

4137008 NSPS/M : MAJOR : PSYCHIATRIC-MENTAL HEALTH NURSING :

M.N.S. (PSYCHIATRIC-MENTAL HEALTH NURSING)

KEY WORDS : DISCHARGE PLANNING /PSYCHIATRIC PATIENTS /PSYCHIATRIC NURSES

RAPEEPUN VAJCHALAPONG : PRACTICE OF PSYCHIATRIC NURSES REGARDING
DISCHARGE PLANNING IN PSYCHIATRIC DEPARTMENTS OF GENERAL HOSPITALS AND
PSYCHIATRIC HOSPITAL IN BANGKOK. THESIS ADVISORS : TASSANA BOONTONG., Ed.D.,
JARUWAN T. SKUL., M.S.W., ATIRAT WATTANAPAILIN., Ed.D. 135 P. ISBN 974-665-160-9

Psychiatric patient discharge planning is an important nursing practice for psychiatric nurses in preparing the patient, family/caregiver, environment and community before the psychiatric patient is discharged from the hospital. This preparation should ensure that the patient is able to take care of him/herself. Also, the family/caregiver, environment and community should be prepared so that they understand and are able to properly assist the patient's physical, mental and social rehabilitation. Preparation in these three aspects is vital to the patient's recovery from mental illness.

This research aims at practices, problems and barriers of psychiatric nurses regarding discharge planning in psychiatric departments of general hospitals and psychiatric hospital in Bangkok. The results can serve as guidelines in the development of personnel and improvement of discharge planning procedures. Sample groups consisted of 125 psychiatric nurses working in the psychiatric wards of general and psychiatric hospitals in Bangkok. Data was collected by questionnaires developed by the researchers. The questions were developed based on the conceptual framework of nursing process and the review of related literature. The data was analyzed by percentages, mean and standard deviations.

It was found that psychiatric nurses practiced discharge planning for almost all patients. Each step of the practice was carried out for almost all patients except for the evaluation which was done for some patients only. Implementation of the plan was ranked highest in the practice. In every step of the practice psychiatric nurses paid the most attention to preparing patients followed by families/caregivers and finally environment and community. The first three most concerning problems to the discharge planning were the lack of cooperation from the patients or families/caregivers, the lack of budget and the coordination with public facilities.

From this research, psychiatric nurses should give instructions concerning discharge planning to families/caregivers from the first day the patient is admitted. Their practice should cover every step of the procedure thoroughly in particular steps concerning the patients, families/caregivers, environment and community. Hospitals should set budgets and their policy for clear discharge procedures to facilitate the discharge. There should also be workshops for training psychiatric nurses. The patients will be given daily nursing care and at the same time be prepared for discharge.