

Original Article

Development of psychiatric nursing in Türkiye: Experience of creating a memory

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Abstract

Objectives: The primary aim of this article is to share the outcomes of the project titled “Historical Development of Psychiatric Nursing in Türkiye: A Documentary Film Project”, executed between 2018 and 2021, and the experiences encountered throughout its duration.

Methods: The significance of understanding the historical development of a profession immensely benefits its members and the profession as a whole. Prevailing knowledge about nursing primarily revolves around events tailored for educational entities aimed at achieving professional recognition. Recognizing the necessity, this project sought to capture firsthand accounts detailing the evolution of psychiatric nursing in Türkiye. For this project, the progression of psychiatric nursing was detailed through participants' experiences. The participants were chosen using the purpose sampling method, culminating in a cohort of 25 academic psychiatric nurses. Data collection methods included face-to-face interviews and online video recordings.

Results: The obtained recordings were meticulously analyzed by the research team and subsequently utilized in various mediums, including a documentary film, a booklet, an article, and presentations. These products provide viewers and readers with a direct glimpse into the foundational values, philosophies, principles, and practices introduced by the trailblazers of psychiatric nursing in Türkiye.

Conclusion: It is emphasized that similar research endeavors be undertaken across different nursing domains. Such studies stand to significantly bolster the professional identity of nurses and aid in preserving their legacy.

Keywords: Documentaries; fact-based films; expertise sharing; psychiatric nursing; history.

Knowledge of the historical development of a profession contributes greatly both to members of that profession and to the profession itself. These contributions include discovering the meaning of events, understanding the development of the profession, gaining professional identity and perspective, establishing values unique to the profession and transferring them to future generations, having a conception of cultural heritage, and having a connection between the past and today.^[1-3]

Despite its rich history and the benefits gained from awareness of this history, nursing is a profession that has been evaluated at a limited level. The historical facts that are widely known in relation to nursing are limited to events marking advancement toward gaining professional status, such as the establishment of educational institutions. These historical facts are generally learned through films, autobiographies, novels, and television.^[4]

When the available materials that evaluated the development

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of psychiatric nursing in Türkiye were examined, they were seen to be limited to books^[5-10] and articles.^[11-14] The conclusion was reached that it was necessary to relate the development of psychiatric nursing in Türkiye to professional members through the narration of those who had lived through this development and to create permanent resources for future generations. It was foreseen that being aware of the professional values, philosophical perspectives, principles, and applications of pioneers would support colleagues' awareness and feelings of professional identity. For this purpose, a project titled "The Historical Development of Psychiatric Nursing in Türkiye" was created. This project is designed on both historical and memory-oriented theoretical ground. The aim of this article was to share the experiences related to the project.

With the impact of technology and the accelerated speed of daily life in the adventure of a person today in adapting to such a life and in revealing their identity in connection with this, the fulcrum is memory. Memory is the process of creating an identity, rather than an act of remembering. It is possible to say that the efforts that an individual puts into creating their identity through the act of remembering influence the academic and scientific disciplines, and that these disciplines need their own memories. When technology allowed the verbal history method to be more frequently used in the social sciences,^[15] it could be considered a memory tool with respect to belonging and identity formation instead of merely a data recording action. Verbal history work approached systematically can sometimes be realized as a recording and sometimes through documentary cinema narration. Documentary films are visual and aural narration forms addressing both the "information" and "emotion" dimensions of humans with the film's unique language and design.^[16]

Even though history and memory have a similar exit point as they refer to the past, they are concepts that are different from one another. While history is a past with which we have no organic bonds, memory is a living past that shapes our identity.^[17] Our identities are closely related to memory and the past.^[18] If memory is not recorded, the memory formation process can be disrupted and is in danger of being lost.

Materials and Method

Project preparation stage

The concept of relating the development of psychiatric nursing in Türkiye to colleagues and students had been in our minds for a long time. It was well known that there was no visual-aural material created with the narration of leaders who had witnessed the development of psychiatric nursing. This lack in the field strengthened the idea of creating a documentary film that would relate to the development of psychiatric nursing in Türkiye through narration by academics. It was foreseen that transforming this concept into a project would contribute to the understanding of, comprehension of, and

What is presently known on this subject?

- When the available materials that evaluated the development of psychiatric nursing in Türkiye were examined, they were seen to be limited to books and articles.

What does this article add to the existing knowledge?

- While this project records the common history of psychiatric nursing in Türkiye, making the past of the profession accessible, it also sheds light on the future of the profession in Türkiye.

What are the implications for practice?

- The dissemination of documentary filmmaking projects in other fields of nursing that create a lasting memory and offer future generations an option other than classical information sources is important. It is thought that presenting suggestions to researchers after a long-term project experience incorporating non-traditional methods will spur researchers to carry out new studies.

creation of awareness of the historical process of psychiatric nursing and the role changes during this process. The project team consisted of nine persons, including six from the main department of psychiatric nursing and three from the faculty of communication.

Project Duration

Following the establishment of the project team, a project proposal was written. During the process of writing the proposal, while the responsibilities related to the project realization, the selection of participants, the development of data collection forms, and budget formation were undertaken by lecturers in the field of psychiatric nursing, processes related to the selection of technical equipment and the determination of the cost of the research were undertaken by academic teachers in the Communication Faculty. First, the project was presented to a foundation that would provide funds for research conducted in the nursing field in 2017, but it was not accepted because the project addressed only one area of nursing. Afterward, a project application was made to the Scientific Projects Department of our university in May 2018. The project was accepted on August 16, 2018, for 24 months (Project No. TSA-2018-3787).

Determining Participants

Following approval for the project support, the primary technical equipment (camera, tripod, microphone, etc.) was obtained. During the process of procuring the equipment, the project participants were chosen, and this was carried out by the criterion sampling technique, one of the purposive sampling methods. Project participants were composed of 25 academic psychiatric nurses who had contributed to the development of nursing with respect to dimensions of training, application, management, and research. Persons who have pioneered the structuring of the field of psychiatric nursing in our country between 1955 and 2018 were considered as participants.

Collection and Resolution of Data

Participants were informed about the project through email and invited to participate. The visit plan and data collection

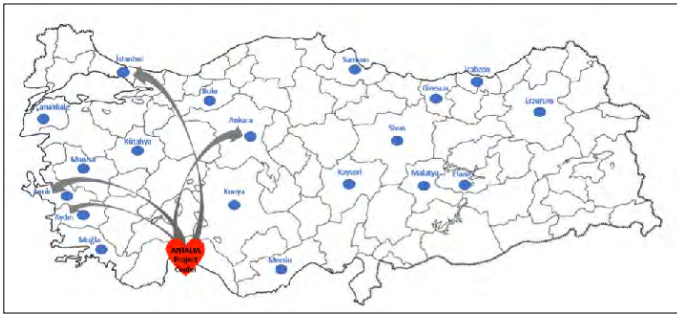


Figure 1. Provinces where interviews were conducted during the project duration and where the participants utilized their professional expertise. Note: Arrows show cities where interviews were held, and points show cities where participants had their professional experiences.

process were explained to the participants who had agreed to participate in the project. Teams of three to four people were established for the visits, which were conducted at places agreed upon with the participants. Interviews were conducted in five provinces where participants who were within the project scope were located. Provinces where the interviews were conducted within the project period and where the participants had their experiences as educators, implementors, and managers are shown in Figure 1.

Data were collected by means of a personal information form, a semi-structured interview form, a document tag form, and the face-to-face individual interview method. Informed consent was obtained from the participants first. Visual and written materials such as photographs, video recordings, books, and brochures that would contribute to the project and that had been archived by the participants were received as printed or digital documents with the document tag form. A semi-structured interview form developed by the project team was used in the interviews (Table 1). The interviews

Table 1. Semi-structured interview form questions

In the light of your experience, how would you evaluate the development of psychiatric nursing in Türkiye, in terms of education, practice, research, and management?

How would you evaluate the current position of psychiatric nursing when you compare it to the days when you first started the profession? What similarities and differences do you see? What were the barriers and facilitators? Can you share?

Can you share with us your unique, original, and imprinted contributions to psychiatric nursing (establishing a museum, establishing a private care unit, developing a private care practice, establishing a clinic, creating an electronic record system, applying therapies, establishing international cooperation and connections, receiving awards, writing a book, designing a uniform, etc.) ?

If you could compare psychiatric nursing and being a psychiatric nurse in Türkiye to one thing, what would you compare it to? Can you explain why?

When you think about the current situation of psychiatric nursing in our country, what would you like to say to your colleagues and students of today?

were conducted by the project coordinator and recorded with a video camera; they lasted an average of 60 min. Twenty-four of the participants were videotaped face-to-face, but due to the COVID-19 pandemic, one participant's video was recorded in an online meeting. Since the data analysis phase occurred during the COVID-19 pandemic, all studies were carried out on the online platform. By analyzing over 30 h of video recordings, 310 pages of written text were obtained. The text was read by the researchers separately and evaluated together. All the data obtained were used in the documentary film,^[19] booklet,^[20] and paper,^[21] which are the products of this project.

Creation of a Documentary Film

After the analysis was completed, the decision was made to create a documentary film that would cover the definition of psychiatric nursing, the evaluation of psychiatric nursing in the context of education, practice, research, and management, the comparison of psychiatric nursing from the past to the present, and the answers to the suggestions for the future. To this end, a script was written, and a two-stage elimination process was conducted to decide which parts of the script would be included in the documentary. Afterward, the editing process was started by combining the selected interview parts in such a way that a meaningful whole would be created. Project manager Prof. Dr. Kadriye Buldukoğlu interpreted her feelings and thoughts about the project and the process as the narrator. By including the written and visual materials obtained from the archives of the participants and purposefully selected for the film, a documentary film of 1 h and sixteen minutes emerged. Finally, color and sound editing were completed, and English subtitles were added.

Creation of a Booklet

After the analysis, the data obtained from the participants were evaluated in the context of the periods and institutions represented by the participants in line with their experiences in the fields of education, practice, research, and management. After these evaluations, the booklet consists of 10 headings, namely Psychiatric Nursing and Education, Psychiatric Care Practices, The Research Process in Psychiatric Nursing, The Organizational Process in Psychiatric Nursing, Participants' Experiences in Other Fields, Participants' Experiences of Authorship, and Psychiatric Nursing Through Metaphorical Expression, For the Future, Conclusion, and Photo Gallery. [20]

Project Budget Management

The total approved budget for the project was 46,700,66 TL, and the spent budget was 33,852,10 TL. Due to the fact that visits to several participants living in the same city were made on the same days and face-to-face visits were limited due to the COVID-19 pandemic, less expenditure was made than the planned project budget. Details regarding the budget management processes are given in Table 2.

Table 2. Project budget details

Budget type	Definition/name	Approved amount (TL)	Expenditure amount (TL)
Inventories	4K Body Full Frame Camera Lens Video Tripod	14,630.00	13,475.60
Consumables (General)	64GB 260mb/s 4K Video SD Card Battery Video Led Light 2TB 2.5' Hard Disk Booklet Printing	11,138.56	11,582.88
Consumables (Stationary)	DVDs in Packages of 50	885.00	598.26
Travel Journal (Research Purpose)	Domestic Research Travel Researcher Per Diem	9,302.10	4,950.95
Travel Journal (Congress Purpose)	Domestic/Abroad	7,500.00	0
Service procurement	DVD Duplication Booklet and DVD Distribution	3,245.00	3,244.41
Approved/ Spent Total Budget Amount	46,700.66	33,852.10	

Results

Project Products and Dissemination of the Study

Documentary films, booklets, and papers were created as the products of our project titled The Historical Development of Psychiatric Nursing in Türkiye: A Documentary Film Project. These products are introduced below. Since the project is supported by Scientific Projects Department, copyright information has been added to all products.

"The Ones That Leave Marks: Psychiatric Nursing in Türkiye from the Past to the Future" documentary film

The main product of the project is a documentary film in which the change and development of psychiatric nursing in the fields of education, practice, research, and management since 1955 were recorded. First, the participants gave their own definitions of psychiatric nursing. These definitions sometimes emphasize the real and sometimes the ideal to be achieved. While the education that formed the basis for the definitions was fed by the knowledge and resources of psychiatrists at the beginning, our leaders created their own resources over time, giving the profession a philosophical perspective and the original structure of the profession today. In addition, the question of how technology is reflected in educational methods and materials in the documentary was answered by the participants. In the documentary, the importance of school-hospital cooperation in the field of practice was emphasized by the participants. Participants stated that the functional nursing model affects the application areas and that the desired model is the primary nursing model that focuses on the human being. Although research studies have increased in quality and quantity over time, the lack of a national research policy is still considered a deficiency. In addition, the necessity of transferring the results of the research into practice was put



Figure 2. "The Ones That Leave Marks: Psychiatric Nursing in Türkiye from the Past to the Future" Documentary Poster (Poster Design: Research Assistant Mustafa Akbayır).

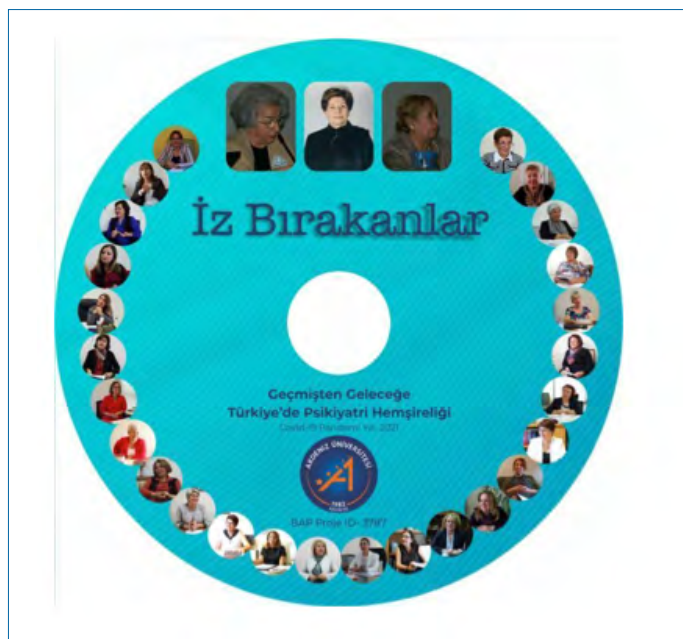


Figure 3. "The Ones That Leave Marks: Psychiatric Nursing in Türkiye from the Past to the Future" Documentary Film DVD Image.

forward. From the past to the present, psychiatric nursing has experienced many positive changes with the effect of technology. While never forgetting the importance of the human touch, the necessity to develop new application models was emphasized. As actors in and witnesses of the past, the participants appealed to colleagues and students who will create the future, instilled hope in them, and made suggestions to guide them. Thus, the documentary film is both a historical document and an educational instrument.

The 20-min short version of the documentary, VI, was screened at the International X. National Psychiatric Nursing Congress, and experiences related to the documentary were shared in the session held afterwards. The documentary is available on the Iz Leavers Documentary YouTube Channel in Turkish and with English subtitles and may be accessed through the link <https://www.youtube.com/watch?v=vbKwOGbB4Ys&list=LL&index=5&t=981s>. The poster for the documentary film is presented in Figure 2. We aim to contribute to the creation of an archive on psychiatric nursing in Türkiye by copying the 1 h and 16-min version of the documentary to DVDs (Fig. 3).

"Psychiatric Nursing in Türkiye: From the Past to the Present" Booklet

The second product of this project is the booklet "Psychiatric Nursing in Türkiye: From Past to Present".[20] Within the scope of the project, 394 booklets were published by an international publishing house. In order to disseminate the project, the project booklet was distributed free of charge to universities, nursing associations, and participants that provide undergraduate nursing education in Türkiye. The booklet cover is presented in Figure 4.

"Development of Psychiatric Nursing in Türkiye: Experience of Creating a Memory" Paper and Presentation

A paper titled "Development of Psychiatric Nursing in Türkiye: A Memory-Making Experience" was produced in order to introduce the project products and share the experiences related to the project. It was presented orally on November 18–20, 2021, in the 'II. International IV. National Nursing History Congress'.^[21] It is thought that the paper is important in terms of providing information about the project and enabling the audience to benefit from the experience of the project team.

Challenges Experienced During the Project Process and the Management of These Challenges

The project was a long-term and difficult process that included the planning, execution, inspection, evaluation, and reporting of the work, starting with the emergence of the idea and culminating with the creation of the final project product. When evaluated from this point of view, it can be said that many situations, including obtaining the data of the project from participants living in different cities in our country, grouping the data according to the intensity of the data obtained, creating and reporting the scenario text, and conducting a part of the study during the difficult conditions of the COVID pandemic, presented challenges for the process of project management.

With the emergence of the project idea, a literature review was conducted, and the current situation was determined. It was observed that studies in the literature were in the field of general nursing, and studies that recorded the historical development of psychiatric nursing were limited. Although this situation made the project proposal writing process difficult, the idea that an original and permanent material that would meet the need for psychiatric nursing and reveal the historical development of psychiatric nursing in our country would be created was a source of motivation for all the researchers involved.

One challenge that needed to be overcome was the fact that the participants consisted of individuals working in different



Figure 4. "Psychiatric Nursing in Türkiye: From Past to Present" Booklet Cover.

cities and different institutions. For this purpose, while planning the visits, pre-interviews were made with the participants living in the same city so that repeated trips were prevented. In this way, the project budget was used as effectively as possible. In addition, the fact that most of the participants lived in large cities where air transportation was available and that it was possible to meet with more than one person in a day saved both time and money. Another challenge was that some of the interview settings were in places where environmental factors such as noise and light were difficult to control and thus presented difficulties during shooting. Efforts were made to choose the most suitable areas in terms of sound, light, and time of day to minimize filming difficulties.

Because the scope of the project included consideration of printed and digital documents from past periods in addition to conveying the experiences of current participants, another challenge presented itself in that reaching such materials was difficult. This showed that our archival record of the historical process of psychiatric nursing has been limited. However, throughout the process, the positive attitudes and sensitive behavior of all participants in both transferring information and providing existing digital or printed documents were a source of motivation for the project team and a factor that facilitated the processes.

During the data collection process, the COVID-19 pandemic started, and the data collection process had to be paused. During this time, the analysis of the interviews was carried out. Project meetings were held in digital environments. Interviewing a participant who could not be visited face-to-face due to the ongoing pandemic was also conducted remotely. Despite the situation of the COVID pandemic, all of the chosen participants were reached, and the data collection process was completed. Another challenge that appeared was that, although the ability to obtain material related to our study in a digital environment was a facilitating factor for the project process, working at a computer for long stretches of time presented difficulties that complicated the process.

By analyzing the interviews made for the project, 310 pages of text were obtained. Researchers sometimes faced difficulty in grouping the data and transferring the data to the project products. However, the fact that the data obtained from the study was not limited to a documentary film but was also to be shared via a book, an article, and presentations at two separate congresses were factors that reduced concerns about the effective transfer of data.

All phases of the project were carried out at an intense work pace with effective inter-team communication and cooperation. Although the experience of shooting a documentary film for nurse researchers created some professional anxiety because the film is a non-traditional method, the fact that the study was conducted with a multidisciplinary team and that the other members of the team were experts in their field helped to assuage such anxiety and contributed strongly toward the completion of the study.

Conclusion

While this project records the common history of psychiatric nursing in Türkiye, making the past of the profession accessible, it also sheds light on the future of the profession in Türkiye. Considering the difficulties and facilitating factors experienced during the project process, the following suggestions were presented to future researchers:

- Changing economic conditions may cause difficulties in managing the current budget. It is important to structure the budget in such a way that it can provide flexibility, taking into account the extra expenses or rapid changes in the economy in projects that will be carried out with a large population in different provinces, such as our project.
- Since documentary production includes many steps, such as shooting, scenario, and editing processes, it is important to work with experts in the field with a multidisciplinary approach.
- In the shooting of documentary films, although it is possible to use online communication tools, it is important to shoot face-to-face and in the locations where the subject events took place.
- During the data collection process of this project, filming could not be performed in the application areas due to the onset of the COVID-19 pandemic and other obstacles related to institutional permission processes. This is an important limitation of our study. In similar work to be done in the future, it is important to shoot in locations that make professional development and change visible and where the subject events took place.
- In the project, a lot of data showing progress in psychiatric nursing education could be obtained, but the data showing progress in the fields of practice were limited. In this context, it is essential to highlight changes in the application areas in future studies.
- Newspaper articles, news programs, interviews, etc., should be utilized for dissemination of project outputs, including providing media support and showing the documentary film at festivals.
- The dissemination of documentary filmmaking projects in other fields of nursing that create a lasting memory and offer future generations an option other than classical information sources is important.

Relevance for Practice

It is thought that presenting suggestions to researchers after a long-term project experience incorporating non-traditional methods will spur researchers to carry out new studies. Prioritizing archival studies in the individual, institutional, and professional fields is recommended to protect the historical process and historical values and to create resources that can be consulted when necessary.

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