



Simulation: Perspectives in Psychiatric Nursing

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ABSTRACT

There is a lack in the care being provided to the patients with mental illness and for which the mental health problems are becoming a burden on the country and the foremost area of concern facing the problem is the shortage of skilled mental health nurses and health professionals in India. The inadequate skills in the psychiatric procedures and intervention for the mental health issues may be due to the lack of interest by the students when they go for the psychiatric postings the reason may be they are not exposed due to the less number of patients in the ward. In order to bridge the gap to provide the experience how to tackle the psychiatric situations, simulation methodology stands alone.

Keywords: Simulation Based Education, Psychiatric Nursing, Mental Health, Psychological safety, Simulation scenarios

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INTRODUCTION

Mental illness left untreated and without cured the reason not diagnosed easily as people denying even if they know they don't accept easily and many of them have no idea that they may be suffering from any of the psychiatric issues, this statistical data from The burden of mental disorders across the states of India: The Global Burden of Disease Study 1990–2017 reveals 197.3 million (95% UI 178.4–216.4) people had mental disorders in India, including 45.7 million are having the disorders related to depression and 44.9 million people are having the disorders related to anxiety. Overall, one in 7 people are suffering from the mental disorders with variability in the severity of the diseases.¹⁷

Simulation: A presentation created artificially of any activity which allows the participants to have experience the real situation where there is no fear of harming the patient and which is the ultimate goal for the patient safety.

Psychiatric Nursing: It is the care provided by the trained nurses to the patients with mental health issues and behavioural disorders or who takes care of the psychological along with the physical wellbeing of the patient.

Challenges in providing care to mental illnesses:

The Mental Health Care Act (MHCA) 2017 which had major changes in the care of mental illness where it aims at the strengthening of human rights of the person with mental illness, also it specifies the role of a mental health nurse in taking care of persons with Mental Illness (PMI) and protects their rights.³

If we see there is a lack in the care being provided to the patients with mental illness and for which the mental health problems are becoming a burden on the country and the foremost area of concern facing the problem is the shortage of skilled mental health nurses and health professionals in India. A study by Hanuman Ram Bishnoi *et al* 2017 states that the health services in India are not up to the mark and the mental health becomes the major concern. As per the WHO reports 75% of patients with mental health issues do not have the access to the quality mental health service because of many reasons. In Bangalore there is NIMHANS, and Central Institute of Psychiatry at Ranchi, in India these two are most accessible institutes which is being utilised by the urban community and the villagers who require it the most are still deprived of the mental health services. WHO's reported, there are 0.301 psychiatrists per 100,000 populations, in which the nurses with 0.166, the psychologist with 0.047, and mental health social workers with 0.033 numbers. There are only 43 under resourced mental hospitals in India Government for this much large population in billions i. e. 1.2 billion. No doubt the mental health services are increasing as per the demands but still there is a huge gap between the morbidity rates and the available services¹⁴

In addition to this, the inadequate skills in the psychiatric procedures and intervention for the mental health issues may be due to the lack of interest by the students when they go for the psychiatric postings the reason may be they are not exposed due to the less number of patients in the ward. As mentioned in

the above paragraph there is less accessibility to mental health services for the patients and no patients are there and not all nursing students are exposed for their learning and practice. The research study by Narges Rahmani et al 2021 about the experience of Nurses of the reason of lack of their interest in working in psychiatric units: a qualitative study shows that the students were not ready for the psychiatric care practice and mentioned they had opted this work due to less options and find difficult to work than other areas due to insignificant patient recovery, limited readiness for work along with the lack of professional knowledge and don't enjoy working with the patients lead to gap in the psychiatric care and interventions.⁴ Not only the skills poor outcome and treatment to mental illness, communication has an important and pivotal role in treating the mental illness in the psychiatric patients. Poor communication leads to poor information to the patients and families. There is one research paper supported by Dhitton Phare P, 2015 on communication skills in psychiatry training reveals that there are gaps exists in the psychiatry treatment which needs the advanced training in communication skills for the mental health professionals, especially when communication is in concern of the diagnosis and treatment of the schizophrenic patients.¹⁶

Role of Simulation to overcome these challenges:

As per the study conducted by Sinha SK, Kaur J. 2011 there is a need of upgradation of psychiatric wings in the government medical colleges may improve the training for the students at UG and PG level. In last decade there is an increase in nursing colleges in India to meet the increased demand of nursing staffs, leading to less clientele for the students to get exposed or encounter the situations for practice.¹⁴ Even the students get an opportunity to practice for many physical illness comparatives to mental health disorders which leads to make the gap between the knowledge and decision making skills especially when someone is dealing with the patient suffering from mental disorders. In order to bridge the gap to provide the experience how to tackle the psychiatric situations, simulation methodology stands alone. It is being observed the patients with psychiatric issues are having less life expectancy as they don't receive the proper medical care in case they are suffering from some physical issues as per the research conducted by Mark J Viron , Theodore A stern, 2010 on the impact of serious mental illness on health and health care that clients with major mental issues die earlier, will have more other illnesses, and receive minimum medical care in comparison to the general public.² Therefore, it is need to train our nursing students so that they can tackle these type of issues happening due to the inequalities. The research study Simulation technique to bridge the gap in Psychiatric Nursing by Ramachandra 2018 shows that Simulation is an artificially created situation of the clinical setup and with safest learning environment for the students to boost up their confidence. This is a valuable tool when one has limited clinical clientele where students have to be trained.¹ Moreover, the students have fear in going near to the psychiatric patient due to less exposure even for their practice. Students encounter many challenges in dealing with their instructors to learn in front of patients and other nursing personnel, leading to feel uncomfortable and anxious to get expose and learn on the patients. These problems are disturbing the psychological safety of the students to learn in a fear less environment, which is possible by the simulation methodology. The effects of Prebriefing on psychological safety and learning outcomes by Young Sook et al. (2018) where the experimental group has been prebriefed in structured method and control group with the same traditional prebriefing shows that the nursing students with higher team psychological safety and good performance in the management of the case.⁵ Adding to the above mentioned context, it is important for the nursing students to learn how to be aware in the different situations, how to work in a team and when to call for help on time or call for early help to prevent the complications. It is very crucial to manage the psychiatric emergencies in safe manner which is very beautifully supported by the research study conducted by Proma Mitra 2022 on the current role of medical simulation in psychiatry stated that simulation is real life experience which helps in better communication amongst the team members, quick in critical thinking and taking the right decision on the right time which will help the students to cope up with the medical emergencies.^{6,7} Simulation doesn't require the lab and set up as it can be conducted anywhere in any setting which includes a classroom, any ward set up any lab in the colleges moreover online sessions can be conducted as supported in one research paper by DM Gaba 2004 on The future vision of simulation in health care reveals that simulation is a technique not a technology which amplifies the real experiences with the guided experience.^{11,15} Considering communication as pivotal role in the treatment and prognosis of the mental health issues. Simulation is not only dealing with an improvement of skills related to any disease but also improvement of the soft skills and interpersonal relationship is the other benefit through simulation methodology. Josephine Neale 2019 in the research paper about the evidence for the use of training on simulation to teach the skills regarding communication in psychiatric exposure mentioned that simulation can help in facilitating the teaching the technical or clinical skills and the soft skills at one go, and simulation in the psychiatry training is an ideal way for bridging the gap between knowledge and skills related to the conversation with the patients and family members as well, which will ultimately lead to better patient outcome.^{8,12} In spite of high fidelity simulators, it is always wondered if we could practice this on the real

patient especially when there is a need of communication skills. Moreover, high fidelity manikins which are not available everywhere in the medical and psychiatry set ups there are standardized patient who are the problem solving to the psychiatric exposure for the nursing students especially when there is a need to improve their soft skills. Dhitton Phare P, 2016 pilot evaluation of communication skills training program for psychiatry residents using standardised patient assessment there were Thirty participants in which 15 males and 15 females for the special vocational training in psychiatry took part in ComPsych training and pre- and post-ComPsych SPAs. There was increase in the skills post-training for agenda setting while questioning skills decreased, results shows that there was generalization and translation of communication skills training program for psychiatric residents using standardised patient assessment.^{9,10}

CONCLUSION

Nurses has a major role in the health care delivery system considered as a back bone of the system. They provide care irrespective of type of illness the patient is suffering from with their whole heart and soul. It is really important that nurses should be trained in a better way where they should be relieved from the anxiety to deal with the patients with psychiatric illness with better communication skills. Due to lack of facilities many psychiatry patients are not being diagnosed and there is lack of treatment leading to less exposure to the students during their training programs. Simulation based Education is the solution to this issue where students get exposed to many psychiatric problems even with less number of actual patients which will help in bridging the gap in the Psychiatric Nursing.

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