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Effects of Nurse-Patient Relationship on Medication Adherence of Mental Health Patients

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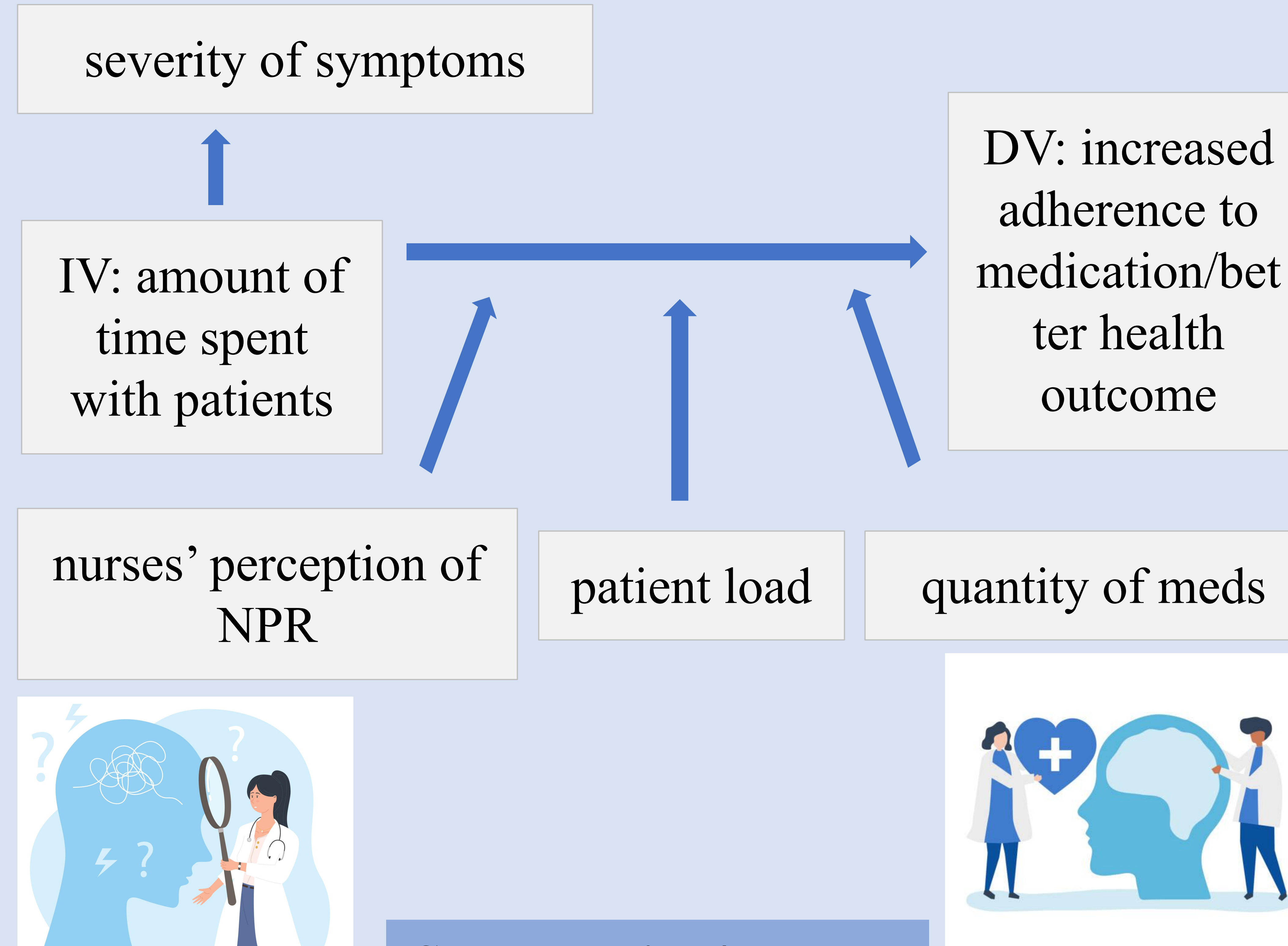April Magbual, Nursing Student

Introduction

Background: Medication adherence among mentally ill patients (MIP) is a significant issue which require extra support & guidance to encourage better recovery. Administering medication is a critical role of nurses that must be performed effectively and appropriately. Employing a nurse-patient relationship (NPR) and nursing presence has been shown to create a positive outcome and an essential characteristic to improve medication adherence.

Literature Gap: There is insufficient research exploring NPR and medication adherence specifically for MIPs. Participants' cultural variations, age range, specific interventions & economic factors influencing medication compliance are missing.

Hypothesis

Patients with increased nursing interaction will have improved medication adherence and compliance to treatments.

Conceptual Framework

severity of symptoms

IV: amount of time spent with patients

nurses' perception of NPR

patient load

quantity of meds

DV: increased adherence to medication/better health outcome

Study Design/Method

Purpose: explore strategies that nurses can implement during patient care

Design: qualitative, 1 on 1 interviews and focus groups

Sample and Setting: psychiatric patients between the ages of 18-65 y/o in multiple psychiatric hospitals around Marin County

Procedures: control group will have increased interaction with nurses to build rapport and implement therapeutic relationships

Materials: descriptive questionnaires

Implication for Practice

Demonstrating effective strategies to improve medication adherence in MIP can guide nurses and other healthcare professionals to value patient interaction. The use of establishing conversational relationships and supportive environments can contribute to the rich experience of patient-centered care as an important nursing component.

Acknowledgment

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