A Grounded Theory of the Kenya Human Interaction Model for Mental Health Nursing Practice

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Purpose: To discover and develop a Kenyan model for mental health nursing guided by two research questions, namely: What are the views of Kenyan mental health nurses with regards to human being, environment, mental health nursing and mental health: What is the appropriate model for mental health nursing practice in Kenya?

Methods: This was a multi-site study, conducted in six regional mental health units and one national mental health teaching and referral hospital. The regional mental health units and the national mental health hospitals were purposively selected because they offered an environment with rich sources of data; namely, maximum number of mental health nurses in active mental health nursing practice. Exploratory qualitative research design, employing Straussian Grounded Theory methodology was used in the study. Data were collected for 6 months through in-depth audio-taped interviews with 33 registered mental health nurses selected by open, purposive and theoretical sampling methods. The purpose of in-depth interview was to explore the nurses' views on the four major metaparadigms that form the fundamental concepts of a conceptual model of nursing. Additionally, documented observations in the form of field notes were used to corroborate data obtained through interviews. Data were analysed inductively and deductively using open axial and selective coding procedures. Audio-taped data were replayed and transcribed verbatim. Open coding was done to generate concepts and categories of information from the interview scripts. Axial coding was used to identify and specify categories of the central phenomenon, causal conditions, context, intervening conditions as well as the nursing action. Selective coding was the final coding phase that integrated all the interpretive work of analysis as follows: Firstly, the story line was explicated by discovery and analytic description of the core category, secondly the story line consisting of a description of nurses' views on the four metaparadigms were conceptualized and finally validated and constructed.

Results: A substantive theory of the Kenyan Human Interaction Model for mental health nursing practice was developed comprising the following: 1. Human being as a unique biopsychosocio-spiritual being and causal condition 2. Environment consisting of homely and hostile dimensions 3. Mental health nursing as a holistic care founded on human interaction 4. Mental health (consequence of holistic care) with optimum and illness dimensions. Mental health nursing was discovered as the central phenomena interacting with its causal, contexts and intervening conditions to determine the mental health dimension of the human being. The quality of mental health nursing determines the mental health dimensions and is influenced by the environment and nurses'
characteristics as contexts and intervening conditions respectively. These interactions lead to consequences discovered as optimum mental health.

**Conclusion:** The Kenya Human Interaction Model for mental health nursing practice is customized to the Kenyan situation and contributes knowledge which is relevant to mental health nursing practitioners, students, educators and administrators.

**Title:**
A Grounded Theory of the Kenya Human Interaction Model for Mental Health Nursing Practice

**Keywords:**
Human Interaction model, Mental health Nursing and Straussian Grounded theory

**Abstract Summary:**
A presentation on a developed human interaction conceptual model for mental health nursing practice in Kenya using a Grounded Theory methodology. The conceptual model comprises four metaparadigms from the mental health nurses perspectives

**References:**
- Ministry of Health (MoH, 2010). Kenya’s Health Sector Satisfaction Survey Report Nairobi, Kenya 2010 April

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