health profession because they have been harmfully impacted by the stigma in mental health

- Anesthesia, medical assistance and education.

DISCUSSION

- Others also said it was terrible to the extent that they were unable to get the necessary logistics for their work and this was in agreement with (Yawopare, 2013)

- Participants said they felt sad, bad, unstable, hopeless and depressed because of the way they are treated by the public (Mystakidou, Tsilika, Parpa, Galanos and Vlahos 2007;Ward, Wiltshire, Detry, and Brown 2013; Parle 2012)

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DISCUSSION

- Some of the participants expressed anger as one of the effects of stigma Avasthi's (2010) research, who also mentioned anger as one of the effects of stigma.

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CONCLUSION

- CPNs carried out their activities with much difficulty, because of the poor image of CPNs over the years and therefore

- Low productivity, depression and anger were the effects of stigmatization on CPNs

- Recognition and support from employers, stakeholders and the general community

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RECOMMENDATIONS

- Massive education of other staff- stop stigmatization
- Media education of community members
- Departments and district hospitals should put measures in place to deal with stigmatization of CPNs
- More support from the mental health authority
- Provision of resources to CPNs in order to enable them work effectively

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