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Development of a complementary and alternative health program to improve learning of undergraduate nursing students: A preliminary study

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Background: In recent decades, complementary and alternative has innovation curriculums to current nursing education.

Aim: The purpose of this study was to investigate the effectiveness of new educational curriculums approaches to the incorporation of information about CAM in enhancing health care learning and satisfaction of undergraduate nursing students in Kaohsiung, in Taiwan.

Material & Method: In this preliminary study, 56 undergraduate students were enrolled in a 5-week leaning programs of CAM and promotion care in nursing. All students received the leaning curriculums was two to three days a week, at least totally 72 hours. The CAM curriculums included the relaxation and stress relief programs such as aromatherapy, essential oils, massage, painting, sound-bowl therapy, tea ceremony, traditional Chinese exercise and positive psychology with communication, etc. Evaluate the improvement outcomes by the satisfaction of learning questionnaire. The SPSS 23.0 software package for Windows was used for data analysis.

Result: The results showed that student's average age was 20.24 ± 0.49 years. After the leaning programs, there were showed high satisfaction of this curriculums (98.2%, n=55). The satisfaction of the contents in useful were 98.2% (n=55) and practical were 96.4% (n=54). They can be an excellent learn to understand the issues related to stress (41%, n=23), and 10 people who want to learn more the release stress techniques on this curriculum.

Conclusion: There was improvement the self-learning about CAM and learn satisfaction in this study. Further research is needed, to determine this leaning program how to enhance the effectiveness of student's self-efficacy and effect on quality of nursing care and patient education. Further researches are necessary with increasing the number of students and may affect the learning outcomes.

Biography

Chen Ching-Hsiu has her expertise in areas of academic and research in evidence-based interventions in the traditional Chinese medicine nursing, auricular acupressure, acupressure, qigong (traditional Chinese exercise), adult health care and education, complementary and alternative medicine, etc.

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