

0095 **Evaluating a Nurse-led Group Therapy Among Psychiatric Patients in an Acute Care Setting**

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Aims: To assess registered mental health nurses on the delivery of interpersonal processes during group cognitive therapy for psychiatric patients in an acute care setting.

Methodology: 5 registered mental health nurses underwent didactic training with reading materials, discussion groups and clinical supervision. We used the revised 12-item Cognitive Therapy Scale (CTS-R) and Group Session Rating Scale (GSRS) to assess nurses' competency and patients' group feedback, respectively. All registered mental health nurses in the psychiatric setting were assessed by the study team members individually. 15 group therapy sessions were conducted over 8 months with a total of 50 patients recruited.

Result: CTS-r assessment findings reported that generally registered mental health nurses in the acute psychiatric setting are competent in conducting group session ($m=3.52$) with some inconsistencies. Higher scores are seen for item 5 (interpersonal effectiveness), item 4 (pacing and efficient use of time), item 2 (feedback giving), and item 1 (agenda setting and adherence). More trainings need to be done in the area on item 11 (application of change method) and item 12 (homework setting). Over the fifteen group sessions, the GSRS results for the 5 registered mental health nurses showed a mean score of 33.26. The results of the GSRS across session 1 ($m=31.64$, $sd=4.74$), session 2 ($n=35.53$, $sd=4.26$) and session 3 ($n=35.42$, $sd=5.00$) did not differ significantly.

Conclusion: Our study's findings suggest that registered mental health nurses can be trained to deliver a nurse-led group therapy for psychiatric patients in an acute care setting. However, certain areas of competencies need to be addressed more in future trainings in order to achieve the Proficient or Expert level on the CTS-r.