

# Practical Experience of Psychiatric Home-visiting Nurses

## —Cooperation and innovation for progress—

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The author is a psychiatric home-visiting nurse. Many case studies of psychiatric home-visit nursing care have focused on the results of nursing practice, and showed a tendency to avoid describing the detailed process leading to these results. In addition, while nursing practice can be associated with the distress/grief of nurses and people involved with them, cases in which the results of such practice have not been marked generally do not draw social attention.

Against this background, by investigating 1 case over a period of 2 years, the author recorded in detail the feelings and ideas of psychiatric home-visiting nurses (supporters), based on which they performed their duties, as well as the changes in the responses of people involved with these nurses. On the basis of these feelings, ideas, and changes, the author aimed to clarify the practical wisdom of psychiatric home-visiting nursing care. Thus, by verbalizing the experiences of these nurses and people involved with them, the author attempted to obtain an insight into such care.

When a person with a life disorder is often absent from home, or refuses to receive nursing care at the time of a visit, the visiting nurse will revisit if she is confident that the person requires support. Thus, to provide home-visit care for those with life disorders, constant visits and trial-and-error approaches are necessary.

Currently, the most important point of psychiatric home-visit nursing care is to continue providing support for those in need until such support has been accepted by them. For the past 30 years of their career as a nurse, the author has constantly searched for the principles of nursing care. The present study helped the author to more fully understand the concept of interpersonal support, and increase motivation to perform duties as a nurse. The author would like to continue providing psychiatric home-visit nursing care.