

Undergraduate Student Nurses'
Perceptions of Art Therapy in
Mental Health Settings



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Disclosures

- Faculty Names:
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Program Goal

To give an overview of undergraduate student nurses' perceptions regarding usage of art therapy in mental health settings with applications for curriculum development.



Program Objectives

1. The learner will describe student nurses' perceptions of art therapy in mental health settings
2. The learner will identify the effects of using art therapy in mental health settings upon undergraduate student nurses and patients
3. The learner will be enabled to apply findings from this presentation-study in curriculum development and revision



Abstract

- **Background:** The purpose of this study was to explore the perceptions of undergraduate (baccalaureate) student nurses regarding the use of art therapy to promote a therapeutic relationship and communication with mental health patients. A review of the literature revealed a lack of research on this topic.
- **Method:** This was a qualitative study using principles of thematic analysis.
- **Results:** Major themes found in the study included: student nurses' initial experiences with mental health patients, student nurses' observations of mental health patients and student nurses' and mental health patients' responses to art therapy.
- **Conclusions:** The intentional use of art therapy should be integrated into undergraduate nursing education. Further research should be conducted to determine if art therapy is useful with students in other settings. In addition, innovations using art therapy in nursing education should be studied.



Introduction: Therapeutic Communication and Mental Health



Literature Review



Purpose of the Study and Research Question

“What are the perceptions of undergraduate nursing students regarding the use of art therapy on the therapeutic relationship and communication between student nurses and mental health patients?”



Methods

- Design and Process
- Participants
- Ethical Considerations
- Data Collection



Methods (Cont.)

Three primary interview questions with probes were asked of the students during all interviews in order to answer the research question:

- What is it like to communicate with mental health patients?
- Have you used art therapy when communicating with mental health patients? What was it like?
- How does art therapy assist you to communicate with your patient during your mental health experience?



Methods (Cont.): Data Analysis



Findings

Three Key Themes

- Student nurses' initial experiences with mental health patients
- Student nurses' observations of mental health patients
- Student nurses' and mental health patients' responses to art therapy



Emergent Themes When Using Art Therapy

Major (key) themes

Subthemes

Student nurses' initial experiences with mental health patients

- Perceptions of persons with mental health issues
- Reaction to the mental health patients in a locked nursing unit

Student nurses' observations of mental health patients

- Mental health patients' feelings
- Mental health patients want their story heard
- Mental health patient as an individual

Student nurses' and mental health patients' responses to art therapy

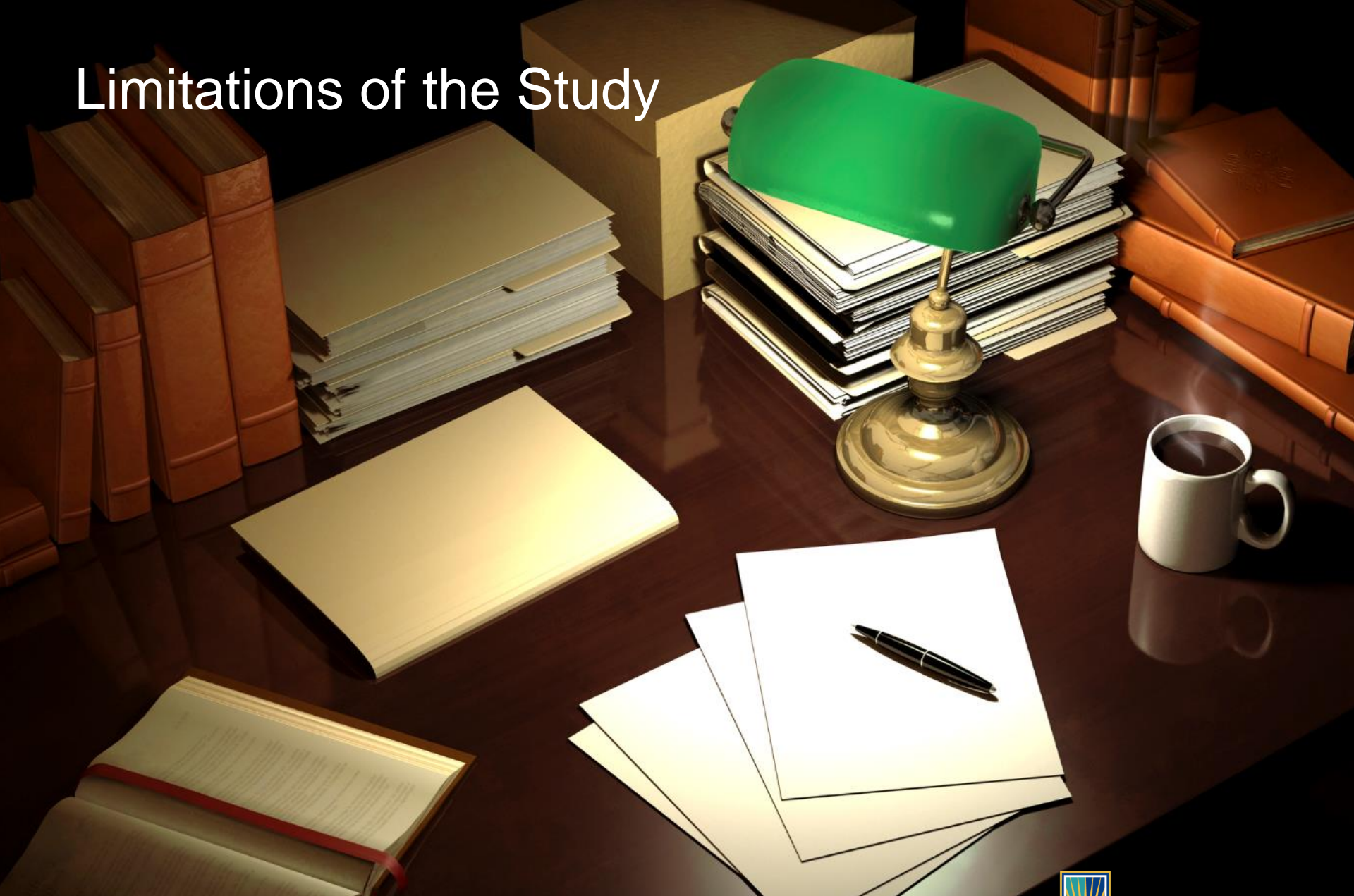
- Easier to approach the mental health patient
- Opens lines of communication
- Promotes a bond and feelings of trust
- Empowers the mental health patient
- Changes in the student nurse



Discussion



Limitations of the Study



Implications

- Nursing Education
- Nursing Clinical Practice
- Nursing Research



Conclusion



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