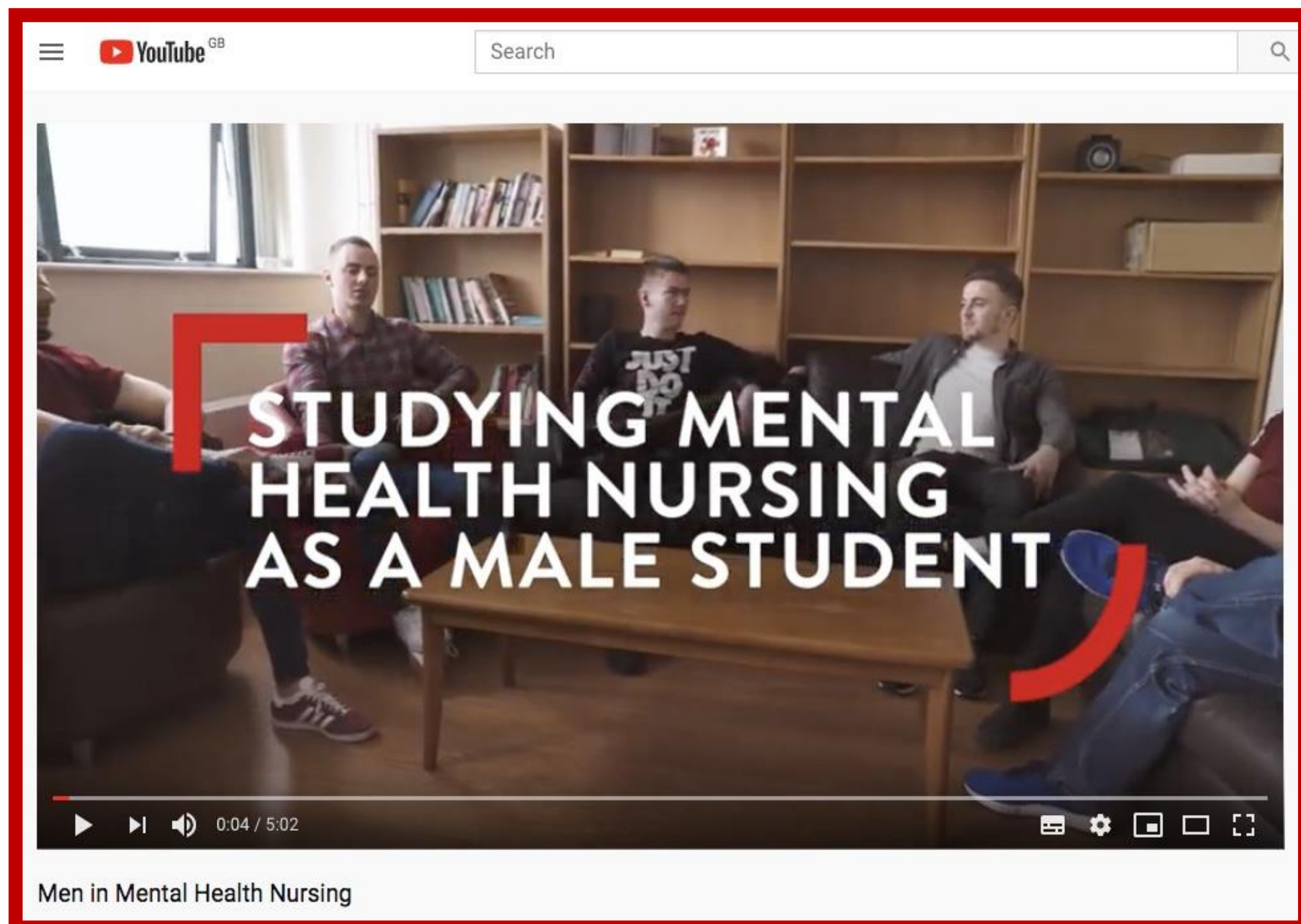


Male perspectives on mental health nursing, through promoting collaborative student-led gender-transformative events.

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Background: Nursing remains a **predominantly female industry**, despite efforts to re-balance gender norms within the profession. Mental health nursing leads this charge, with a ratio of 5:2 females to males, compared to 9:1 in nursing as a whole (UK figures: NMC Equality and Diversity Report 2017-2018 and student body at Queen's University). As such mental health nurses are well placed to drive gender-transformative efforts to encourage improved gender-equality in the profession.



MEN IN NURSING



Aim: to produce a **gender-transformative reflective resource**, based on the personal stories of males training to join the mental health nursing profession, **for training, education and self-care**.

Methods: Forty second year mental health nursing students volunteered to take part in a student-led initiative as part of Mental Health Awareness week (2019) while studying a field specific module "Dimensions of Care". A sub-set of male students decided to contribute **reflective accounts on gender-specific self-care from a male perspective**, in order to produce a resource for others.

Results: Shared suggestions and discussions involving both female and male students, produced a set of questions to form the basis for the resource:

- ✓ **What encouraged you to take up mental health nursing?**
- ✓ **How do you feel the public perceive male nurses?**
- ✓ **How do you manage your own mental health?**

The questions were used to facilitate interviews which were filmed, resulting in a mini-documentary resource being produced (8 minutes long).

Conclusion: Within 3 weeks, the students co-produced an engaging reflective mini-documentary resource and presented the process and the resource to staff from across the university as part of Mental Health Awareness Week. The

resource has been embraced as a core element of the recruitment, education and training within the School and also attracting enquiries from NHS Trusts, **reaching 57,932 views on social media within the first 3 months**.



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Resource : <https://vimeo.com/qubmarketing/review/335416276/54d30e18b9>