

# Euro Health Care and Fitness Summit

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## Social competence of mental health nurses

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**Introduction:** The effectiveness of therapeutic interventions is highly determined by social competence of health-care professionals. High level of interpersonal skills is particularly important in mental health nursing, where interpersonal relations are both the integral part and the most important source of the nursing process.

**Aim:** The purpose of the study is to reveal differences in the level of social competence between registered mental health nurses (RMN) and registered general nurses (RGN).

**Materials & Methods:** 150 registered nursing practitioners from Warmia and Mazury region participated in the study. Analysis included data obtained from 94 nurses. Social Competence Questionnaire (SCQ) was used.

**Results & Discussion:** The level of social competence of the majority of studied nurses (3/4) is within an average range (sten 4–7) both in terms of total result and results within individual scales. RMNs have a significantly higher level of social competence than RGNs, with regard to the scale measuring the ability to maintain close interpersonal contact ( $t = 1,992$ ;  $p = 0,050$ ). This competence is particularly desirable in the profession of a nurse.

**Conclusions:** To increase the level of social competence of nurses, standards of both undergraduate and postgraduate education should be verified and reviewed.

## Biography

Kamila Julia Regin has obtained the title of Master of Pedagogy at the University of Warmia - Mazury in Olsztyn in 2002, and obtained her Master's degree in Clinical Psychology at the Warsaw School of Social Psychology in Warsaw. Her professional work is a Clinical Psychologist in health care. Since 2008, she has been working as an assistant at the Faculty of Medical Sciences in Olsztyn. In 2010, she undertook Doctoral studies at the Warsaw School of Social Psychology in Warsaw in 2014 - the opening of a doctoral dissertation and entitled "Analysis of the functioning of psychological and physical development of young deaf people with the recognition of eye coordination functions - Planning and development of theory of mind."

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