



Experiences of Care for Adults with Anorexia Nervosa in General Psychiatric Inpatient Care Setting

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Introduction: Anorexia nervosa (AN) is a severe psychiatric disorder that often requires inpatient care, which in Sweden is largely provided within general psychiatric settings and varies across regions. Discrepancies between patients' and nursing staff's experiences of care, together with limited research on inpatient interventions, highlight the need for further investigation. This research project aims to explore nursing care for adults with anorexia nervosa in general psychiatric inpatient care (GPIC), incorporating both healthcare professionals' and former patients' perspectives

Aims: The overall aim of the research project is to provide in-depth knowledge about the nursing care given to adults with AN within GPIC, as well as to highlight the strengths and weaknesses of this form of care.

I - The aim was to illuminate the meaning of nurses' lived experiences of encounters with adult patients with AN in psychiatric inpatient care

II - The aim was to describe how nurses perceive their professional roles in providing meal support for adult inpatients with AN

III - The aim is to provide knowledge about former patients' unique experiences of GPIC for AN, and to highlight how and why certain experiences constituted a turning point from illness to recovery

IV - The aim is to illuminate healthcare professionals' experiences of the strengths and weaknesses of the care provided to individuals with AN within GPIC

Methods: The project adopts a qualitative design based on interviews with nursing staff and former

patients with AN. Studies I and II used individual narrative interviews with nursing staff, analyzed using phenomenological hermeneutics (I) and reflexive thematic analysis (II). Study III employed a multiple-case design with semi-structured interviews with former patients to explore care experiences and recovery turning points, while Study IV will use focus group interviews with nursing staff informed by patient cases

Clinical implications: Our findings show that nurses experience an emotional roller coaster in their daily work, involving challenges in understanding the complexity of the illness, building caring relationships, and meeting patients' needs (I). Study II highlights the complexity of meal support, requiring nurses to flexibly shift between roles to best support the patient. Study III provides insight into former patients' experiences of the strengths and weaknesses of GPIC, as well as factors that supported recovery from AN. By integrating both patient and nursing staff perspectives, the findings contribute valuable knowledge to nursing care for individuals with eating disorders and help narrow the gap between research and clinical practice

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