

# 23<sup>rd</sup> World Nursing and Healthcare Conference

July 10-12, 2017 Berlin, Germany

## Comparison of self-perceived nursing stress and resilience among intention to clinical nursing involvement among nursing students three types of nursing programs in Taiwan

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**Background:** In Taiwan, there was only 58.7% registered nurses work in nursing practice. The high turnover rate of nursing staff led to lack of manpower, and the shortage rate of each hospital was 6.98%. The turnover rate of nursing graduating students was higher than general nursing staff (19.49% vs. 13.46%). How to retain the new nursing workforce is worth to inquire.

**Goals & Objectives:** The aim of the study was to compare clinical practicum, self-perceived nursing ability and resilience, with an intention to clinical nursing involvement for nurse's graduates.

**Methods:** This study used a cross-sectional survey design. Participants were 247 nurses graduates (two-year college,  $n=45$ ; four-year college,  $n=45$ ; 5-year junior colleges,  $n=152$ ) from a technology university in Taiwan. Data were collected by using structured questionnaires, including demographic data, self-perceived nursing stress, resilience and intention to clinical nursing involvement. The study was approved by the IRB board (NCKU HREC-E-105-090-2). Statistical methods included descriptive statistics, correlation coefficient and ANOVA analysis.

**Results & Outcomes:** A total of 247 subjects, 12 male nursing students and 235 female nursing students, the average age of 20.4-22.7 years old. There was no significant difference in nursing retention rate and nursing stress. However, emotion and optimism, emotional regulation and the total score of resilience were significantly different with intention rate in nursing. In the self-perceived nursing stress, the total score of stress (two-year college >5-year junior college;  $p=0.020$ ); work load (two-year college >5-year junior college;  $p=0.009$ ), work together (two-year college >5-year junior college;  $p=0.001$ ) and deal with death, (four-year college >5-year junior college;  $p=0.022$ ) have different educational systems reached a significantly difference.

**Discussions & Future Suggestions:** This study found higher intention to nursing and resilience was significant. This study suggests that resilience intervention for nursing students focus on enhancing their intention to clinical nursing and increase the retention rate in future.

### Biography

Shan-Mei has completed her PhD from Kaohsiung University and Doctoral studies from three medical centers in Southern Taiwan. She is currently a Faculty Member in the Department of Nursing, Fooyin University in Taiwan.

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