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Results

Results from semi-structured interviews are summarized in the figure 1. Generally speaking, these results show that ANP master program provided for the first time in Kosovo from Heimerer College aims to increase human resource capacities and through which better healthcare services.

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Importance

- Take responsibilities to solve complex cases
- Work independently without guidance of MD's
- Work in multidisciplinary teams
- Base their decisions on relying on various instruments (e.g., anxiety, depression) and make decisions based on evidence base practice

Barriers

- The lack of legal framework to define the role of ANP master programe graduates in Healthcare institutions
- The lack of clear legal framework on wage coefficients
- There is no definition based on rules and regulations

Opportunities

- Provide specialized nurses in Mental healthcare institutions
- Better quality of services for patients
- Involvement in decision making of patients based on decisions
- Solve complex cases



Discussion/open question

This study shows that despite the barriers that derive from the implementation of ANP program in Kosovo, the opportunities to provide specialized nurse in mental healthcare institutions is of crucial importance to offer better quality of services. Findings from semi-structured interviews show that specialized nurses in particular field, is the source of independence, opportunity to work in multidisciplinary team work, and base their decisions based on evidence based practices. The issues that need to be considered in the future studies is how the integration of nurses graduated in ANP programs can influence the quality of healthcare services. As well as, the implications of ANP master programs and provide widespread specialization in respective fields to offer better quality for patients and improve their health wellbeing.

Key findings / take-home message

The implementation of Advanced Practice Nursing (ANP) master programs are of crucial importance to increase human capital in healthcare institutions in particular, in Mental Healthcare Institutions. This study shows that through nurse role can be of crucial importance though Advanced Practice Nursing master programs. As well as this study calls for policy makers to provide legal frameworks to increase human resource capabilities through investing in nurses by investing in their specializations, in particular encouraging them to become specialized.

Related Literature

- Shechter, A., Diaz, F., Moise, N., Anstey, D. E., Ye, S., Agarwal, S., ... & Abdalla, M. (2020). Psychological distress, coping behaviors, and preferences for support among New York healthcare workers during the COVID-19 pandemic. *General hospital psychiatry*, 66, 1-8
- Parish, A. L. (2021). Opportunities for the advanced practice nurse in improving the wellbeing of older adults during the COVID-19 pandemic. *Geriatric Nursing*, 42(2), 605-607.
- Fullana MA, Hidalgo-Mazzei D, Vieta E, Radua J. Coping behaviors associated with decreased anxiety and depressive symptoms during the COVID-19 pandemic and lockdown. *J Affect Disord*. 2020 Oct 1;275:80-81

Background

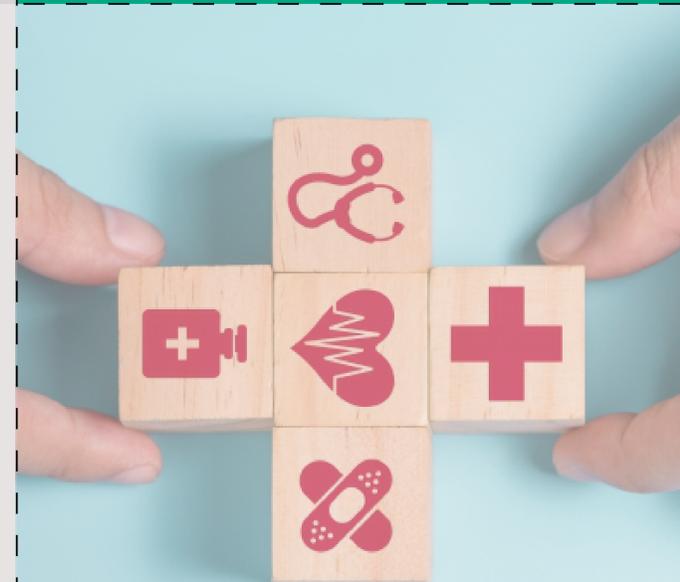
Stress, anxiety and depression have been increased during the COVID-19 and have been widespread across various age groups (Parish, 2021; Fullana et al., 2020) including anxiety and depression among nurses (Shechter et al., 2020). Due to these challenges advanced practice nurses (APNs) practice in nursing roles to provide a formative role through patient-centered assessment, diagnosis as well as the treatment in optimizing persons wellbeing (Shechter et al., 2020). Furthermore, the advanced practices nurse is important to holistically intervene in mitigating the negative impacts of Covid-19 during pandemic situations (Parish, 2021). Therefore, advanced practice nurses programs provide an opportunity to tackle these issues by providing qualified nurses specialized in Mental Healthcare Institutions. In this vein, this study analyzes the importance of implementation of advances practice nurses master program in Kosovo to tackle the issue regards the challenges mentioned above.

Goals

Goals of this study are as follows: explain the importance of implementation of APN master program in Kosovo, and the importance of preparing specialized nurses in Mental Health Care Institutions

Methodology

The most suitable research strategy to analyze the implementation and importance of master program in mental health care institutions is the qualitative method. The primary source of evidence in this study are semi-structured interviews with Head Nurse of Neuropsychiatric clinic, Head Nurse of Psychiatric Clinic, Director of Mental Health Center in Prishtina. This study addresses the following research questions: what is the importance of implementation of APN program in Kosovo and the preparation of specialized nurses in Mental Health Care Institutions.



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