

Ömsesidighet i förhandling
*Sjuksköterskors förutsättningar för
och erfarenheter av att främja patientdelaktighet*

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AKADEMISK AVHANDLING

som för avläggande av filosofie doktorsexamen med vederbörligt tillstånd av
Sahlgrenska Akademin vid GÖTEBORGS UNIVERSITET, Göteborg, kommer att
offentligt försvaras i hörsal 2119, Arvid Wallgrens backe, hus 2
fredagen den 11 maj 2007, kl. 09.00.

Fakultetsopponent: Professor Margareta Ehnfors, Örebro Universitet, Örebro

Avhandlingen baseras på följande delarbeten:

- I** Sahlsten, M.J.M., Larsson, I.E., Lindencrona, C.S.C. & Plos, K.A.E. (2005). Patient participation in nursing care: an interpretation by Swedish Registered Nurses. *Journal of Clinical Nursing*, 14, 35-42.

- II** Sahlsten, M.J.M., Larsson, I.E., Sjöström, B., Lindencrona, C.S.C. & Plos, K.A.E. Patient participation in nursing care: towards a concept clarification. (*Journal of Clinical Nursing*. (In press).

- III** Sahlsten, M.J.M., Larsson, I.E., Plos, K.A.E. & Lindencrona, C.S.C. (2005). Hindrance for patient participation in nursing care. *Scandinavian Journal of Caring Science*, 19, 223-229.

- IV** Sahlsten, M.J.M., Larsson, I.E., Sjöström, B. & Plos, K.A.E. Nurse strategies for optimising patient participation in nursing care. (Submitted 2006).

- V** Sahlsten, M.J.M., Larsson, I.E., Sjöström, B. & Plos, K.A.E. An analysis of the concept of patient participation in nursing care. (Submitted 2006).

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ABSTRACT

Original title: Ömsesidighet i förhandling. Sjuksköterskors förutsättningar för och erfarenheter av att främja patientdelaktighet.

Title in English: Mutuality in negotiation. Nurses' prerequisites for and experiences of promoting patient participation.

Language: Swedish with summary in English.

Keywords: concept, focus group, Grounded Theory, hindrance, mutuality, negotiation, nurse-patient relationships, nursing, patient participation, strategies.

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The overall aim of this thesis was to find theoretical structures in order to explain the phenomenon of patient participation as it is described by nurses. Data collection were obtained from focus groups (10) with nurses (47) providing inpatient somatic care at five hospitals in West Sweden and by a systematic analysis of published research literature (30) between 1996-2005. This thesis includes five papers.

Grounded Theory has been described and used to clarify the meaning of patient participation in nursing care. "Mutuality in negotiation" emerged as an explanation of nurses' perspectives on patient participation in nursing care. It is characterised by four interrelated dimensions: Interpersonal procedure, Therapeutic approach, Focus on resources and Opportunities for influence. A thematic content analysis has been described and used to illustrate nurses opinion of hindrances for patient participation in nursing care, identified as: Competence, Influence of significant others and Organisation and work environment. A qualitative, inductive content analysis has been described and used to illuminate nurses' strategies in order to stimulate and optimise patient participation in nursing care, identified as: Building close cooperation, Getting to know the person and Reinforcing self-care capacity. Concept analysis according to Walker and Avant has been described and used in order to identify and explore the attributes of the concept of patient participation, to clarify and elucidate the meaning within the context of nursing practice, as it is described in empirical studies. Patient participation in nursing practice can be defined as an established relationship between nurse and patient, a surrendering of some power or control by the nurse, shared information and knowledge, and active engagement together in intellectual and/or physical activities.

The results of this thesis have been summarised in a preliminary theoretical structure. To promote and stimulate optimum patient participation, a nurse needs to utilise deliberate guidance strategies in order to achieve mutuality in negotiation with the patient as an equal partner. A nurse should also be able to balance hindrances to patient participation in her work situation so that the patient is not unfairly treated. The nurse need to integrate reflection as a pedagogical strategy and continuously reflect on how her own approach and behaviour effects the patient and vice versa. In order to promote patient participation, adequate resources and support need to be provided for nurses' implementation of participation by leaders at all levels of the health care system as well as by health care politicians.