

# Nurses Practices Regarding Health and Safety Toward Psychiatric Patients in Hawler Psychiatric Hospital

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## Abstract

**Background and objective:** Mental health and patient safety is necessary in hospitals and health care settings .Nurses should know perception of patient safety in their field so patient safety includes everyone in all aspects of health care. Nurses understood patient safety as taking care of patient with psychiatric problems and maintain health through good treatment and respecting self-determination and avoiding coercion. The aims of this study were to assess the patient safety in Hawler psychiatry hospital/Erbil city and find out the association between demographic characteristics of the nurses and their roles regarding patient safety.

**Methods:** This cross-sectional study was conducted on 33 nurses in Hawler psychiatry hospital/Erbil city. A questionnaire was designed for the purpose of the study. Data were collected through interview with nurses. Frequency and Chi-square test was used for data analysis.

**Results:** 45.5 % of participants were in the age group 38-50 years old. Majority (69.7%) of them were male, 78.8 % from urban areas, 42.4 % of them were Preparatory School of nursing graduated, had income was somehow sufficient (78.8 %), married (90.9%). The overall nurse practice regarding patient safety was 81.8 was moderate, the overall patient safety related to environment of psychiatric hospital as estimated 84.8 % was poor. Regarding overall nursing practice related to patient safety and socio-demographic data of nurses, there were statistically significant differences between level of education of nurses (p-value=0.007) and level of economic status of nurses (p-value= 0.005) with patient safety. **Conclusion:** The overall practice regarding patient safety was moderate, and the overall nurse practice regarding patient safety was poor in Hawler psychiatric hospital ,so continuous education the nurses regarding patients' safety and provide all equipment's that needed for provide proper environment are necessary .

**Keywords:** patient safety, psychiatric patient

## 1. Introduction

Nurses are the largest group of healthcare providers in hospitals, making up one-third of the healthcare workforce; nurses provide the greatest amount of health care for patients [1]. Mental health and patient safety is necessary in hospitals and health care settings .Nurses should know and explore perception of patient safety in their field so patient safety include everyone in all aspects of health care .Studies show that registered nurses understood patient safety as taking care of patient with mental and psychiatric problems and maintain health through good treatment and respecting self-determination and avoiding coercion [2] .

In recent years pharmacological treatment has improved especially some new agents and proved to highly effective, so nowadays most psychiatric patients treated much more better

with little errors than decade ago , however these new agents have better side effects profile than many older drugs , the potential of medication errors may be regarded as an important problems [3].

Studies revealed that psychiatric patients in psychiatric units are high risk group of medication errors compared with other patients in surgical and medical units. Recently, a task force of the American psychiatric Association (A A) recommended focusing on medication safety and prevents errors as one of the primary patient safety activities with high attention for psychiatric practice[4].

In order to develop effective patient safety strategies, it is necessary to better understand the epidemiology of inpatient psychiatric medication safety; we therefore conducted a prospective study of the incidence and nature of MEs, in the inpatient psychiatric settings, Staff nurses who have prior experiences in medication administration may regard an excellent human resources and good strategic plan to decrease medication errors in psychiatric hospitals [5] [6].

Patient safety is necessary to obtain positive health results, avoiding unsafe works and to reduce mortality and morbidity. For nurses, patient safety is the basic part of their job. When poor environment safe for patients, so nurses experience moral will become distress [7].

One of the most indicators of excessive nursing workload and its impact on patient safety is failure to provide safe patients care. Nurses are the key role in monitoring patient progress since they are usually the first to encounter early signs of patient's health status deterioration. Researchers from different nations have identified the consequences for patients when nurses are overworked [8] [9].

Health care providers and leaders whose focus is on patient safety are very familiar with these alarming and frequently cited statistics by building a safer health system, over the past two decades. Health care professionals focus on occupational health and patient safety [10]. Nurses are considered as back bone of healthcare system in most countries especially for patient safety, through their effective role to reduce medical and nursing errors in hospitals with more concentration during their daily routine activities, with co-operation with other staff in hospital [11].

There are many studies indicated that the performance of health care providers, and nurses for their professional work may affect with understanding of patient safety during the daily routine work [12].

The lack of attention to the role of nurses in improving patient safety issues may effect on the positive outcomes of daily services for the patients [13].

Therefore, this study was conducted to assess nurses practices regarding patient safety in Hawler psychiatry hospital and find out the association between demographic characteristics of the nurses and their roles regarding patient safety

## **2. Methods**

This cross-sectional study was conducted between February 1<sup>st</sup>, 2016 and June 7<sup>th</sup>, 2016 on all nurses (the number was 33 nurses) in Hawler Psychiatric Hospital / Erbil City of Kurdistan Region-Iraq. Data were collected by interviewing the participants according to a designed questionnaire for purpose of the study. The questionnaire consisted of two parts. The first part covered the socio-demographic characteristics of the nurses. The second part

covered the roles of the nurses regarding patient safety. The ethical approvals for conducting this study was approved and obtained from ethical committee in College of Nursing / Hawler Medical University. And permission was taken from nurses before interview and the purpose of the study was explained and verbal consent was also taken. The nurses informed that they have right for withdrawal from the study at any time. In order to analysis the results of the study data were entered in SPSS (version 22) frequency, percentage and Chi-square test was used for interpretation of data.

### **3. Results**

Table 1 shows that 45.5 % of participants were in the age group 38-50 years old. Majority (69.7%) of them were male, 78.8 % from urban areas, regarding the level of education, the majority 42.4 % of them were preparatory school of nursing graduated, regarding the economic status was somehow sufficient (78.8 %), highest percentage (90.9%) of the study sample was married, regarding the number years of services in hospital most of the nurses had 1-10 years which represents 45.5% .

Table 2 shows uses practice regarding patient Safety. The highest percentage (87.9 %) of the study sample answered always regarding the question five (Using sterile equipment) and lowest percentage (81.8%) answered no for questions (1) (Do you participate in any trained courses regarding patient safety).

Table 3 shows the occurrence of overall practice as estimated that, 21.1%, was answered always, 81.8 % they were answered sometimes, while 6.1 % of them were answered never.

Table 4 demonstrates the patient safety related to environment of psychiatric hospital. The highest percentage (90.9%) of the study sample answered 'yes' regarding the question ten (Are patients who have aggressive behaviors separated from others?) and lowest percentage (6.1%) answered 'no' from the same questions.

Table 5 shows the overall patient safety related to environment of psychiatric hospital as estimated 84.8 % was poor, while 15.2 % of them were good.

Table 6 shows that association between overall nursing Practice related to patient safety and Socio demographic characteristics of nurses, only there were statistically significant differences between level of education of nurses (p-value=0.007) and level of economic status of nurses (p-value= 0.005) with patient safety.

**Table 1: Socio-demographic characteristics of the Nurses (N= 33)**

<b>Socio Demographic Characteristics of the Nurses</b>		<b>No.</b>	<b>%</b>
Age group years	25-37	11	33.3
	38--50	15	45.5
	51-63	7	21.2
Gender	male	23	69.7
	female	10	30.3
Address	urban	26	78.8
	suburban	5	15.2
	rural	2	6.1
Level of education	Secondary School of nursing graduated	2	6.1
	Preparatory School of nursing graduated	14	42.4
	Diploma in nursing	13	39.4
	Bachelor in nursing	4	12.1
level of economic status	sufficient	5	15.2
	Somehow sufficient	26	78.8
	insufficient	2	6.1
Marital status	married	30	90.9
	single	2	6.1
	divorced	1	3.0
Number of years employer	1-10	15	45.5
	11-20	9	27.3
	21-30	4	12.1
	31-40	5	15.2

**Table 2: Nurses practice regarding patient safety (N= 33)**

Nurses practice regarding patient safety	always		sometimes		never	
	No.	%	No.	%	No.	%
1.Do you participate in any trained courses regarding patient safety	0	0	6	18.2	27	81.8
2.Do you agree with safety measures in the hospital	4	12.1	17	51.5	12	36.4
3.Do you introduce yourself to patient before any nursing intervention	11	33.3	11	33.3	11	33.3
4.Do you explain ECT Procedure before intervention	14	42.4	15	45.5	4	12.1
5.Using Sterile Equipment	29	87.9	4	12.1	0	0
6.Do you usually wearing Personal Protective equipment	15	45.5	13	39.4	5	15.2
7.Do you do patient educations regarding breath and relaxation technique before procedure	5	15.2	9	27.3	19	57.6
8.Do you do health education regarding personal hygiene	17	51.5	11	33.3	5	15.2
9.Are there any error during ECT procedure,	4	12.1	10	30.3	19	57.6
10. Do nurses apply 10 rights during providing medication for patients?	6	18.2	22	66.7	5	15.2
11.Do nurses doing bathing for patients weekly	17	51.5	13	39.4	3	9.1
12.Are therapists or nurses doing daily exercise for patients	13	39.4	14	42.4	6	18.2
13.Do they wash and sterilized equipment after procedure	22	66.7	8	24.2	3	9.1
14.Does the waste product was done properly	13	39.4	4	12.1	16	48.5

**Table 3: Overall Practice (N= 33)**

Overall Practice	No.	%
Always	4	12.1
Sometimes	27	81.8
never	2	6.1
<b>Total</b>	<b>33</b>	<b>100</b>

**Table 4: Patient safety related to environment of psychiatric hospital (N= 33)**

Patient safety related to environment of psychiatric hospital	yes		no	
	No.	%	No.	%
1. Is the place of the hospital suitable for psychiatry patients?	0	0	33	100
2. Is the building of the hospital suitable for psychiatry patient?	1	3.0	32	97
3. Is the temperature (warm or cold) suitable for patients?	13	39.4	20	60.6
4. Is there any sharp Materials in the Unit?	11	33.3	22	66.7
5. Is there Safe electricity?	5	15.2	28	84.8
6.Are there enough rooms available For Pt.	4	12.1	29	87.9
7.The rooms and all equipments are clean and organized	9	27.3	24	72.7
8. Does the hospital have sufficient equipments	5	15.2	28	84.8
9. Are the beds near the windows	22	66.7	11	33.3
10.Are aggressive patients separated from others	30	90.9	3	9.1
11. Is there standard guidance to deal with patients the wards	6	18.2	27	81.8
12. Is there sufficient distinguishers in the unit	21	63.6	12	36.4
13.Is there physical clipboard for pt.	33	100	0	0

**Table 5: Overall Patient safety related to environment of psychiatric hospital (N= 33)**

Overall Safety Environment	No.	%
Good	5	15.2
Poor	28	84.8
<b>Total</b>	<b>33</b>	<b>100</b>

**Table 6: Association between Overall nursing Practice related to patient safety and Socio demographic characteristics of nurses (N= 33)**

		Overall Practice			P-Value Fisher's exact test
		always No.	sometimes No.	never No.	
<b>Socio Demographic Characteristics</b>					
age group/years	25-37	3	7	1	<b>0.323</b> NS
	38--50	1	13	1	
	51-63	0	7	0	
gender of nurses	male	1	20	2	<b>0.086</b> NS
	female	3	7	0	
address of nurses	urban	3	21	2	<b>0.410</b> NS
	suburban	0	5	0	
	rural	1	1	0	
Level of education of nurses	school	1	0	1	<b>0.007</b> HS
	secondary	0	14	0	
	diploma	2	11	0	
	bachelor	1	2	1	
	master	0	0	0	
level of economic status of nurses	good	1	3	1	<b>0.005</b> S
	fair	2	24	0	
	bad	1	0	1	
Marital status of nurses	married	4	24	2	<b>0.947</b> NS
	single	0	2	0	
	divorced	0	1	0	
	widow	0	0	0	
	widower	0	0	0	
Number of years employer	1-10	3	11	1	<b>0.769</b> NS
	11-20	1	7	1	
	21-30	0	4	0	
	31-40	0	5	0	

#### 4. Discussion

The study revealed that the majority of nurses practice regarding patient safety were moderate as they doing their duties sometimes not always ,especially in items related to using sterile equipment, doing health education regarding personal hygiene and bathing

patients weekly, this is may due to their low level of education and experiences in psychiatric unit as most of them had less than ten years of experience and graduated from preparatory school, this agree with study which revealed that nurses who have experiences in practice, they have more positive attitudes about overall perception of safety compared to nurses with less experience [14]. Also their practices was poor in most of other items especially items related to participate in any trained courses regarding patient safety, safety measures in the hospital and health education, these in fact were against the standard of psychiatric nursing practice as the psychiatric mental health registered nurse, through health teaching, promotes the patient's personal and social integration can assists the patient in achieving satisfying productive, and health patterns of living. [15]

In regard to overall Patient safety related to environment of psychiatric hospital, the study revealed that most nurses believes that environment safety was poor in most of the items especially in items concerned with the place of the hospital which it's not suitable for psychiatry patients, there are not enough rooms available for patient, no standard guidance to deal with patients in the wards, and the hospital haven't sufficient equipment's, and this could be the one of the reasons for deficit in nursing clinical practice ,this result agree with project research teams from Texas A&M University and Georgia Tech combed through several thousand scientific articles and identified more than 600 studies, that establish how hospital design can impact clinical outcomes. The team found single-rooms versus multi-bed rooms, reduced noise, improved lighting, better ventilation, better ergonomic designs, supportive workplaces and improved layout that can help reduce errors, reduce stress, improve sleep, reduce pain and drugs, and improve other outcomes [16] . Also the result agree with research which shows that many clinicians, architects, and hospital administrators believe that the hospital built environment can benefit the satisfaction of health care providers as well as patient satisfaction and outcomes. There is some evidence that the built environment may influence patient and family perceptions of the quality of and satisfaction with care received during a hospitalization [17].

Results also showed that there were association between overall nursing practice related to patient safety and level of education of nurses (p-value:0.007) , level of economic status of nurses (p-value: 0.005) ,and this gave evidence that the overall practice of nurses were moderate to poor because most of nurses education in the study were graduated from preparatory school or diploma, while it has no significant with other demographic characteristics such as age, gender, marital status, address, and number of years of employment. This level of education outcome agree with study about educational level and mortality which showed that 10% increase in the proportion of nurses holding a bachelor's degree was associated with a 5% decrease in both the likelihood of patients dying within 30 days of ad- mission and it results showed that in hospitals with higher proportions of nurses educated at the baccalaureate level or higher, patients experienced lower mortality and failure-to-rescue rates [17].

## **5. Conclusions**

From the results of the study indicated that most of them from urban , most of them married ,majority of them practices patient safety properly , very few of them never practice patient safety , while most of them had poor practice related to environmental safety , and

few of nurses had good practices related to environment safety .There was no significant association between variables of sample study and overall practices of nurses about patient safety and environmental safety.

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## ممارسات الممرضين حول سلامة وحدة المرضى النفسيين في مستشفى

### هولير الطبية للأمراض النفسية

#### الخلاصة

الخلفية والهدف: الصحة النفسية وصحة المريض تعتبر ضرورية في المستشفى وفي الواقع الصحي والممرضين يجب عليهم الادراك لهذا في عملهم لهذا الموضوع ويجب ان تكون الصحة النفسية من متطلبات الرعاية التمريضية في كافة المجالات والممرضين يدركون ان المشاكل النفسية هي من الامور المهمة في رعاية المريض للحفاظ على صحته من خلال العلاج الجيد واحترام تقرير مصير المريض وتجنب الاكراه وتهدف الدراسة الى تقييم سلامة المريض في مستشفى هولير الطبية للأمراض النفسية في اربيل وايجاد العلاقة بين بعض المتغيرات الديموغرافية للممرضين وبين عملهم فيما يخص سلامة المريض.

طريقة العمل: اجريت دراسة مقطعية لثلاث وثلاثون ممرض من العاملين في مستشفى هولير الطبية في مدينة اربيل وصممت اسئلة استبائية لهذا الغرض وجمعت المعلومات من خلال المحاورة مع الممرضين واستخدم التكرار ومربع كاي لتحليل المعلومات.

النتائج: 45.5% من المشتركين كانت نسبة اعمارهم من 38-50 سنة وكانوا يسكنون في المدن و 42.4% منهم كانوا من خريجي الاعداديات وكان دخلهم الاقتصادي كافي 78.8% وكانوا اغلبهم متزوجين 90% وكانت نسبة الخدمات الاجمالية المقدمة بالنسبة لسلامة المريض هي 81.8% ونسبة سلامة المريض فيما يخص بيئة العمل كانت ضعيفة 84.4% اما العلاقة بين المتغيرات الديموغرافية و سلامة المريض فكانت هنالك علاقة ايجابية بين مستوى التعليم والحالة الاقتصادية تحت مستوى معنوي 0.007 و 0.005.

الخلاصة: النسبة الاجمالية لسلامة المريض وممارسة الممرضين كانت متوسطة بينما كانت صحة بيئة العمل ضعيفة في مستشفى هولير الطبية في اربيل لذلك فان التعليم المستمر للممرضين حول سلامة المريض وبيئته ضرورية ويجب توفير كافة الاحتياجات للحصول على سلامة بيئة العمل.

**الكلمات المفتاحية:** سلامة المريض، المرضى النفسيين، مستشفى هولير النفسي.