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

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Introduction

About 25%-40% patients in Kenyan health facilities experience mental health problems that cause a lot of suffering (Mbwayo et al., 2013; Wagoro et al., 2017).

Yet mental health services continue to lag behind with complaints of poor quality of care (Ouko, 2018).

Improving quality mental health nursing in Kenya will significantly improve the overall mental health services since nurses provide up to 80% of the services.

Kenya lacks conceptual model to guide nursing care

Developing a conceptual model of mental health nursing practice that is contextualised to the Kenyan circumstances became imperative.

Purpose of the study

The primary purpose of the study was to discover and develop a Kenyan mental health nursing model for quality mental health nursing practice.

Methods

A multi-site study, of 11 months using Straussian Grounded Theory methodology in purposively selected regional and national mental health facilities

Data were collected from 33 mental health nurses through in-depth audio-taped interviews and field notes.

Open, purposeful and theoretical sampling methods were used.

Data analysed inductively and deductively using open, axial and selective coding procedures.

The story line was explicated and subsequently conceptualized, validated and constructed.

Results

A substantive theory of the KHIM for mental health nursing practice was developed comprising:

1. Human being as a unique biopsychosocial-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.

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.

Recommendations

Nurses in policy need to implement the model so that nurse researchers can evaluate its effectiveness.

References:


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