



# World Nursing Education and Practice Congress

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**I prefer: ORAL presentation** (delete as appropriate)

## Mental Health Conversations

(Times New Roman font: size18 point, centred paragraph)

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The abstract should be headed by a **title, name(s) and complete address (es) of the author(s)**. Please underline the name of the author who will present the paper.

**Abstract** (approximately 250-300 words limit)

### Mental Health Conversations Podcast, Shane Kirwan, Aoife Farrington

**Background:** Each year the nursing department in St. Patrick's Mental Health Service runs an 'Innovative idea of the year' award. In 2023, the winning idea was for nursing staff to launch a podcast series, designed to bring listeners inside the doors of our service, and to focus on the Mental Health Nursing role and innovations within the nursing department. New podcast listener stats from YouGov from 47 global markets shows that 40% of people listen to podcasts for more than an hour per week, with 10% listening more than 10 hours per week. Ireland ranks 4th in Europe in terms of weekly listening levels to podcasts.

**Aim:** To use an innovative podcast to promote and inform the public about the discipline of mental health nursing.

**Methods:** Research, design and implement a podcast series using interdisciplinary practices to produce six full length episodes to be broadcast globally.

**Results:** Six full length episodes produced and released on all available podcast platforms. Details of the episodes are as follows:

- Episode 1- A Day in the life of a mental health nurse

- Episode 2- Providing care for adults with eating disorders
- Episode 3-Caring for adults with anxiety through CBT and virtual reality
- Episode 4- Self-care in nursing: Prioritising wellbeing for better care
- Episode 5- Advancing mental healthcare through research
- Episode 6- The future of Nursing

**Discussion:** Podcasts are an effective medium to reach a wide global audience. Mental Health Conversations podcast informs the public as well as other healthcare professionals about the discipline of Mental Health Nursing. It aims to promote the profession and inform those considering mental health nursing as a career option. The podcast also gives a voice to service users who speak about their experience of mental illness, treatment and the critical role that nurses played in their recovery.

### Reference

Clifton, M. (2024) Where are global podcast -listeners in 2024? Available at <https://business.yougov.com/content/49298-where-are-global-podcastlisteners-in-2024> (accessed on 23 December 2024).

Caoilte, N., Lambert, S. & Murphy, R. (2024) 'There's no waiting list, just press play': listeners' experiences of mental-health-related podcasts. Rural and Remote Health. 8213. 10.22605/RRH8213.

### Keywords

Please provide 5-10 Keywords separated by semicolons (“;”).

**Recent Publications:** Minimum 3 publications to be included (Not mandatory)

### **Biography (150 words limit)**

Nurse Practice Development Coordinator St Patrick's Mental Health Services.

23 years of experience working in mental health settings in Ireland, United Kingdom and Australia.

Masters in Healthcare Management in the RCSI, Masters in Nursing in Trinity College, Lean Green Belt in Healthcare Management University of Kent, Bachelors Degree in Nursing Science Trinity College Dublin, Diploma in Mental Health Nursing, Trinity College Dublin.

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