Implementation of the model to assist Psychiatric Nurse Practitioners to facilitate self-empowerment of women living with BPD

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BACKGROUND
Psychiatric Nurse Practitioners (PNPs) experience having limited skills and confidence in this area thus leading to poor outcomes, which in turn reinforces negativity. PNP's working with borderline personality disorder patients have been said to experience distress, anxiety or confusion and burnout at some point (Cambanis, 2012:102). These challenges can be due to lack of skills to manage patients with borderline personality disorder.

PROBLEM STATEMENT
No existing model in South Africa to assist psychiatric nurse practitioners to facilitate mental health of women living with borderline personality disorder which has been implemented.

DEFINITION
BORDERLINE PERSONALITY DISORDER (BPD): According to the DSM 5 borderline personality disorder is a severe psychiatric disorder characterized by a pattern of instability in interpersonal relationships, self-image, affects and marked impulsivity (American Psychiatric Association, 2013:646).

PURPOSE
To describe the implementation of the model to assist psychiatric nurse practitioners to facilitate the mental health of women living with BPD.

RESEARCH METHOD
A qualitative, exploratory, descriptive, theory-generating and contextual study.

IMPLEMENTATION
The model was implemented by conducting a one day workshop to the psychiatric nurse practitioners.

EVALUATION OF EXPERIENCE OF TERMINATING THERAPEUTIC RELATIONSHIP
• Emphasizes the women's growth & positive aspects of the relationship
• End of nurse-patient relationship
• Plan for & put in place internal and external resources

EVALUATION OF ACHIEVEMENT OF SELF-EMPOWERMENT
• Paying attention to what one says and words used
• Is there change in behaviour

CONCLUSION
The model is still under implementation.
Model will be evaluated by psychiatric nurse practitioners
Psychiatric nurse practitioners will be interviewed and asked “what was their experience on implementing this model?”

REFERENCES