

The Role of Nursing in the Promotion of Mental Health: Innovative Strategies for the Comprehensive Approach to Patients

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ABSTRACT

A documentary review was carried out on the production and publication of research papers related to the study of the variables Nursing, Mental Health and Patient Care. The purpose of the bibliometric analysis proposed in this document was to know the main characteristics of the volume of publications registered in the Scopus database during the period 2018-2023 by Latin American institutions with respect to the study of the aforementioned variables, achieving the identification of 193 publications in total. The information provided by this platform was organized through graphs and figures categorizing the information by Year of Publication, Country of Origin, Area of Knowledge and Type of Publication. Once these characteristics have been described, the position of different authors regarding the proposed theme is referenced through a qualitative analysis. Among the main findings made through this research, it is found that Brazil, with 129 publications, was the Latin American country with the highest scientific production registered in the name of authors affiliated with institutions in that nation. The Area of Knowledge that made the greatest contribution to the construction of bibliographic material related to the study of Nursing, Mental Health and Patient Care was Nursing with 101 published documents, and the Type of Publication that was most used during the period indicated above was the Journal Article, which represents 89% of the total scientific production.

KEYWORDS: Nursing, Mental Health, Patient Care.

1. Introduction

Interest in mental health has increased substantially in recent decades, this increase is focused on the prevalence and incidence of mental illnesses. Therefore, all health systems have the mission of offering citizens the highest desirable level of health,

both physical and mental; That is why these integrated systems have established two sources to achieve these goals, which will be able to establish preventive measures in an optimal way, individually and together, and a greater system of care in a psychological and therapeutic way.

According to statistics from the World Health Organization, the prevalence of mental health problems at global levels is approximately 867 million people, this includes other disorders such as neurotic, affect, retardation, epilepsy and schizophrenia. This number represents 18% of the world's population, a particularly alarming case. The implementation of primary health care is classified as an innovative strategy which seeks to restructure health systems today, focuses its mission and vision on the prevention of mental illness and disorders and mental health, this in order for communities, future health policies to promote optimal and healthy behaviors in this field that facilitate the early detection of mental disorders. (Salud, 2020)(C, 2011, págs. 331-338)

However, when talking about primary health care, it is necessary to start from the changes that health professionals are facing, emphasizing the branch of nursing, which these professionals are forced to be at the forefront of technical innovation, improve care, emerging diseases and scientific innovation consultations, these allow them to be up-to-date on the concepts of primary care, allowing them to improve health and well-being scenarios for citizens. According to the epicenter of primary health care, it has to focus on raising awareness in society, which seeks not only to cure, but to focus on caring; This is where the role of nursing comes in, which is the main source of health care, since it provides primary care at all levels and seeks to maintain the correlation between people, family members, and the remains of health care workers.(G, argentina)

The role of nursing professionals, according to the parameters of the World Health Organization, this branch is not without challenges. Therefore, the main objective of these professionals is based on receiving a holistic approach to those who receive care, recognizing the fundamental role that nursing plays in health systems, and in the long term autonomy in the development and implementation of comprehensive primary health care programs. In this sense, the development of innovative strategies for the comprehensive approach to patients is aimed at the direction of new health policies, improving the system's infrastructures, implementing new paradigms among the processes of care-promotion of mental health, early detection, among others. These factors must be taken into account in the search for new alternatives to respond to the comprehensive approach to health, which includes the direct participation of nursing professionals. (OPS/OMS, 2005)

With the emergence of innovation, it seeks to develop new comprehensive strategies in the promotion of patients' mental health and the contribution of nursing to guarantee primary health care, which is why it is important to advance in the development of knowledge, improvements in integral processes allowing the improvement of scientific processes that seek to reduce the incidence of disorders and modify social systems. For this reason, this article seeks to describe the main characteristics of the compendium of publications indexed in the Scopus database related to the variables Nursing, Mental Health and Patient Care, as well. Such as the

description of the position of certain authors affiliated with institutions, during the period between 2018 and 2023.

2. General objective

To analyze, from a bibliometric and bibliographic perspective, the production of research papers on the variables Nursing, Mental Health, and Patient Care registered in Scopus during the period 2018-2023 by Latin American institutions.

3. Methodology

Quantitative analysis of the information provided by Scopus is carried out under a bibliometric approach on the scientific production related to the study of Nursing, Mental Health and Patient Care. Likewise, examples of some research works published in the area of study indicated above are analyzed from a qualitative perspective, from a bibliographic approach to describe the position of different authors regarding the proposed topic.

The search is carried out through the tool provided by Scopus and parameters referenced in Figure 1 are established.

3.1 Methodological design

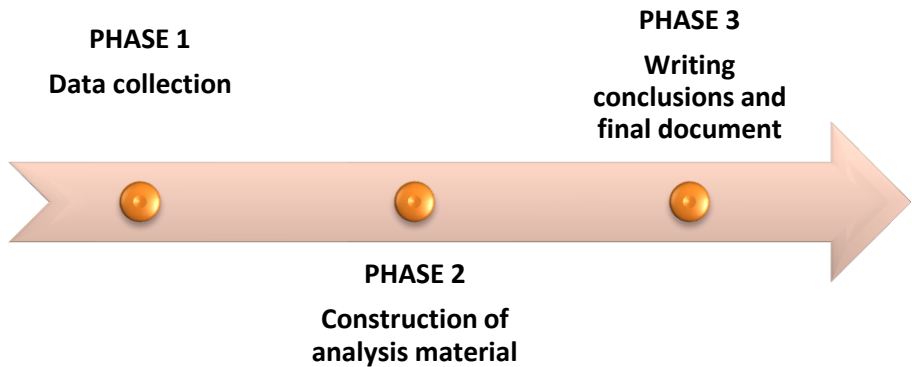


Figure 1. Methodological design

Source: Own elaboration

3.1.1 Phase 1: Data Gathering

Data collection is carried out through the Search tool on the Scopus website, through which a total of 193 publications are identified. To this end, search filters were established that consisted of:

TITLE-ABS-KEY (nursing, AND mental AND health, AND patient AND care) AND PUBYEAR > 2017 AND PUBYEAR < 2024 AND (LIMIT-TO (AFFILCOUNTRY , "Brazil") OR LIMIT-TO (AFFILCOUNTRY , "Chile") OR

LIMIT-TO (AFFILCOUNTRY , "Colombia") OR LIMIT-TO (AFFILCOUNTRY , "Peru") OR LIMIT-TO (AFFILCOUNTRY , "Argentina") OR LIMIT-TO (AFFILCOUNTRY , "Ecuador") OR LIMIT-TO (AFFILCOUNTRY , "Cuba") OR LIMIT-TO (AFFILCOUNTRY , "Uruguay") OR LIMIT-TO (AFFILCOUNTRY , "Mexico") OR LIMIT-TO (AFFILCOUNTRY , "Aruba"))

- ✓ Published documents whose study variables are related to the study variables Nursing, Mental Health and Patient Care.
- ✓ Without distinction of country of origin.
- ✓ Without distinction of area of knowledge.
- ✓ Without distinction of type of publication.

3.1.2 Phase 2: Construction of analysis material

The information identified in the previous phase is organized. The classification will be made by means of graphs, figures and tables based on data provided by Scopus.

- ✓ Co-occurrence of Words.
- ✓ Year of publication
- ✓ Country of origin of the publication.
- ✓ Area of knowledge.
- ✓ Post Type

3.1.3 Phase 3: Drafting of the conclusions and final document

After the analysis carried out in the previous phase, the conclusions are drafted and the final document is prepared.

4. Results

4.1 Word co-occurrence

Figure 2 shows the co-occurrence of keywords within the publications identified in the Scopus database.

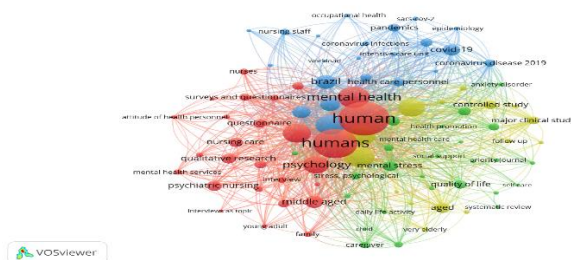


Figure 2. Word co-occurrence

Source: Authors' elaboration (2024); based on data provided by Scopus.

Mental health was the keyword most frequently used within the studies identified through the execution of Phase 1 of the Methodological Design proposed for the development of this article. Nursing is among the most frequently used variables, associated with variables such as Medical Information, Health Professionals, Nursing Practice, Big Data, Epidemiology, Pandemic, Covid-19, Technology and Information. From the above, it is striking that the decisions in favor of improving preventive strategies due to mental disorders to focus on those diseases range from physical condition and preventive results on the reduction of negative effects of said disease. But the case of mental health is much more complex, the management of these diseases requires transparent and consecutive care, this series of objectives and requirements need optimal conditions of infrastructures and health personnel, but these same inductions, present limitations due to the lack of resources in public health. That is why in recent decades it has been evidenced how research contributes to this problem, seeking to motivate the primary prevention sector as a strategy of change in citizens with the aim of obtaining continuity in the processes of resources, whether economic or social. The objective of primary care by nursing staff is not to lose sight of their professional ethics, which indicates the care of people's health in a comprehensive and personalized way, individually and jointly. Returning to the relationship between this branch of health, the role of the same in the field of well-being and health becomes important, since the technological factor helps the development of new strategies in which it is sought to ensure the well-being of patients and promote improvement in mental health. new paradigms in care, healing and latent responsibility.

4.2 Distribution of scientific production by year of publication.

Figure 3 shows how scientific production is distributed according to the year of publication, taking into account that the period between 2018 and 2023 is taken.

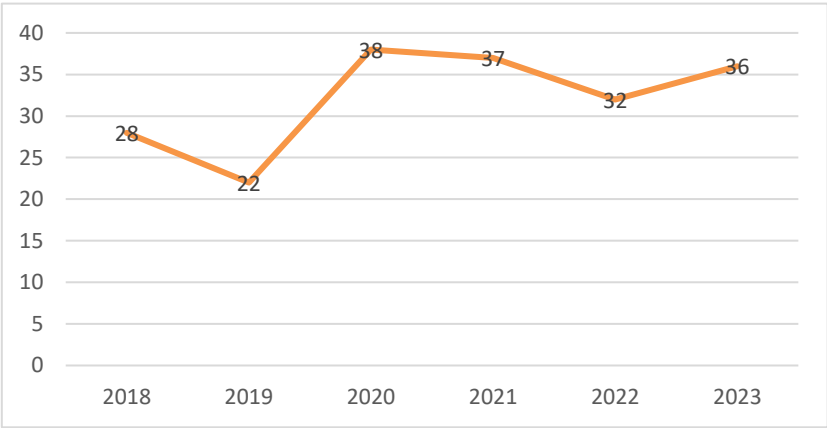


Figure 3. Distribution of scientific production by year of publication.

Source: Authors' elaboration (2024); based on data provided by Scopus.

Among the main characteristics evidenced by the distribution of scientific production by year of publication, an increase in the number of publications registered in Scopus

during the years 2020 is notorious, reaching a total of 38 documents published in journals indexed on this platform. This can be explained thanks to articles such as the one entitled "Prevalence of the phenomenon of the second victim among nurses in intensive care units and the support provided by their organizations". The objective of this research is to determine the prevalence of the second victimization, with a focus on psychological distress, among Chilean adult intensive care nurses and its relationship with the support provided by their organizations. Study Design: A descriptive, correlational, and cross-sectional study was conducted in seven intensive care units of Chilean hospitals. Results: Of a sample of 326 nurses, 90.18% reported having been involved in an adverse event and 67% reported psychological distress resulting from the adverse event. Shame was the most frequent psychological symptom (69%). Only 2.8% reported that their organization had an action plan for professionals in case of a serious adverse event. Participants who had spent more time working in an ICU reported more support from their organization around adverse events. Conclusion: Two-thirds of Chilean nurses in adult intensive care units report psychological stress after an adverse event. (Kappes, 2023)

4.3 Distribution of scientific production by country of origin.

Figure 4 shows how scientific production is distributed according to the nationality of the authors.

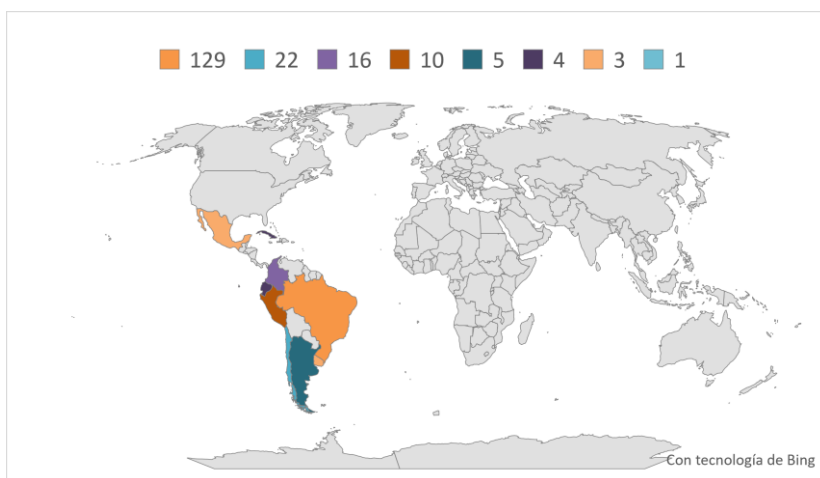


Figure 4. Distribution of scientific production by country of origin.

Source: Authors' elaboration (2024); based on data provided by Scopus.

Within the distribution of scientific production by country of origin, records from Latin American institutions were taken into account, establishing Brazil as the country of that community, with the highest number of publications indexed in Scopus during the period 2018-2023, with a total of 129 publications in total. In second place, Chile with 22 scientific papers, and Colombia occupying third place presenting to the scientific community, with a total of 16 papers among which is the article entitled "Can vitality and mental health influence upper extremity pain? A prospective cohort study of 1185 hospital nurses" The aim of this study was to

analyze the prospective association between vitality and mental health and increased upper extremity pain intensity in hospital nurses during a 1-year follow-up. A prospective cohort of 1185 nurses from 19 hospitals in Denmark was conducted using baseline and 12-month follow-up questionnaires to identify potential associations between levels of vitality and mental health (SF-36 subscales) with pain intensity (0-10 scale). in the shoulder, elbow, and hand/wrist regions. The associations were modeled using cumulative logistic regression. The fully adjusted model included the variables of age, initial pain, body mass index, smoking, years of occupation, level of physical activity in leisure time, number of daily patient transfers/managements, as well as recognition and influence on work. The mean age was 48.3 (SD: 10.4) years. In the fully adjusted model, significant associations were found between low vitality levels and the odds of shoulder pain (OR = 1.96; 95% CI: 1.43–2.68) and hand/wrist pain (OR = 2.32; 95% CI: 1.58–3.42). Observed. Likewise, moderate levels of mental health were associated with higher odds of shoulder pain at follow-up (OR = 1.50; 95% CI: 1.16–1.93).(Núñez-Cortés, 2023)

4.4 Distribution of scientific production by area of knowledge

Figure 5 shows how the production of scientific publications is distributed according to the area of knowledge through which the different research methodologies are executed.

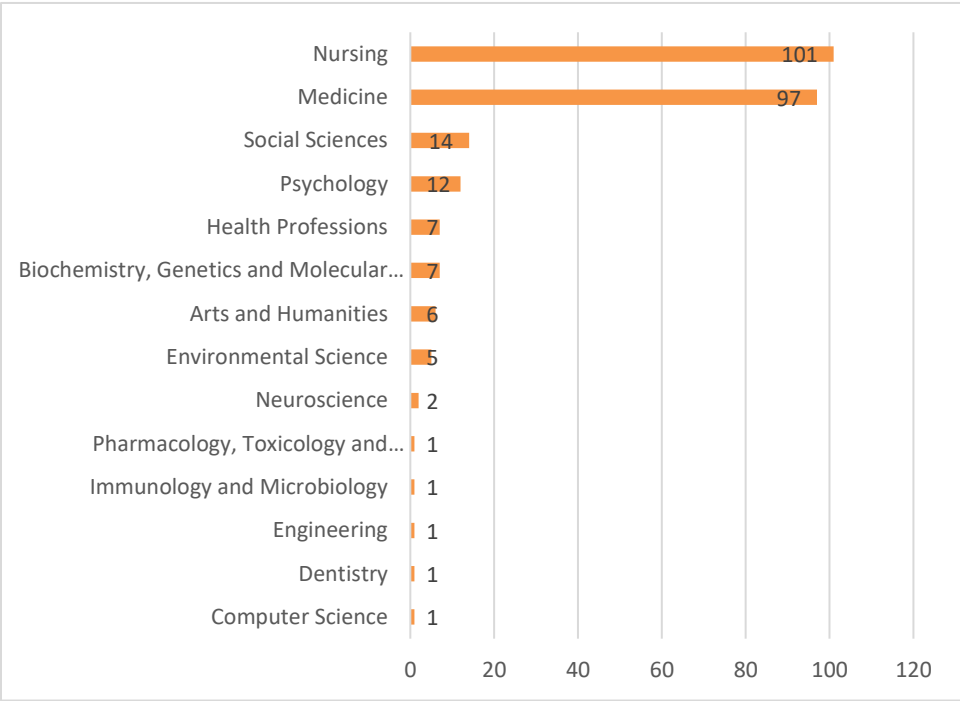


Figure 5. Distribution of scientific production by area of knowledge.

Source: Authors' elaboration (2024); based on data provided by Scopus.

Nursing was the area of knowledge with the highest number of publications registered in Scopus with a total of 101 documents that have based its methodologies Nursing, Mental Health and Patient Care. In second place, Medicine with 97 articles and Social Sciences in third place with 14. This can be explained thanks to the contribution and study of different branches, the article with the greatest impact was registered by Nursing entitled "Quality of life in people undergoing hemodialysis treatment in the municipality of Socorro." The objective of this article is to determine the health-related quality of life in hemodialysis patients in the municipality of Socorro (Santander, Colombia). Materials and methods: Quantitative research with a cross-sectional design, ethically endorsed and authorized by the Socorro renal unit, for which the Kidney Disease Quality of Life – Short Form KDQOL-SF36 health questionnaire was used. Results: The research included patients of both sexes: 62.5% men and 37.5% women, and the most affected domain among the participants was sleep and the best preserved was the emotional domain. Conclusions: To achieve effective nursing care, each of the areas that influence the development of the human being must be evaluated and managed. (Moreno R., 2023)

4.5 Type of publication

Figure 6 shows how the bibliography production is distributed according to the type of publication chosen by the authors

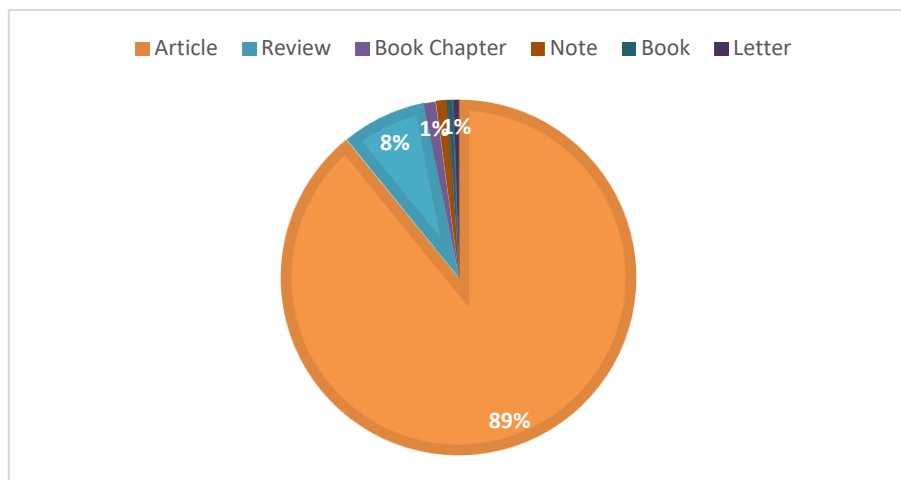


Figure 6. Post Type

Source: Own elaboration (2023); based on data provided by Scopus.

The type of publication most frequently used by the researchers referenced in the body of this document was entitled Journal Article with 89% of the total production identified for analysis, followed by Journal with 8%. Chapter of the Book are part of this classification, representing 1% of the research papers published during the period 2018-2023, in journals indexed in Scopus. In this last category, the one entitled "Mental health of the ICU nursing team in the face of the COVID-19 pandemic: an integrative review" stands out. This is an integrative review of the literature with data collection from January to April 2022 in the Embase, Cumulative

Index to Nursing and Allied Health Literature databases, PubMed, Scopus Content Overview, and Web of Science. The following descriptors were listed: "Intensive care units", "COVID-19", "Mental health" and "Nurse". The materials included were studies produced since 2020, available in their entirety in Spanish, English, and Portuguese, and which answered the research question. The search and selection of the articles was carried out by two suitably trained researchers, who worked independently through peer discussion. We followed recommendations for preferred reporting items for systematic reviews and meta-analyses. Results: From a sample of 16 articles, it was observed that critical care of COVID-19 patients affected the mental health of nursing professionals with an emphasis on depression, anxiety, stress and fear. This was associated with a lack of evidence-based training, shortages of human and physical resources, work overload, and insufficient work experience.(Fernandes, 2023)

5. Conclusions

Through the bibliometric analysis carried out in this research work, it was possible to establish that Brazil was the country with the highest number of records published in terms of the variables Nursing, Mental Health and Patient Care. With a total of 129 publications in the Scopus database. In the same way, it was possible to establish that the application of theories framed in the area of Nursing, The results obtained from the bibliometric analysis demonstrate the importance of the primary health and mental health care program. However, in order for these benefits in promoting well-being to be implemented and maintained over time, it is necessary to make a change in the paradigms already established, allowing health professionals to improve the role of nursing in this care and how they can positively contribute prevention processes. To this end, it is important to train the community about the nature of mental health and mental disorders, for the success of these strategies it is based on the premise of implementing organizational and policy changes and future practices in health systems. That is why it is important to train communities on the importance of mental health and its derivatives in mental disorders and how to act successfully in intervention processes. Likewise, the importance of the role of nursing in strengthening primary care should be recognized, since it must comprehensively project autonomous decisions that allow decisions to be made about patient care and strengthen professionals. It is important that professionals in this area have a position of equality, based mainly on their professional skills and duties, confidence and improving their achievements. through the satisfaction expressed by patients as subjects of care, improvements in the adoption of attitudes and behavior according to the needs of each patient in a personalized and comprehensive way and on the other hand to provide adequate guidance related to their treatment, care or mental well-being. And, finally, the joint correlation between mental health professionals and primary care by nursing is fundamental. Although we know that at present there is an attempt to restructure the preventive systems of mental health due to the inefficiency in the health systems. Since programs focused on early prevention of mental health should be implemented from early care, since these filters of care for future mental illnesses are aimed at health professionals. That is why it is important that the restructuring of these programs should focus on

support and coordination with health services. However, some authors have developed new horizons in order to promote improvement in mental health, hand in hand with medical care professionals and patients who fulfill the role of nursing consist of the realization of programs aimed mainly at the so-called psychosocial crises; These low-cost programs can be key allies that mitigate the risk factors of this mental illness and can act early and with quality recommendations for future mental health evolutions. (HERRMAN, 2001)(leon, 2005)

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