

ISQua International Society for Quality in Health Care

REPUBLIC OF TÜRKİYE MINISTRY OF HEALTH

TÜSKA TÜRKİYE HEALTH CARE QUALITY AND ACCREDITATION INSTITUTE

The effectiveness of establishing a positive thinking attitude for nurses in Geriatric Medical Ward to improve the quality of care

Shu-Chen Wu[1] , Shu-Hui Liu[2]

1 AHN, Geriatric Medical Ward, Taipei Medical University-Shuang Ho Hospital, Ministry of Health and Welfare, New Taipei City, Taiwan

2 Supervise, Nursing department, Taipei Medical University-Shuang Ho Hospital, Ministry of Health and Welfare, New Taipei City, Taiwan

Workforce, Policy, and Governance

P614

INTRODUCTION

"Negative thinking" can easily cause clinical nurses to develop various physical and mental symptoms, increase work pressure, reduce nursing efficiency, make communication between medical teams difficult, and seriously affect the quality of care and patient safety.

AIM

This study aims to use cognitive behavioral theory combined with a situational simulation training program to help nurses establish a positive thinking attitude towards practice and improve the quality of care for elderly patients.

METHOD

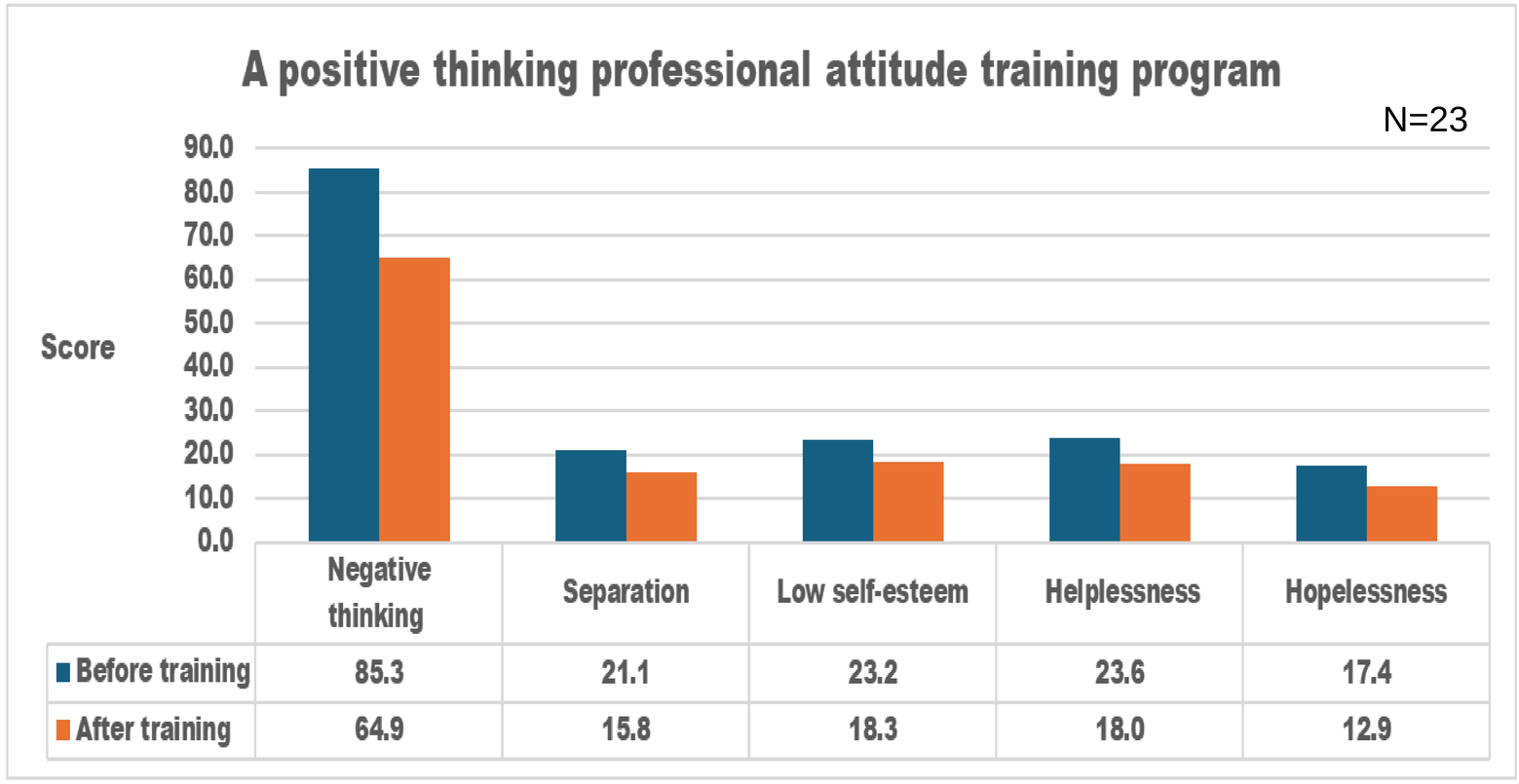
- The subjects of this study were 23 nurses in the geriatric ward of the Northern Medical Center in Taiwan.
- The Crandell cognitions inventory was used to understand the level of negative thinking.
- The researchers used cognitive behavioral theory combined with situational simulation teaching methods to design a **positive thinking professional attitude training program**.
- **The training topic consists of 5 parts:**

(1) Exploring the professional image in mind
(2) Sharing the feelings and influence of the current working atmosphere
(3) Understanding the power of positive language attitude
(4) Learning mind-changing skills
(5) Situational simulation and discussion.

- The researcher used three clinical Common communication situations: answering the phone, the nurse's bell keeps ringing, and the illness is critical.
- When nurses face stressful situations, individuals can use mind-changing skills to enhance their self-confidence, and team members can provide immediate support and positive encouragement.
- **Through discussions after the drill, clarify the methods of changing emotions and displaying positive behaviors, and establish a positive work attitude.**
- Data collection period is from November 2023 to January 2024.

RESULTS

The effectiveness of a positive thinking professional attitude training program



	Negative thinking	Separation	Low self-esteem	Helplessness	Hopelessness
Before training	85.3	21.1	23.2	23.6	17.4
After training	64.9	15.8	18.3	18.0	12.9

- After the training, when nurses face work pressure, their emotional behavior table changes to concrete manifestations of positive thinking such as calmness, mutual support, and not showing private emotions.
- At the same time, the medical team also reported that it is more pleasant and easier to convey feelings when communicating with nurses.

CONCLUSIONS

The positive thinking practice attitude training program can effectively reduce the negative thinking level of nurses in Geriatric Medical Ward, improve nursing confidence and work efficiency, promote effective communication among the medical team, and improve the quality of care and patient safety.

REFERENCES

1. Asif M, Jameel A, Hussain A, Hwang J, & Sahito N. (2019). Linking Transformational Leadership with Nurse-Assessed Adverse Patient Outcomes and the Quality of Care: Assessing the Role of Job Satisfaction and Structural Empowerment. International Journal of Environmental Research and Public Health, 16(13), 2381. doi: 10.3390/ijerph16132381

2. Crandell, C. J., & Chambless, D. L. (1986). The validation of an inventory for measuring depressive thoughts: The Crandell Cognitions Inventory. Behavior Therapy and Research, 24, 403-411. https://doi.org/10.1016/0005- 7967(86)90005-7

3. Green A. A., & Kinchen, E. V. (2021). The Effects of Mindfulness Meditation on Stress and Burnout in Nurses. Journal of Holistic Nursing, 39(4), 356-368. doi: 10.1177/08980101211015818

4. Kendra, C. (2023). The Power of Positive Thinking. Verywell mind. https://www.verywellmind.com/what-is-positivethinking-2794772

5. Motamed-Jahromi, M., Fereidouni, Z, & Dehghan A. (2017). Effectiveness of Positive Thinking Training Program on Nurses' Quality of Work Life through Smartphone Applications. International Scholarly Research Notices. https://doi.org/10.1155/2017/4965816

6. Seok-Man Kwon, S. M., Tian P.S., & Oei,T. P. S. (2003). Cognitive change processes in a group cognitive behavior therapy of depression. Journal of Behavior Therapy and Experimental Psychiatry, 34(1), 73-85. https://doi.org/10.1016/S0005-7916(03)00021-1

CONTACT INFORMATION

衛生福利部雙和醫院
（委託臺北醫學大學興建經營）
Taipei Medical University-Shuang Ho Hospital,
Ministry of Health and Welfare