

# Film intervention for patients with bipolar 1 disorder

## - Views of psychiatric nurses -

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### Introduction

The perception of the progress and recovery of the patient with bipolar disorder 1 is differently seen by professionals working at an admission ward and relatives of the patient (Lipman, 2017).

A possible tool is film intervention. Short films of a maximum of 10 minutes are made by the patient with the help of an ambulatory nurse to show their 'being' in an euthymic mood state (Goossens & Stevens, 2018).

Professionals can watch the film in order to get an impression of the patient in an euthymic mood state.

### Aim

Explore the views of psychiatric nurses in Flanders on the application of this intervention in patients with type 1 bipolar disorder.

### Results

#### Trust:

Trust was seen as essential to make and save the film.

#### Coordination:

Film intervention could lead to better coordination and imaging. There should be coordination between the patient, the relatives of the patient and the professionals. The film has to follow the goals of the patient.

#### Daily functioning:

The film should visualise daily functioning and daily activities of the patient.

#### Illness insight:

Illness insight is necessary in order to make the film.

#### Time:

The film has to be updated over time and be made and watched at the end of the treatment.

### Methodology

#### Research design

The study is qualitative with the use of the think-aloud method and semi-structured interviews.

#### Sample collection

A convenience sample was drawn. Mental health nurses from two psychiatric hospitals in Flanders were recruited in the study.

#### Research procedure

Participants were recruited with the help of the department coordinator. Participants were interviewed at the hospital they worked in.

#### Data collection and analysis

Participants watched films in which the purpose of the intervention was explained and expressed their thoughts. Afterwards a semi-structured interview took place. Datasaturation occurred after a total of twelve interviews.

### Discussion

#### Methodological considerations

The study took place in two residential psychiatric hospitals in West-Flanders. No statements can be made for other regions in Flanders or for outpatient teams. A pilot test and qualitative research in further research is necessary.

### Conclusion

The film intervention was seen as an added value. Based on the results, the intervention can be seen as promising in the Flemish context. Sufficient self-knowledge about the disease and an euthymic stable mood must be present in the patient.

