

Nurse Mental Health: Quality Improvement

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Quality improvement is an important nursing competency that needs to be developed as a healthcare professional to improve the quality and safety of the healthcare system (Quality and Safety Education for Nurses [QSEN], 2020). Quality improvement uses existing data to monitor care process outcomes and create and test new methods for these care processes to improve the healthcare system continuously (QSEN, 2020). Quality improvement helps healthcare professionals describe strategies for learning the outcomes of the care processes, the effect healthcare professionals have on the outcomes, and how to change those care processes to improve them further (QSEN, 2020). Quality improvement also helps healthcare professionals seek information about quality improvement projects and information specific to the population they care for, identify gaps in the care being provided compared to best practices, implement changes in daily work, and measure the effectiveness of the change (QSEN, 2020). With quality improvement, healthcare professionals will learn how to appreciate the importance of quality improvement, how it is an essential part of the healthcare profession, and how important the role they and others in the healthcare team play when implementing improvement (QSEN, 2020). Nurses have many roles when it comes to caring for patients, and some of the roles can impact their mental health. One crucial role that nurses have is engaging in end-of-life conversations with patients. This can have a significant impact on a nurse's mental health because their patient is dying, and there is not anything that can be done to stop that. How these nurses self-regulate is essential in how they deal with the mental stress of death while still providing their patients with the best quality of care.

Article Summary

Nurses play an important role in having end-of-life conversations with patients to ensure they receive the quality care that follows their wishes (Du et al., 2024). This study is based in China, where they use the Heart to Heart Cards Game (HHCG), a tool to help nurses initiate end-of-life conversations and better understand their patient's wishes (Du et al., 2024). However, these end-of-life conversations can significantly impact nurse's mental health (Du et al., 2024). This study aimed to identify nurses' self-regulatory process after end-of-life conversations with advanced cancer patients (Du et al., 2024). Seventeen nurses from four different hospitals and a hospice unit in China were interviewed (Du et al., 2024). The researchers found that personality played a significant role in how nurses self-regulate, whereas a more extroverted personality had a more adaptive regulation process (Du et al., 2024). Also, the knowledge and experience of the nurses affected self-regulation significantly (Du et al., 2024). The study also found that nurses did not share their negative emotions with their families; therefore, they did not seek this extra support (Du et al., 2024). Nurses also experienced self-doubt when they could not fulfill their patient's wishes, which caused some to experience thoughts of resignation (Du et al., 2024).

Introduction

This qualitative study examined nurses' self-regulatory process after end-of-life conversations with advanced cancer patients (Du et al., 2024). Researchers found that nurses with more extroverted personalities had better adaptive regulation processes (Du et al., 2024). The amount of experience the nurses had also impacted their self-regulatory process (Du et al., 2024). Some nurses experienced self-doubt when they could not complete their patients' wishes, which led to their thoughts of resigning (Du et al., 2024). This article related to nurses' mental

health by examining how these end-of-life conversations impacted the nurses and their mental health.

Overview

This article directly related to nurse mental health by examining the impact end-of-life conversations with advanced cancer patients had on nurses (Du et al., 2024). This study can help nursing by bringing awareness to the importance of nurses' mental health. End-of-life conversations are one of the many hard things that nurses must do, and they can lead to burnout. Implementing help for the nurse's mental health when end-of-life conversations need to be done is important in improving nurse burnout and helping the nurses with their mental health.

Quality Improvement

Quality improvement efforts can be implemented in hospitals that care for advanced cancer patients. During the pre-implementation stage, further research data would have to be examined regarding the outcomes and effects the changes had. Also, any identified gaps would have to be examined, and strategies to remedy them would have to be formed (Institute for Healthcare Improvement, n.d.). In the intra-implementation stage, changes would be implemented, such as providing nurses with counseling support, providing end-of-life care training programs, additional training in self-regulation skills, or promoting community awareness in having advanced care planning (Du et al., 2024). Lastly, in the post-implementation stage, the progress of improvement will be monitored. With positive results, the changes can be implemented in other hospitals and communities (Institute for Healthcare Improvement, n.d.). These changes could significantly impact the hospital, patients, and nurses. The costs for the hospital could

increase due to implementing more training programs. Patient satisfaction could be impacted by more nurses being better trained to initiate these conversations. Patient safety could be impacted by the nurses providing them with a better quality of care due to their understanding of their patient's wishes for end-of-life care preferences. Lastly, nursing safety could be impacted by nurses having better self-regulating processes, improving their mental health, and relieving the stress leading to burnout.

References

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