

Review of: "Picture collage: A pedagogical reflective practice tool for nursing students in mental health practice"

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A fascinating article which challenged my thinking on nursing and culture, and I am a UK nurse of 35 years. The power of the arts and humanities is beautifully illustrated, and this unique article might be helpfully thought provoking in a variety of settings. Given the scope of the topic was expansive, I appreciated the headings, which allowed me to frame my thinking in each section.

I enclose some points below that the authors may wish to consider to further enhance the article:

- I liked the **opening image** of a contemplative nurse. Given this was a UAE-centred article, highlighting in part the experience of culture of Islam, perhaps more inclusive imagery might be appropriate.
- The **abstract** might include a little more about why nurses' mental health is important, and the importance of proactive care.
- The **introduction** mentions mental illness in the context of contribution to society, I would exercise caution in making generalisations about this, particularly when lessons from history tell us people with mental illness were treated cruelly. Ill people may still be contributing to society, in multiple ways, so we should take care associating mental illness with an 'unproductive contribution to society'.
- This article encompasses a focus of both nurses and patients. It may be helpful to draw parallels between both **the shared human experience**, and perhaps consider the potential of additional stigma of mental ill health for nurses, given their clinical work.
- Where there is a focus on **cultural stigma** in the UAE, the authors may wish to describe parallels/make distinctions with other cultures/contexts, i.e., stigma being a universal human experience.
- The authors may also be interested in the 'Pearson Report', an **English NHS Staff and Learners' Mental Wellbeing Report** <https://www.hee.nhs.uk/our-work/mental-wellbeing-report>
- Where the authors describe the earliest **reflective practice** period, they may be interested to explore the earlier work of Terry Borton in the 1970s, and the well-known work of Kolb in the 1980s
- I would have liked to have seen a little more on the risk/benefit of reflective practice relating **to theological failure/guilt**, and the caution required using reflective practice to debrief on tricky times/topics where **trauma** may be an issue. More on caveats and safeguards may be helpful to include, including the importance of follow up cultural appropriate wellbeing support for nurses where the process of reflective practice may have been triggering.
- It would have been great to read more about the **facilitation** of the collage practice, thinking about the role of HCPC-

registered art therapy practice in the UK.

I realise what a rich topic this is, and I hope that this article stimulates much discussion and sharing of work, globally.