Psychiatric Nurses' Practice with Parent who have Mental Illness

### Aims
- This study aimed to:
  - Compare the extent of psychiatric nurses’ FFP in Ireland and Australia.
  - Identify factors that predict and enable psychiatric nurses’ FFP in Ireland.
  - Establish how high scoring Irish psychiatric nurses conceptualise FFP.
  - Determine how Irish psychiatric nurses’ capacity to engage in FFP may be further developed.

### Participants and methods
- In Study One, 343 psychiatric nurses practicing in 12 mental health services across Ireland completed the Family Focused Mental Health Practice Questionnaire (FFMHPQ).
- In Study Two, 14 psychiatric nurses who obtained high scores in the FFMHPQ completed semi structured interviews.
- Falkov’s (2012) Family Model was used as a framework for the methodology and interpretation of the results.

### Findings
- While the majority of psychiatric nurses in Ireland were not family focused and had lower mean scores than psychiatric nurses in Australia a substantial minority were family focused. Most of the higher scorers were practicing within the community setting. The most important predictors of FFP were skill and knowledge, followed by RPN group (acute versus community setting) and confidence around parenting and children generally. High scoring psychiatric nurses’ FFP was complex and multifaceted, comprising various family focused activities, principles and processes.

### Nature and Scope of FFP
- **Activities**
  - The inter relationship between mental health and the parenting role
  - Support children via their parents
  - The importance of the parent-nurse relationship
  - Supporting parents and children is emotionally challenging
  - Practice needs to be individualised and holistic and parent-family contexts are part of this

- **Principles**
  - Collaboration with parents and adult family members
  - Drawing on principles of therapeutic interventions to inform practice
  - Use of home visits to observe normal family life

- **Process**
  - Practices consistent with FFP could be reflected in national practice standards and key performance indicators.
  - The translation of policy to practice could be promoted through long term, multifaceted, implementation strategies, at multiple organisational levels.
  - Undergraduate and post registration programmes need to promote psychiatric nurses’ family focused knowledge, skills, attitudes and competencies to support parents who have mental illness, their children and families.

### Recommendations
If you would like further information about this study you may contact Anne at A.Grant@qub.ac.uk or http://www.parentalmentalillness.info