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## Survival: Key components of effective strategies and needs to assist transition from student to newly qualified nurse

Shiow-Li Hwang<sup>2</sup>, Ming-Yueh Tseng<sup>1</sup>, Mei-Yao Ho<sup>1</sup>, Wei-Shu Lai<sup>3</sup> and Shu-Yun Tu<sup>1</sup>

<sup>1</sup>Meiho University, Taiwan

<sup>2</sup>Asia University, Taiwan

<sup>3</sup>National Cheng Kung University, Taiwan

The purpose of this study was to explore work adaption for newly graduated nurses during their first year of nursing career. A qualitative approach with narrative inquiry to nurses who graduated in 2014 and clinical preceptor with purposive sampling and snow ball sampling was done. Total 18 newly graduated nurses and 4 clinical preceptors were recruited, each one completed interviews between 1 to 5 times. The results derived from this study would share the knowledge about the phenomenon of adaptation. Three stage of phenomenon of adaptation were: challenge and changeable stage, grow up stage and stabilization stage. In challenge and changeable stage, the themes revealed include a lack of support and belonging in clinical settings; insufficient career planning; insufficient nursing competences to handle various situations; challenge by various clinical situations; a lack of communication skills, value of nursing, clinical reasoning, and self-confidence. In regard to grow up stage- most new nurses struggle with multiple work stress, caring severe patients and high difficulties, and adjust the time lag with night shift. In stabilization stage- new nurses presented with confidence to nursing profession who recognize the hardness and achievement, fulfilled thankfulness, however, due to the hardness in nursing profession, some of them started to take nursing career critically. The competence and preparation for newly graduated nurses would be in summed with 8 letters of alphabet: "SURVIVAL" which were "S (support network)", "U (useful tailored plan)", "R (resilience)", "V (vivid scenario)", "I (interdisciplinary communication)", "V (value of nursing)", "A (adjusting to environment)", and "L (learning by doing)". In suggestion, nursing school should reform curriculum, teaching strategies, and clinical practicum to enhance nursing students' clinical competence and preparation.

### Notes: