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## Evaluation of the effectiveness of group psychoeducation in major depression (mild/moderate symptoms) in primary care

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Depression is a major public health problem due to its high prevalence, and it has been associated with greater morbidity, mortality, health care utilization and health care costs. Studies show the effectiveness of group psychoeducation in the treatment of depression in adults, as it reduces depressive symptoms and can prevent depression in primary care patients. However, few controlled studies that have included aspects of personal care and healthy lifestyle (diet, physical activity, sleep, information on the importance of therapeutic adherence) and the identification and management of depression symptoms within the psychoeducational group intervention; aspects which have already been shown to aid recovery in these patients. The objective of this presentation is showing the results obtained from a randomized controlled trail about to evaluate the effectiveness of psychoeducational group therapy for major depression (mild/moderate symptoms) in primary care patients carried out by community nurses. The results showed that psychoeducational group therapy is an effective short- and long-term treatment for patients with mild depressive symptoms, but only in the short term for patients with moderate symptoms. It is also shown to be effective in the short term for patients who are not treated with antidepressant medication before receiving the psychoeducational therapy. The therapy improves HRQoL in the short term, and this improvement remained stable during follow-up over 9 months, especially in the group of patients with moderate symptoms.

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## Psychiatric nursing: An unpopular choice

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Research studies in the United States, the United Kingdom, New Zealand and Australia suggests that students do not consider psychiatric nursing as a popular career option. According to this research, there is a widespread concern about the nursing shortages in psychiatry. The demand for psychiatric services continues to grow and there is a need for strategies to recruit nurses in this specialization. The purpose of this study was to identify the factors that prevent nursing students to choose psychiatric nursing as a career. A qualitative research design that aimed to explore and describe was used. Data was collected through the nominal group technique. A sample of convenience of 27 final year nursing students from the School of Nursing from the University of the Free State as well as the Free State School of Nursing voluntarily participated in this research. This unit of analysis comprised of 4 nominal groups. The following main causal categories emerged from the content analysis of the data, presented in the order that they were prioritized: Personal factors, working environment, unprofessional behavior, learning environment and an unclassified category. The findings in this study highlighted the nursing students' reasons for not choosing psychiatric nursing as a future career. Students' actual descriptions were used to identify these reasons and it is therefore imperative for nursing schools in SA to address these concerns. Addressing their concerns might pave the way for them to take up psychiatric nursing as a career. Every nursing school needs to be dedicated and creative in improving their recruitment strategies to ensure adequate numbers. Otherwise, psychiatric nursing as a profession will remain in dire straits.

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