

ORIGINAL ARTICLE



Barriers and facilitators to implementation of cognitive adaptation training in long-term inpatient facilities for people diagnosed with severe mental illness: A nursing perspective

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Accessible Summary

What is known on the subject?

- To date, the majority of the research regarding innovative psychosocial interventions in psychiatry focuses upon the development and effectiveness of the interventions. Despite the fact that these are important clinical and scientific contributions, only a small percentage of the evidence-based interventions reach clinical practice.
- Cognitive Adaptation Training (CAT) is an effective psychosocial intervention to increase daily functioning and cognitive functioning in people diagnosed with severe mental illness (SMI) in inpatient and outpatient psychiatric care.
- Despite knowledge on the intervention's effectiveness, systematic use of CAT in the daily routine of mental health nurses is insufficient.

What the paper adds to existing knowledge?

- To date, no research is available that describes the factors associated to the implementation of CAT from a nursing perspective.
- This research also adds to the literature on rehabilitation in people diagnosed with SMI in an inpatient setting.
- The results contribute to the science of implementing interventions in long-term psychiatric care and may help future interventions in their implementation process.

What are the implications for practice?

- This study highlights that multiple factors need to be considered when implementing an intervention in routine care and that it is a complicated process.
- Future implementation initiatives require ongoing training and supervision of CAT specialists, appointment of local champions to increase commitment among nursing staff and inclusion and commitment of management to overcome organizational barriers.

This study is registered at the Netherlands Trial Register (identifier: NTR6006). Date registered: 12 February 2012.

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Table of Contents Nursing Perspective On Severe Mental Illness

1. Understanding the eBook Nursing Perspective On Severe Mental Illness
 - The Rise of Digital Reading Nursing Perspective On Severe Mental Illness
 - Advantages of eBooks Over Traditional Books
2. Identifying Nursing Perspective On Severe Mental Illness
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Nursing Perspective On Severe Mental Illness
 - User-Friendly Interface
4. Exploring eBook Recommendations from Nursing Perspective On Severe Mental Illness
 - Personalized Recommendations
 - Nursing Perspective On Severe Mental Illness User Reviews and Ratings
 - Nursing Perspective On Severe Mental Illness and Bestseller Lists
5. Accessing Nursing Perspective On Severe Mental Illness Free and Paid eBooks

- Nursing Perspective On Severe Mental Illness Public Domain eBooks
- Nursing Perspective On Severe Mental Illness eBook Subscription Services
- Nursing Perspective On Severe Mental Illness Budget-Friendly Options
- 6. Navigating Nursing Perspective On Severe Mental Illness eBook Formats
 - ePub, PDF, MOBI, and More
 - Nursing Perspective On Severe Mental Illness Compatibility with Devices
 - Nursing Perspective On Severe Mental Illness Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Nursing Perspective On Severe Mental Illness
 - Highlighting and Note-Taking Nursing Perspective On Severe Mental Illness
 - Interactive Elements Nursing Perspective On Severe Mental Illness
- 8. Staying Engaged with Nursing Perspective On Severe Mental Illness
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Nursing Perspective On Severe Mental Illness
- 9. Balancing eBooks and Physical Books Nursing Perspective On Severe Mental Illness
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Nursing Perspective On Severe Mental Illness
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Nursing Perspective On Severe Mental Illness
 - Setting Reading Goals Nursing Perspective On Severe Mental Illness
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Nursing Perspective On Severe Mental Illness
 - Fact-Checking eBook Content of Nursing Perspective On Severe Mental Illness
 - Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development

- Exploring Educational eBooks

14. Embracing eBook Trends

- Integration of Multimedia Elements
- Interactive and Gamified eBooks

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