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International students' work in mental health wards – a review of guidelines

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Abstract

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Title of the thesis International students' work in mental health wards – a review of guidelines		
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Abstract <p>This thesis is a literature review of guidelines for students that come to mental health wards for practice.</p> <p>The aim of this thesis is to provide found and researched in detail knowledge on what are the essential principles and guidelines that are applicable to students from different cultures in mental health wards. Information gathered and reviewed in this thesis is aimed to provide knowledge for future or current healthcare workers.</p> <p>Literature review was the chosen method of this thesis research. In reliable academic databases there were found scientific sources of data for the research. These sources were found with the assistance of Google SCHOLAR and NCBI databases. Main criteria for choosing the sources were the following: relevance of the resource judged by content and publication date.</p> <p>As a result of this study, it was stated that students disregarding their origins are susceptible to guidelines, recommendations and principles of mental health wards or units. The units themselves have general ethical rules and principles of nursing care that are valuable to all healthcare workers.</p> <p>This thesis can be used as a brief acknowledgement of the mental health guidelines for students or as an additional source of information related to the topic.</p>		
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1 Introduction

Every healthcare professional working in nursing field, especially in psychiatric and mental health related units, is supposed to possess required knowledge not only on basic and advanced procedures, but also on clinical and general guidelines and recommendations to be able to proceed own practice efficiently and ethically. Nursing students are acquiring this knowledge throughout studies and work placements, collecting suitable data for future work and a base for another knowledge. Possessing sufficient knowledge about these aspects allows a student to ensure personal and patient safety, enhances outcome of given care, and suggests improvement of practice for the whole team of professionals that are involved in the practice process at the same time. (Bressan et al., 2021).

As mental healthcare is developing significantly nowadays, there is a need for improvement of staff performance and competencies. Students are a valuable part of the treatment team and therefore their education and adherence to the guidelines and principles of nursing in fundamental in mental health wards. (Maude, 2012)

Guidelines that are vigorous for nursing students in mental health wards include recommendations regarding ethics and efficiency of professional communication, management of various situations, and, naturally, knowledge on conduct of nursing procedures and implementations. (Martinez, 2019)

The purpose of this thesis is to collect a genuine picture of the responsibilities and rights of international students who are practicing in mental health wards and to define and to justify the rules and suggestions for students in the specific working environment. In this matter were included common recommendations on applying skills and personal qualities in working environment, learning technological possibilities that are used in mental health wards, and other utilities that provide efficiency in nursing and need to be acknowledged before entering the workplace. Aspects of interacting with other staff members and with patients are included in this thesis due to their importance in guiding students related to mental healthcare.

This purpose is important to be considered since such topics s mental healthcare is requiring a lot of knowledge and training due to its specificity, thus the research, providing additional yet necessary information about healthcare in this field, is

helping to achieve a better understanding of mental healthcare and assists in acquiring additional knowledge about working with mental health patients. This is especially important for international students who need well-described and internationally accepted guidelines to work or practice in sometimes unfamiliar circumstances (Sodeify et al 2020).

To justify chosen aims and purpose of the research, it was found out that the fears experienced by the nurse him- or herself can be expressed in various forms. Basic and additional knowledge on the specifics of working in mental health or psychiatric wards can significantly influence the outcomes of work for nurses as possession of this knowledge and ability to implement it in work and practice improves nurse's confidence and abilities at work. (T. Wykes et al., 2017) Thus, having additional information that had been gathered in this thesis will assist nursing students and recently graduated nurses to improve their working techniques and knowledge about how to act in mental health wards.

2 Theoretical frameworks

1.1 Mental health wards

Mental health wards, or, in other words, psychiatric wards, refer to units specializing in treatment of those patient who need hospital treatment due to major or minor psychiatric distresses, psychotic appearances, other mental health issues that are not manageable without specific medical or nursing care (Hickling et al., 2007). Mental health wards mainly specialize in inpatient care, referring to such healthcare practice where patient is a constant client of the wards with continuous treatment in question (Hartley et al., 2020; Hickling et al., 2007).

1.1.1 Mental health wards as practice placement and a workplace

Mental health institutions and units are representing not only their own clients, but also workers and interns that are working there.

Regarding such units as placement possibilities, it is essential to mention that placement possibilities are one of the key factors of successful nursing practice. In the

matter of clinical guidance, students generally require a possibility of strong reflection and explanation model of practice which requires applicable mentor's guidance in order to improve personal outcomes in the future in relation to nursing or other related medical care in further practice. (Maude, 2012). In other words, during practice, to achieve most positive outcome from the practical work and better understanding of guidelines and recommendations of the healthcare unit, it is required to provide an experienced and educated in that subject clinical counsellor.

1.1.2 Mental health ward policies and guidelines

To improve outcomes of patient care in mental health wards, there needs to be also improvement in every aspect related to work in the unit and following of general national guidelines and ethical principles (Thibaut et al., 2019). These moments should be taken into consideration by every member of the working environment including workplace managers, constant and substitute staff members and healthcare students having their practice placement in the unit (Thibaut et al., 2019; Öster et al., 2015).

One of means of improvement of working outcomes in healthcare facilities is constant training of own professionals (Wykes et al., 2017). Proper training improves general and specific knowledge about new interventions and provides improved data on diseases and technological solution, consequently it allows greater improvements in working outcomes in patient care (Thibaut et al., 2019). It additionally affects patient safety by reducing risks related to hygiene, malpractice, diagnosis, and medication delivery mistakes (Thibaut et al., 2019). As students generally are involved in all these aspects of patient care in mental health wards, especially in inpatient care (Hanrahan et al., 2011), their education and additional training is an important part of clinical placement practices.

Another key factor in healthcare policies in mental health wards is the safety and security of patients and staff members and related data.

Even though there has been a lot of changes in healthcare system and generally it improved greatly over the decades (Drake & Latimer, 2012), many patients have been claiming patient care to be insufficient in regards of inpatient care for mental health patients (Laker et al. 2018). This fact and further research from different

sources support the theory that to achieve better treatment and outcome of treatment for most of psychiatric patients it is crucial to educate staff members and enhance training of healthcare professionals who are related to mental health practice (Laker et al. 2018).

1.1.3 Safety regulations in mental health wards

Patient safety is regulated by general safety rules and worldwide guidelines and at the same time specifics of the healthcare unit. Knowledge of them securing safety of every involved party.

Considering safety issues, there can be emphasized two points of security issues in mental health institutions. The first one is about patient safety, and everything related to it, e.g., data safety, medication safety, etc. The second point is about staff member safety, which can be influenced either by own mistakes of the professionals or by patients' behaviour.

Ensuring patient safety can be defined as prevention or reducing the unnecessary risk of causing harm associated with the provision of medical care to a minimum level, meaning no harm to the patient (Viken et al, 2018). In turn, the safety of medical activity consists of a set of characteristics that reflect the safety of its constituent works, including the safe performance of medical interventions; the safe use of medical devices; the safe use of medicines; the prevention of infections associated with the provision of medical care; personal information protection; safe environment; safe conditions for carrying out medical activities (Bressan et al, 2021).

Common mistakes during treatment that threaten the patient's safety are the names of drugs that look and sound similar, incorrectly calculated dosage, poor or lack of identification of a person (Viken et al, 2018). To ensure the safety of the patient in the hospital environment, it is necessary to always use the ISBAR (Identification, Situation, Background, Assessment, Recommendations), which will help not only to identify the patient once again, but also to be aware of his or her previous treatment, chronic diseases, allergies, etc., which in turn reduces the risk of infections and cases caused by medical intervention. Overall, patient safety is the prevention of errors and adverse events related to the provision of medical care (Thibaut et al., 2019).

Staff safety is another matter to consider when researching mental health policies and guidelines. This concept is to ensure the safety of medical personnel in the workplace. The leading risk factor is often contact with biological fluids (blood, saliva, sputum, etc.). It is also markable that one of the risks for healthcare personnel when working in the mental department is injury safety. (Slemon et al., 2017) Therefore, during any contact with the patient, it is necessary to follow a few simple rules that will help minimize the risks. These rules are based on the hygiene of hands, medical equipment and the environment. (Sim et al., 2020).

When related to staff safety, it is required to mention safety of students in the ward. The student must maintain his or her safety and be more vigilant than the medical staff in the hospital field due to the lack of awareness of the specific features of the hospital department, poor experience and knowledge, nervousness, and possible language barriers, that can affect on safety of every party of the caregiving in mental health wards (Viken et al, 2018). That is why every student, during the implementation of medical practice, should follow all the rules established in the department, be attentive and, equally important, not be afraid to ask the supervisor in case of uncertainties (Bressan et al., 2021).

Following regulations and recommendations related to safety is improving general security of patient and staff members or any other person related to mental health wards in any way (Samartzis et al., 2019), therefore it is essential to familiarize oneself with these guidelines before starting to work practice in mental health wards. Learning about safety precautions is an essential part of nurses and other professional's education and cannot be invalidated without which successful practice is impossible. (National Academy of Sciences, 2006)

1.2 Ethical approach in psychiatric care

Ethical approach is one of the bases of nursing care, therefore, research and improvement of the issue have opened new perspectives on psychiatric care. In this matter, ethical behaviour and understanding of the situation in mental health wards implies understanding and following of the correct guidelines and principles, including official legislation and moral aspects. Such issues support clients of mental

health institutions in their rights and in the success of their treatment plan. (Shobhit et al, 2017)

Professionalism of healthcare personnel is developed not only through straight and strict guidelines, but also through a clear understanding of their own field of work. Nowadays it is not recommended to base treatment on own individual approach of the healthcare professional, but to follow general rules, healthcare professional team members' recommendations and additional research, which is, for instance, related to constant updating own knowledge on development and treatment of common and rare mental health impairments and diseases. In this matter, beliefs are not considered to be a part of professionalism or included in the working process, while supported by evidence-based resources sources of information are acceptable. (Fard et al., 2011). Individual approach is also considered to be negative in nursing practice in mental health wards when it is associated with stigmatizing of illnesses and states of clients. Such attitude can be harmful for patient safety and form a negative impact on the treatment progress of clients. Stigmatizing in mental healthcare from the professionals' point of view could consider a theory of that there is a great chance of a psychiatric patient being aggressive and dangerous for a healthcare worker (Slemon et al., 2017), which should not be a disturbing point of providing healthcare as when treatment is done according to guidelines and staff members' approach is ethical and professionally correct, such statement is not applicable to every mental health patient.

Another important part of improving patient care and treatment is research. Research that is based on ethical principles and guidelines promotes better understanding of the population's requirements regarding mental healthcare, while protecting current mental health clients in the data collection and research privacy. (Shobhit et al, 2017)

1.3 Multi professional team of healthcare workers

Specifics of nursing or medical care in mental health units are often defined by treatment given from different perspectives, i.e., from different specialists that concentrate in their treatment on detailed issues and on improvement of general treatment

outcome. Further reviewed multi-professional team members in relation to mental health ward appearance and policies (Jacq et al., 2016).

1.3.1 Inclusions and specifics of multi professional team in mental health wards

In every field of healthcare, there is a strong appearance of healthcare professional teams. In psychiatric wards, such a team is usually including several specialists, for instance, psychiatrists, psychologists, psychiatric nurses, and, if needed additional specialists like social service workers, therapists, entertainment, and rehabilitation specialists (Fard et al., 2011). Very often, there is another member or members in such a team, a student or students of one of these specialties, who becomes an equal part of the treatment process. However, every member of the team might have own approach related to patient care and in this specific case it is essential to provide sufficient communication and understanding within a team as it is as well possible to face disagreements and conflicts during working practice and such need to be eliminated and compromised on time in order to affect health of clients only in a positive way (Brown & Ryland, 2019). Conflicts, in their turn, are not necessarily considered to be a negative experience for a team, as they often lead to an improvement in understanding and knowledge base of parts of the conflict. (Fard et al., 2011).

However, interpersonal relationship is not the only thing affecting sufficient working experience and outcomes. Another influencing factor is the work environment. This factor is essential in both maintaining the satisfaction of workers and interns, which positively influences their input in nursing care, and recruiting new professionals. (Hanharan et al. 2010). As mental health institutions are generally quite stressful working environments, it is vital to negate the negativity at least partly for the workers to avoid burnouts and excessive stress. (Hanharan et al. 2010).

1.3.2 Students' appearance in mental health wards

When arriving at mental health wards for practice purposes, healthcare students become a part of multi-professional team. Being in a medical school is already a stressful period for many students, while changing the environment, even temporarily, is another stressful factor that needs adjustments, understanding and management from students. (Gentile & Roman, 2009)

Nevertheless, healthcare students are often committed to their practice and have strong values of the performed work and their own efforts and input into the mental health ward's processes. (Gentile & Roman, 2009) Such an outcome is generally resulting in overall satisfaction of patients with treatment received from the students. Involvement of students is often a mentally positive experience for mental health patients, but when it concerns also medical involvement or other interventions, it is important to pay attention to students' abilities and knowledge in relation to that, and therefore presence of guidelines and regulations play a crucial role in the overall treatment of mental health patients. (Öster et al. 2015).

Healthcare students can easily face a problem of over identification of oneself, which is generally a common problem of also experienced healthcare professionals, but for inexperienced students can be crucial in matters of output in treatment policies of the mental health ward in question. To reduce the possibility of such happening to new students in a ward, other specialists as well as clinical supervisors should prioritize understanding of the student's abilities and skills and give suitable feedback on the situation. (Gentile & Roman, 2009)

Considering patients experiences related to students' appearance in their treatment, it is important to notice that the better was students' involvement and treatment, the better was patients' attitude toward it and the future appearance of other students. (Öster et al. 2015). From this fact it can be concluded that general knowledge of guidelines, ethical principles and sufficient nursing skills are crucial in improvement of patient care and satisfaction of patients with their treatment plan and implementation.

Another factor influencing students' outcomes in mental health patient care is patients themselves. It is known that patients are involved in treatment as much as it is possible and therefore, they can be a part of the treatment team. Patients themselves consider their influence on students' learning and skill acquirement to be significant and important (Öster et al. 2015), therefore from students it is essential to acquire right communication and treatment plan on which they can collaborate with own clients.

1.3.3 International students

This section of the research refers to healthcare students who study medicine-related programs, specifically, nursing degree program, while migrated to another place, i.e., abroad from own home country, and therefore considered to be an international professional in the future (Viken et al. 2018).

Due to globalization of healthcare for international students all over the world, it is considerable to define the guidelines for such students in different areas of medical sphere. Mental health is a global issue which has started to involve international students massively just recently, therefore collecting and justifying the guidelines for such interns is especially valuable. (Fard et al., 2011) Providing research on guidelines for international students preparing to work or practice in mental health wards may significantly improve the awareness related to the working life, enhance the care in this area in general. (Graneheim & Lundman, 2004)

In this thesis such principles are observed as lack of such guidelines in general or indistinctness of those guidelines, therefore studying them more specifically improves practical experience of a healthcare professional whether in the process of studying or during working practice. (Julie P. Gentile and Brenda Roman, 2009)

Two reasons for migration of nursing professionals or nursing students are the seeking of better education and shortage of nurses globally (Viken et al. 2018).

Professional development of healthcare students is playing an important role in efficiency of medical and nursing care and in general safety on the workplace (Viken et al. 2018), and as mental health wards are often associated with violence and safety-threatening situations (Sim et al., 2020), (Efkemann et al., 2019) increasing abilities and improving guidelines knowledge for students working in the field in question not only influences on the patient care but also prevent intimidating situations within personnel and additionally reduces stressful and uncomfortable experiences for nursing or other healthcare students which positively influences on their future practice (Maddineshat et al., 2018).

2 Aim, purpose and research questions of the thesis

The aim of this thesis is produce knowledge for international students working in mental health wards based on excisting guidelines.

The purpose of the thesis is to combine the information gained during the research process and provide it in this thesis in order to show the current rules and guidelines for the audience and clearly describe the nursing working methods in the mental health area for the international students. This thesis will provide knowledge and clear understanding of the topic and explain to international students' guidelines of work in mental health wards in order to achieve a more successful practice experience. Explanations of the structure of work in the departments will also be an important feature to mention.

Altogether, there can be specified three main questions that are being answered in this research. The research questions are:

1. What aspects of nursing work need to be acknowledged for further work or practice in psychiatric wards?
2. What are the requirements for maintaining patient and staff safety in psychiatric wards?
3. What specific aspects nursing students and staff members need to consider and acknowledge to manage a sustainable working environment and decent healthcare?

3 Methods (theory and research)

3.1 Literature review

A literature review is the chosen method of research in this thesis, this alludes to collection of data sharing information about the chosen theme of mental health guidelines from several sources (Boren et al., 2015). Information received from these sources is combined and processed into a review with identifying key factors and components of data related to the theme of this study, as usually, literature review represents a combination of data relevant to the theme and its' analysis (Oermann, 2021). Along with the theoretical research there is a methodological analysis justifying methods and data used and researched for the thesis.

3.2 Methodology

This thesis will be concentrated on the working and studying environment in mental care, especially regarding international students coming for practice to mental health wards. (Kilbourne et al., 2018) Based on this, the points of concentration for us will be the conduction of practice in such places, particularly, how mentorship is being developed for international students, what is expected from them, issues that might occur during practice for such students. The purpose of this research is to determine what particularly are the responsibilities and duties of healthcare students in mental health treatment and what are the challenges for them. (National Academies Press (US), 2006) As well, there was presented a focus on the solutions and advice from the official sources for these students, as it might affect the following by them already stated or developing guidelines.

In the literature review there had been used only those articles written by healthcare specialists, doctors, nurses, etc., that are studying the issue of students in healthcare wards, more specifically, mental department, and international student's functioning during practice.

To collect information for this research, there was use only the data from scientific sources that includes information related to this topic, for instance, regarding mental health wards guidelines for students, and application of student's knowledge related to work in the hospital wards with mental health patients.

It was important to focus on the issue of working in psychiatric wards from the healthcare professionals' point of view, which would include supervisors as well as student staff members. This concept of research represents not only strict rules of applying knowledge to the treatment, but also includes details of proper team working, possible communication issues and understanding of own actions as well as other people's actions to enhance patient care and working environment and avoid chaos and mistreatment. (Mehrabi, 2020)

Last, but not least, the concept of maintaining patient safety in psychiatric wards will be considered as an important subject, as mental wards' patients are prone not only to common patient risk situations, but also to additional unsafe aspects, for example, related to their own condition: it can be self-harm or harm to other people or similar cases. (Thibaut et al., 2019) Personnel and future staff need to be educated about such possibilities and therefore will be defined the tools and guidelines suitable for maintaining patient safety in these specific environmental demands. (Digestive Disease Week, 2021)

Thus, in this chapter of the study there will be described main key points related to the considered issue. More specially, there will be explained aspects related to students' appearance in mental health wards, concepts of mental health wards and institutions, and possible general guidelines and recommendations.

3.3 Inclusion and exclusion criteria

To select the most relevant and reliable data for this literature review, there were set inclusion and exclusion criteria. For instance, the most applicable information is assumed to be found in sources that are no older than ten years from the moment of writing or publication. During the research as an additional data source, there were also used sources that are slightly over 10 years old in that criteria, but they are considered additional sources for information retrieval.

Another criterion is the relevance of the data for this study. The information extracted needed to match the purpose and aim of the research, i.e., collect information about regulations and guidelines for students in mental health wards with the aim of them achieving a better understanding of these aspects and be able to improve outcomes of own enactment with the help of collected information. Additionally, this information

needed to be matching the theme of this thesis, therefore, data sources concentrating on other nursing or medical spheres were not included in the data search criteria.

There was no possibility to include information found in international sources and written in other languages than English, therefore, one of the major inclusion criteria was availability of data in the preferred language of study (English).

To conclude, information which was based on other scientifically relevant and reliable sources or on studies and research was included in this data search. Information that was not based on any other relevant data was excluded from this search.

Table 1. Data collection principles for this study.

Inclusion criteria	Exclusion criteria	Priority data source	Possible data source
Data matching the research aim and purpose	Data doesn't match the aim and purpose of the study		
Data matching the theme of study (mental health nursing guidelines for students)	Data matching irrelevant themes (emergency nursing, family and community nursing etc.)		
Recent data (written and published within 10 years)	Outdated information (written and published over 10 years ago)	Most recent data (published within five past years)	Older information source with reliable and current data

Publication in English language	Publication in other language than English	Published by European sources	
Based on scientific research or other regulated data	Is not evidence-based or scientifically based		

3.4 Data search process

Data for this thesis was acquired from the following attested databases: NCBI (as a main database), Google Scholar (as additional database). Information provided on these platforms is limited in relation to this study with sources associated with mental health nursing and mental health institution guidelines. Other databases or sources which could be regarded as applicable to this study were not included in the research process due to their restricted accessibility.

Using various information sources, the gathered information was carefully filtered, and concise queries were written, using exactly the keywords that will lead us to the necessary resources. When processing data, two factors were paramount in considering: quality control and analysis. First, it was assessed whether the information meets four criteria:

Completeness: at this stage, all the necessary data is checked for availability.

Relevance: all the data found is corresponding.

Reliability: comparison of information from multiple sources using only the correct data is performed.

Accuracy: evaluation of the found information and checking for unnecessary data is fixed.

After the data was researched and processed there was an analysis conducted regarding the information, which consisted in understanding the relationships and drawing conclusions. The essence of the analysis is the verification of hypotheses and their further confirmation or refutation. For instance, working with the source “Utilising Reflective Practice Journals to Explore Student Fears and Feelings during Psychiatric Nursing Clinical Placement” by Phil Maude regarding the practical work of international students in mental departments under supervision, the information to what extent it is relevant for the focus group in question was evaluated (Maude, 2012).

While working on the thesis, information paralysis was considered, which refers to a lack of information or an excess of it that can disorient authors during thesis implementation. Thus, attention was paid to the restrictions both on the amount of information and on the time to take a sanity check before the analysis results were used.

Information was collected from reliable modern sources, compared and included in the research. Achieving knowledge on the topic and justifying it by using the given data from the chosen sources presents a better understanding of the information in the thesis body.

However, this approach does not mean that there should not be many sources of information. On the contrary, using various information resources, were evaluated and compared each of them with each other, building a complete picture of what is requested to convey in this thesis and how accurate this information is. The main purpose of data filtering was to compare incoming data and consider a set of independent features, and in the latter case, there are pre-prescribed weight values for importance.

In fact, analysis is a method that allows to divide a large amount of information into small elements, as well as to study each component separately, which was used in this work to structure and relevance of the data provided.

3.5 Literature review data analysis

In this thesis, a literature review method was used. This method provided the most reliable information regarding the topic. The performed data search and theory about literature review surmised use of scientific sources approved in European Union and possibly other countries. The sources needed to describe mental health wards' guidelines for the interns, employees and other related healthcare professionals. Also, the sources which had been chosen for utilizing must have been up to date.

Inappropriate or irrelevant data collection possibility is one of the risks of such research method, which means that there is a possibility of using inappropriate or unreliable sources as the topic is relatively narrow and the sources that were used may vary (Allie Slemon et al., 2017). To eliminate such a threat, only reliable electronic libraries, and decent literature provided from those were used. Particularly the data research was concentrated on National Center for Biotechnology Information (NCBI) library to find suitable literature sources for this thesis, as it provides scientific reliable research and literature.

Once the suitable source of information was found, it was important to make sure it is suitable for this research: it is written by reliable authors, preferably published in medical journals or as books, the data for the research in question must be no older than 10-20 years from current date or contain reliable modern information. Also, the research literature was narrowed by countries, e.g., preferred literature focused on European guidelines rather than Eastern ones, for instance. This way the information is more reliable and reliable for international students in Finland or in Europe as guidelines are different in different countries. However, the diversity of countries in research data is helpful for international students due to its diversity and appliance in different places.

The benefits of such information retrieval will be in acquiring a clear image of the work in mental health wards as well as work as a healthcare professional all in all, especially as an international healthcare member. (Samartzis et al., 2020)

To find data and sources that match aim and purpose of this thesis most there had been used the following keywords: mental health units or wards, nursing guidelines

in mental health, international students in mental health wards, psychiatric care or psychiatric nurses (including additional search words as ethics, guidelines, etc.), safety and nursing education in mental healthcare, as well as ethics in psychiatry.

Table 2. Data research process.

Search keywords	Database	Results	Additional re- strictions
Mental health units	NCBI	107 890	Adding parts of other keywords to the search.
Nursing guidelines in mental health	NCBI	55 197	
International students in mental health wards	NCBI/Google Scholar	4 132/289 000	
Safety of mental healthcare	NCBI	126 911	
Nursing education in mental healthcare	NCBI/Google Scholar	73875/2 250 000	
Ethics in psychiatry	NCBI	82 120	

Due to the many results appearing from research keywords, NCBI was chosen to be the key database. To narrow down the research results, the keywords had been changed slightly in such a way that these keywords' parts were intertwined with each other and the most appealing and related to the topic results were chosen. Some of the later chosen sources were found from reference lists of already chosen sources.

For this research was used logical analysis method. In matters of logical analysis, first there was a defined issue search: what are the recommendations for students in mental health units. After data research, a stated solution was considering recommendations and principles like ethical, safety, etc. The evidence in suggested sources was providing evidence for such solution, supporting importance of safe, ethical, rightful, and evidence-based practice as a major guideline for workers of mental healthcare wards including not only nurses and doctors, but also healthcare students that are part of mental care provision.

In the matter of research, there had been used inductive analysis. It is based on data collection from various sources that present information on the chosen issue and transform data received from these sources. To master such analysis, additional attention has been paid to the details and extra data from these sources and their comparisons. The final of such analysis in this thesis is fixed in discussion and conclusion parts where are presented main points of results received from data sources.

There was also partly statistical analysis, as many of the chosen sources have presented statistical data which was analysed to make related conclusions.

As a result of the research process, there were selected thirty-one scientific articles, of which 18 had been selected as most relevant and containing for the research. These specific articles and their brief summary of results are presented in Appendices section, appendix 1. Literature review main sources.

4 Results

Boren S. A. (2015), PhD, Associate Professor and Director of Academic Programs, reports in a given article that important research and non-research reasons emerge for a systematic review of the literature. The author describes a thorough process for a systematic literature review, with links to key resources. There is also provided an example of a graduate program using systematic literature reviews to link research and quality improvement practice. Systematic reviews summarizing available information on a topic are an important part of evidence-based health care as it assists in justifying the need for research, it updates personal knowledge and practice, evaluates current practice, develops and updates guidelines for practice, and develops work-related policies.

The systematic review is a work based on the appropriate and most suitable principles and methods of health services research to address the following important questions that describe the current state of evidence on a selected topic, and also allows other researchers to use and process the results of the original research to make a rational determination of analysing and accepting the results of the review. (Boren S. A. 2015)

Bressan V. et al. (2021) in their article note that in order to ensure the safety of patients, future nurses must have certain knowledge and competencies that will help them become highly qualified medical professionals. At the same time, the article notes that the process of obtaining such competencies and knowledge is not entirely transparent. It is not entirely clear by what method and at what time these competencies are formed in students. In a study by V. Bressan et al. The aim was to examine the progress of Italian nursing students in acquiring knowledge and skills in patient safety from enrolment to graduation. As a result, the authors noted that knowledge and competencies have some differences in formation. The competence of student nurses in patient safety issues increases with time and new knowledge, but in terms of patient safety, it is important to note that students are more vulnerable at the end of their 1st year when they seem to overestimate own knowledge and skills about patient safety. (Bressan V., et al. 2021)

A major literature review by Tom Brown and Howard Ryland (2019) highlights the global problem of recruiting in psychiatry. However, this problem is different in different countries. There is a serious shortage of mental health workers in Africa and South-East Asia. In most European countries, the U.S.A., Australia, New Zealand and Japan, the performance is up to 5 times better. In this situation, a part of psychiatrists, in search of higher pay for their hard work, migrate to those countries where the situation with the number of psychiatrists is not so deplorable. For example, in the U.K. from 2000 to 2012, the number of psychiatrists increased by more than 50 percent. In addition, researchers note a generally low percentage of medical graduates who choose to work in the field of psychiatry, which has changed little over the past 35 years, accounting for only 4-5 percent of the total pool of graduates.

Research into the factors attracting healthcare students to psychiatry has led to an increasing of the importance of understanding mental illnesses' concepts and key details of the treatment process. Of great importance is the well-established opinion that patients with mental illness are incurable, and that psychiatry itself is unscientific and far from medicine. It was also noted that even fewer graduates choose psychiatry in countries with a low level of economic stability, where, in particular, local cultural beliefs, poor working conditions and the quality of patient care due to lack of funds are a big problem (Brown & Ryland, 2019).

In the review, authors note that researchers are proposing a variety of tools to address these issues, including visiting foreign faculty members, improving undergraduate education, and strengthening support for a small number of local psychiatrists, and improving infrastructure and services. In addition, attention needs to be drawn to the issue of linkages and integration between physical and mental health services. Improving recruitment of psychiatric wards may require a complete transformation of the type and availability of care for people with mental illness. Given the urgent problem of the shortage of professionals and the low popularity of psychiatry, the authors propose to expand the exchange of innovative recruitment initiatives between countries, to support the best student exchange experience (Brown & Ryland, 2019).

In the study of S. A. Efkemann et al. (2019), it shows that open door policies can improve patient satisfaction in psychiatric wards. To prove their hypothesis, the researchers set a goal to examine the subjective perceptions of various psychiatric hospitals with different openness policies by analysing the satisfaction and opinions of patients who underwent compulsory treatment. The authors of the article also conducted interviews with patients, nurses, and psychiatrists. The results in clinics with diametrically different policies showed that patient satisfaction with conditions and treatment was higher in the open mode of the department. In doing so, the authors showed that important aspects of the ward atmosphere are improved in open versus closed settings, while patient satisfaction does not seem to be influenced by clinic policies for a particular population of patients undergoing compulsory treatment. The ward atmosphere was found to be more sensitive to differences between psychiatric hospitals with different openness policies. However, further research is needed to clarify both the relevance of the concept and its proper measurement. (S.A. Efkemann, et al. 2019)

Experience and knowledge of the psychiatric team plays an important role in the treatment and care of psychiatric patients. As a result of the assessment of the experience of the psychiatric team in various psychiatric groups, it was found that the experience of the research participants can be reduced to three basic concepts: "communication", "ability" and "conflict" and the following five subconcepts: "cooperation", "self-recognition", "Hope", "qualifications" and "multiple roles". It is noted that similar ones will be used in future programs to improve services for the care of psychiatric patients in hospitals. (V.O. Fard., et al. 2011). Knowledge of these concepts and recognition of those in practice can be a significant assistance for successful practicing in psychiatric wards for new and professional specialists.

Constantly developing guidelines and recommendations are generally aimed at healthcare units to enhance their operationalism and client-centered orientation, while at the same time they need to be understood and adjusted by specialists to the specifics of the unit they are working in (Kilbourne et al., 2018). With these principles, it is essential that guidelines acquired by students in other or current placement or in educational institution are being adjusted to the current unit's working principles and, if needed, explained by supervisors or responsible employees.

F. Maude (2019) in presented article describes a method of using journals to record all the steps for nursing students working in psychiatric clinics, which can help them deal with their fears and problems when working with psychiatric wards and therefore improve own practice outcome and increase professionalism.

Providing suitable guidelines for all healthcare workers in mental health wards is one of the essential parts of patient care practice that secures the safety of all involved parties and improves quality of it. (Samartzis et al., 2019)

J. Shobhit et al. (2017) reviewed existing ethical issues and guidelines related to psychiatric research, resulting in practical guidelines for addressing ethical issues commonly encountered in psychiatric research.

In a study aimed at understanding and interpreting the physical and psychological experience and performance of nurses caring for patients with mental disorders characterized by aggressive behaviour, as a result, showed the importance of trainings for teaching nurses the correct intervention technique for eliminating mental and physical problems that they face in their work in psychiatric clinics (Sim et al., 2020).

Availability of guidelines and recommendations for practice in mental health wards are also reducing risks of conflicts between staff members and therefore assists in avoiding malpractice. (Slemon et al., 2017) Students who follow the placement guidelines or acknowledge these rules before starting working life can achieve more in their own practice and become an efficient member of the multi-professional team of the ward.

R. Sodeyfi and F. Tabrizi (2020) report on the factors that, from the point of view of nursing students, have the greatest impact on mental health disorders. Students interviewed noted self-esteem, religious beliefs, socioeconomic factors, and some behavioral factors. (Sodeyfi and F. Tabrizi 2020)

In review study on patient safety in a psychiatric clinic, attributed to safety factors the reduction of interpersonal violence, safety culture, improving the quality of work with patients with a tendency to harm oneself, safety of the hospital environment and drugs, prevention of falls, injuries and infections. The findings demonstrate that

inpatient mental health facilities pose unique patient safety challenges that nevertheless require investment in research, policy development and clinical implementation. (Thibaut 2019)

A research by Viken, B, Solum, E., Lyberg, A. (2018) revealed that communication problems can be a major difficulty in providing suitable mental patient care. Another issue that was brought up during the research was determination of a professional's role in the ward. Confusion in these two aspects leads not only to misconducting during practice, but also to disappointment and dissatisfaction with own situation and therefore deterioration of mental condition for professionals. As foreign students are more prone to such issues in their practice, it is essential to educate them about these aspects and suggest solutions and support in this matter (Viken et al, 2018).

Evidence-based therapy and training of all working professionals in the ward can enhance efficiency of given care and improve satisfaction of patients at the same time. Additionally, such training can both help professionals acquire new skills and refresh current knowledge, and improve satisfaction of professionals regarding their workplace and working conditions, which positively effects on communication with co-workers and patients and on healthcare practice itself (Wykes et al, 2017).

As patients show positive attitude towards working in collaboration with students on own health issues (Öster et al., 2015), it is necessary for the students to know and follow recommendations and guidelines of the unit to support this therapeutic relationship with correct practical nursing interventions and suggestions.

5 Conclusion

Mental healthcare is one of the progressing fields of patient care and requires a variety of updated knowledge and skills. Over the years, there have been developing general rules and recommendations for healthcare workers to make working practices most efficient, ethical and safe. (Samartzis et al., 2020)

Students considered to be part of a multi-professional team when it comes to patient care, and especially in inpatient settings of mental health wards, it is important to get acquainted with merger recommendations for that matter. Understanding the guidelines helps students to adapt to the psychiatric department environment faster. Another paramount feature of following the recommendations in mental health wards is ensuring the safety of self, patients, and other healthcare professionals (Bressan et al., 2021).

It is significant to pay additional attention to ethical features, especially for international students coming to mental health wards, as generally accepted rules and regulations are aimed to improve outcome of patient care in such settings, and therefore following these effects greatly in practice (Shobhit et al., 2017).

6 Discussion

Further in this chapter are explained practical features of researching the chosen topic, specific issues that related to the practical process of data seeking, and process, as well as aspects that influenced decisions related to the data available for the study.

6.1 Limitations

One of the limitations of data research for this thesis is the available data answering this information research's criteria. Mental health-related publications are limited by the topic of the research greatly, even though the subject is developing constantly.

Publications related to the issue in question were published by authors from different countries (USA, Iran, India, etc.) and therefore the information varied slightly and needed additional research.

Data for this study were collected also based on the language of the source, as there were used narrowly those sources which were written and published in English language. However, if it was possible to use publications in other languages, for instance, European, this research would have had a broader insight on this issue in relation to the internationalism of this thesis.

6.1 Trustworthiness of the Review

This study is based on scientific articles from reliable databases. Materials and data researched in this literature review are mainly included in scientific journals and publications and therefore reviewed as reliable and trustworthy. There has been thorough research into the data suitable for this thesis, which was selected using a priory set inclusion and exclusion criteria.

This study can be researched through the following four criteria to find out its trustworthiness (Tenny et al. 2021).

The study can be found credible as the materials and data are positively professional and related to the chosen theme of the research. The data presented in the materials is evidence-based and well-researched. The study itself included material with sufficient references and credentials.

The research data have been described thoroughly and precisely and therefore the research can be accounted as transferable in relation to further practical and theoretical use of the processed data.

The data acquired during the study provided similar repeated results for the chosen theme of the study, which indicates the dependability of the study. The documentation of the results of research data is traceable and available for follow-up and further exploration.

The research is based on neutral and applicable to the theme research data, which is confirmable in that way, that data supports similar methods and analysis data, and that this information can be substantiated by other sources and researchers.

One factor, nonetheless, that could have interrupted the trustworthiness of this thesis was human error, which could have developed incorrect or not accurate enough interpretation of the acquired data and therefore affected negatively the research results.

6.2 Ethical issues

Since the literature review method was used, ethical issues are important to understand and implement. Using direct links to the materials mentioning the author's name, the title of the work, and the date of publication each time is the correct way of referencing. This is how it was complied with the rules of ethics regarding the use of other people's content. (Shobhit et al., 2017)

However, it is necessary to consider several factors that can be an impediment to a high-quality thesis. It is significant to note that when dealing with a text, the citation is carried out in accordance with generally accepted rules. Citation is allowed without the consent of the author or other copyright holder, but with the mandatory indication of the name of the author whose work is used, and the source of borrowing. If there are several authors, it is necessary to write the name of the first one in order to add "and others" (MLA Handbook, Eighth Edition, 2016).

It is unacceptable to change or correct someone else's work, for instance, by adding someone else's article with own notes or redesigning a diagram. That is why in this study the data have been adhered to the rule that any quote or reference is not

modified in any way and is an accurate narrative of what the author or authors wanted to convey. Scientific resources, without specifying the author and year of publication, are considered unreliable for use.

7.4. Future development needs and suggestions

Information related to the theme of this thesis is constantly processed and improved, and therefore there is a constant need for updating of the knowledge on this subject. Constantly growing internationalism of the nursing and medical care and need in additional education of such specialists regarding mental healthcare suggests appearance of new guidelines and rules and evidence-based recommendations that need to be further researched in comparison to older data.

For such research there can be suggested a use of qualitative and quantitative analysis, research projects observations and further literature reviews based on the evidence or reliable data (Tenny et al., 2021).

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APPENDICES

Appendix 1. Literature review main sources.

Author(s)	Year	Name of the study	Results of the research
Boren, S.A., Moxley, D.	2015	Systematically Re-viewing the Literature: Building the Evidence for Health Care Quality.	The literature review should include the concept of a topic, the search for suitable sources and the assessment of their relevance, the withdrawal of information suitable for a given topic and the conclusion with the analysis of the results.
Bressan, V., Causero, G., Stevanin, S., Cadorin, L., Zanini, A., Bulfone, G., Palese, A.	2021	Nursing Students Knowledge of Patients Safety and Development of Competences Over their Academic Years: Findings from a Longitudinal Study.	Nursing students are continuously improving their knowledge in the field of patient safety, although their skills are weaker at the initial stages of training. It is recommended to constantly update and implement strategies to improve competence regarding patient safety.

Brown, T., Ryland, H.	2019	Recruitment to psychiatry: a global problem.	The pressure on the health care staff in the mental sphere is obvious, as it requires certain emotional and physical efforts. Companies should take care of their employees with the greatest attention and invest in their safety, since the well-being of employees directly affects the quality of medical care provided.
Efkemann, S. A., Bernard, J., Kalagi, J., Otte, I., Ueberberg, B., Assion, H. J., Zeiß, S., Nyhuis, P. W., Vollmann, J., Juckel, G., Gather, J.	2019	Ward Atmosphere and Patient Satisfaction in Psychiatric Hospitals with Different Ward Settings and Door Policies.	Patients with mental health problems experience satisfaction from therapeutic relationships with medical professionals and feel safe in the department. The ability to constantly open and close doors for patients is a calming factor and works better than "Therapeutic Hold", although it is evaluated by the doctor.
Fard, V. O., & Mehrabi T., Fanian N.	2011	Psychiatric team's experience of working in psychiatric wards.	The staff of psychiatric departments noted as a positive factor that the work improved their tolerance, self-control and qualifica-

			tions. The results of the respondents are in three basic concepts: "ability", "conflict", and "communication".
Kilbourne, A. M., Beck, K., Spaeth-Rublee, B., Ramanuj, P., O'Brien, R. W., Tomoyasu N., Pincus, H. A.	2018	Measuring and improving the quality of mental health care: a global perspective.	A study on the reasons for the low growth in the quality of services in psychiatry, among which cultural barriers to the integration of mental health care into the general health care environment are named. Staff training and greater emphasis on improving the quality of mental health care can help to resolve problems.
Maude, F.	2012	Utilising Reflective Practice Journals to Explore Student Fears and Feelings during Psychiatric Nursing Clinical Placement.	The method for using reflective journals to record steps for nursing students can help them to deal with their fears concerning work in psychiatric wards.
Samartzis, L., Talias, M. A.	2019	Assessing and Improving the Quality in Mental Health Services.	Among the criteria for improving the quality of mental health services, the most important are their suitability and accessibility, the ability of staff to effectively and continuously provide medical care, and

			safety for both patients and nurses.
Shobhit, J., Kuppili, P. P., Pattanayak, R. D., Sagar, R.	2017	Ethics in Psychiatric Research: Issues and recommendations.	Ethics is an integral component in the study of psychiatry and the treatment of mental patients. Exploration in the field of psychiatry still has several difficulties for which researchers must be specially prepared.
Sim, I. O., Ahn, K., M., Hwang, E. J., Sim, I.	2020	Experiences of Psychiatric Nurses Who Care for Patients with Physical and Psychological Violence: A Phenomenological Study.	The physical and psychological experience of nurses caring for patients with violent mental disorders has shown the importance of teaching healthcare personnel the correct methods of intervention to cope with mental and physical stress in psychiatric clinics and departments.
Slemon, A., Jenkins, E., Bungay, V.	2017	Nursing Inquiry Safety in psychiatric inpatient care: The impact of risk management culture on mental health nursing practice.	The purpose of injury safety in psychiatric wards often lies in fear and stigmatization. Safety is one of the most important aspects of inpatient care, however, its structure must change in order to create a truly

			safe environment free from prejudice and aimed at therapeutic treatment.
Sodeify, R., Tabrizi, F. M.	2020	Nursing Students' Perceptions of Effective Factors on Mental Health: A Qualitative Content Analysis.	The result of the search for factors affecting the mental health of nursing students is physical activity, self-esteem, religious beliefs, socio-economic and behavioural factors.
Thibaut, B., Dewa, L.H., Ramtale, S.C., D'Lima, D., Adam, S., Ashrafian, H., Darzi, A., Archer, S.	2019	Patient safety in inpatient mental health settings: a systematic review.	The study of patient safety in psychiatric institutions revealed interpersonal violence, forced intervention, self-harm, unauthorized distribution and clinical decision-making. Mental wards create patient safety challenges that require investment and expertise to deal with them.
Viken, B., Solum, E. M., Lyberg, A.	2018	Foreign educated nurses' work experiences and patient safety — A systematic review of qualitative studies.	Nurses with foreign education often perceive themselves as outsiders, which affects the efficiency of their work and the safety of patients. To avoid this, it is necessary to conduct an orientation period for better integration of nurses into another environment and

			involve them in the decision-making process.
Wykes, T., Csipke, E., Williams, P., Koeser, L., Nash, S., Rose, D., Craig, T., McCrone, P.	2017	Improving patient experiences of mental health inpatient care: a randomised controlled trial.	Thorough staff education improves the opinion of mental patients about psychiatric care and interaction with all mental health services in the future preventing more expensive hospitalizations.
Öster, C., Bäckström, S., Lantz, I., Ramklint, M.	2015	Psychiatric patients' perspectives of student involvement in their care.	Mental students are satisfied with the nursing students' care. Notifying patients in advance of student participation and being able to opt out in the future may allow more nursing students to be approved to participate in treatment.