How ED nurses conceptualise recovery: a phenomenography from Australia

Donna Marynowski Traczyk  
*University of Wollongong, dtm672@uowmail.edu.au*

Lorna Moxham  
*University of Wollongong, lmoxham@uow.edu.au*

Marc Broadbent  
*Central Queensland University*

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How ED Nurses Conceptualise Recovery: a Phenomenography from Australia

Donna Marynowski Traczyk¹, Lorna Moxham¹, Marc Broadbent²

¹School of Nursing, Midwifery and Indigenous Health, University of Wollongong, NSW, Australia
²CQUniversity Australia, Noosa, Queensland, Australia

BACKGROUND: In Australia, consumers who become unwell and require ‘stepping up’ to intense mental health care and access to specialist mental health services, must primarily access these services via the Emergency Department (ED). For the consumer this involves a transition between disparate models of care; the Recovery Model which underpins contemporary mental health care, and the medical model which is dominant within the ED and informs generalist ED RNs (Registered Nurse) practice.

AIMS: Recovery is understood in different ways by healthcare professionals and this research aimed to identify and describe how ED RNs conceptualise Recovery for consumers.

METHODS: A phenomenographic study utilised semi structured interviews with ED RNs located throughout Australia. Phenomenography facilitates describing collective understanding and enabled the elucidation of the qualitatively different ways in which Recovery is conceptualised.

RESULTS: Iterative analyses involving a seven stage algorithm identified variations in ED RNs conceptions of Recovery and are empirically presented as categories of description.

CONCLUSION: The Recovery model is considered best practice within contemporary mental health care and is forefront of consumer expectations; therefore it would be desirable for all healthcare professionals involved in their care to have an understanding of what Recovery means to the consumer. This research contributes to new knowledge of ED RNs understanding of Recovery for consumers, and insights gained will contribute to promoting a shift in mental health care delivery in the ED to a Recovery focused approach, ultimately leading to improved outcomes and consumer wellbeing and positive care experiences for consumers.

Keywords: Recovery, Emergency Department, consumers, Registered Nurses