

Implementation of the model to assist Psychiatric Nurse Practitioners to facilitate self-empowerment of women living with BPD

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BACKGROUND

Psychiatric Nurse Practitioners (PNPs) experience having limited skills and confidence in this area thus leading to poor outcomes, which in turn reinforces negativity. PNP's working with borderline personality disorder patients have been said to experience distress, anxiety or confusion and burnout at some point (Cambanis, 2012:102). These challenges can be due to lack of skills to manage patients with borderline personality disorder.

PROBLEM STATEMENT

No existing model in South Africa to assist psychiatric nurse practitioners to facilitate mental health of women living with borderline personality disorder which has been implemented.

DEFINITION

BORDERLINE PERSONALITY DISORDER (BPD): According to the DSM 5 borderline personality disorder is a severe psychiatric disorder characterised by a pattern of instability in interpersonal relationships, self-image, affects and marked impulsivity (American Psychiatric Association, 2013:646).

PURPOSE

To describe the implementation of the model to assist psychiatric nurse practitioners to facilitate the mental health of women living with BPD.

RESEARCH METHOD

A qualitative, exploratory, descriptive, theory-generating and contextual study.

IMPLEMENTATION

The model was implemented by conducting a one day workshop to the psychiatric nurse practitioners.

Eight psychiatric nurse practitioners working in the psychotherapy unit were workshoped on how to facilitate self-empowerment of women living with borderline personality disorder.

RELATIONSHIP PHASE

CREATING POSITIVE ENVIRONMENT

- Nurse-patient relationship
- Safety
- Communication
- Meditation
- Spirituality

MOBILISING OF RESOURCES

- Individual therapy
- Group Therapy
- Mental Health Education
- Life skills training

WORKING PHASE

WHAT IS BEST FOR HER

- Noticing signs of distress (awareness exercises)
- Make a choice about what is best for her
- Learning to love yourself
- Discuss ways of taking care of herself that are meaningful and enjoyable
- Give the opportunity to practice these ways of taking care of herself
- View the woman with BPD as adult who can take responsibility for herself

TAKING CHARGE OF OWN LIFE

- Take responsibility
- Name the feelings
- feel that emotion without reacting to it
- Sitting with that emotion and feeling it without reacting causes the emotion to dissipate
- working through the dynamics of nurse & patient
- Provide symptom reduction and self-control through the use of mindfulness skills

ACTIVE ROLE IN THE CREATING FUTURE OF OWN DREAMS

- Process of discovering herself
- What she wants as a goal, acknowledge fears that are related to achieving that goal, and take an active role
- Choose the option that will bring about more pleasant feelings

FEELING SECURE AND CONNECTED

- Understand that she must reach out when she needs emotional support
- Understand what her insecurities are and what makes one uncomfortable about those insecurities.
- Identify professionals who they trust who they can go to for professional advice
- To identify and join support groups
- Genuine conversations with people in relationships with to ensure connection and striving for support
- Getting out and being involved in meaningful activities
- Learning to take care of herself first

DEVELOP A SENSE OF MEANING AND COHERENCE

- Having a goal and working on it
- Engage in important activities
- Trying to accept challenges and working towards managing them as best possible
- Develop coping strategies that are appropriate
- Accepting setbacks not as failure but as normal
- Explore potential resources in times of stress and using themselves as a resource and seeing herself as capable of influencing life positively

TERMINATION PHASE

EVALUATION OF EXPERIENCE OF TERMINATING THERAPEUTIC RELATIONSHIP

- Emphasizes the women's growth & positive aspects of the relationship
- End of nurse-patient relationship
- Plan for & put in place internal and external resources

EVALUATION OF ACHIEVEMENT OF SELF-EMPOWERMENT

- Paying attention to what one says and words used
- Is there change in behaviour

CONCLUSION

The model is still under implementation.

Model will be evaluated by psychiatric nurse practitioners

Psychiatric nurse practitioners will be interviewed and asked "what was their experience on implementing this model?"

REFERENCES

American Psychiatric Association. (2013). Diagnostic and statistical manual of mental disorders. (5th ed.). Arlington: American Psychiatric Association.
Cambanis, E.V. (2012). Treating borderline personality disorder as a trainee psychologist: Issues of resistance, inexperience and countertransference, Journal of Child and Adolescent Mental Health 24 (1) 99-109.