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## Cross-training medical/surgical nurses to pediatrics via simulation using unfolding scenarios: Effects upon teamwork

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This intervention research study included a cross-training of experienced Medical/Surgical Registered Nurses and Nursing Technicians using human patient simulation to learn care of pediatric patients. The study took place in a regional hospital in the Southern Middle Tennessee area. The purpose of the study was to educate Medical/Surgical nursing staff in caring for a pediatric population, necessitated by organizational restructuring, while studying the training's effect on teamwork. Participants were randomly assigned to either a control group or an experimental group. All participants completed a pretest regarding perceptions of teamwork before the intervention group underwent cross-training. Comparisons of teamwork were made between the control group and experimental group. The intervention was comprised of three hours of human patient simulation with a pediatric simulator. Unfolding scenarios included the infant with fever/dehydration and the child with asthma exacerbation. The intervention group was given a post-test regarding teamwork. Pre-test/post-test comparisons were made to determine if the simulation intervention made a significant difference in perceptions of teamwork. Anecdotal debriefing results included increased knowledge in caring for pediatric patients while at the same time enhancing collaboration between the newly merged staff and the Unit Educator. Both quantitative and qualitative data will be shared during the presentation.

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## A nurse-led long-term pelvic floor muscle training program in the management of female patients with overactive bladder

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**Aim:** To investigate the treatment outcomes of a nurse-led long term pelvic floor muscle training in relieving the symptoms and improving the quality of life in female patients with overactive bladder.

**Methods:** A total of 107 patients were randomized into two groups. The intervention group (n=54) received a 6-month nurse-led long-term pelvic floor muscle training program (three sessions a day, 15-20 times per session) and the control group (n=53) received usual care. All patients received 3-month tolterodine extended release tablets (5 mg-once daily). The treatment outcomes were measured by the Modified Oxford Scale (MOS), Overactive Bladder Symptom Score (OABSS) and the King's Health Questionnaire (KHQ) at baseline, 3 and 6 months respectively. A total of 46 patients in the intervention group and 45 patients in the control group completed the trial.

**Results:** The trial revealed statistically significant differences between groups in pelvic muscle strength at 3 months following the intervention ( $P<0.05$ ), but no significant difference was found between two groups in OABSS scores ( $P>0.05$ ). In regards to quality of life, the experimental group showed significant improvements compared to the control group on 6 of 10 domains ( $P<0.05$ ). At 6 months, there were significant improvements in OABSS scores and quality of life in the experimental group compared to the control group ( $P<0.05$ ).

**Conclusion:** A nurse-led long-term (6 months) pelvic floor muscle training program can alleviate OAB symptoms effectively and improve the quality of life more than a short term (3 months) pelvic floor muscle training program combined with solifenacin succinate tablets.

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