

Formulation, the Essence of Competent Person Centred Mental Health Nursing Care Planning

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The ability to be at ease with a variety of paradigms for example the cognitive, interpersonal, psychodynamic, and biopsychosocial is strength of Mental Health Nursing, and provides the ability to truly implement a person centred approach, not simply to pay vague lip service to the concept (Hughes et al, 2014). We argue what can be accomplished through the use of a Formulation approach. The use of Formulation differs from a biomedical model's diagnosis in that it is not simply focused upon a limited range of standardised terms designed to serve a statistical function, eg, Major Depressive Disorder (MDD) (Crowe et al, 2008). The Formulation approach is a much broader framework and indeed is not necessarily exclusive of the biological approach. Formulation, can be considered as both longitudinal and cross sectional, and is not concerned with categorisation, rather examines collaboratively what situational, cognitive, affective, physiological, behavioural and indeed social processes create, and perpetuate the service users distress (MacNeil, 2012). This then allows for the creation of value directed goals from which the most appropriate intervention can be implemented in collaboration with the service user's and carers participation (Hughes et al, 2014). This process of Formulation is at its heart strengths based, while talking cognisance of the service users vulnerabilities. In short the use of person centred Formulation as the keystone for care planning is worthwhile as it gives the Mental Health Nurse and service user a deeper understanding of the problem, resulting in a personalised treatment potentially offering better clinical outcomes (MacNeil et al, 2012).

Biography:

Colin Hughes is an NMC registrant as well as a BABCP accredited Cognitive Behavioural Psychotherapist. He has been involved in education for over ten years, is Professional Lead for Mental Health within the School of nursing and Midwifery at Queens, and is involved in both undergraduate and postgraduate Education. Mr Hughes has presented at several conferences and is also a published author. Fiona Martin is an NMC registrant as well as a prominent accredited member of THORN. She has been involved in education for many years and is a senior practitioner and educator at the School of Nursing and Midwifery at Queens University. She is a publish author and winner of the Florence Nightingale Travel scholarship.