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The impact of scenario-based simulated patient practice on first-time experiences in clinical applications and anxiety levels of freshman nursing students

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Background: 1st grade nursing students experience high levels of anxiety related with the first encounter with patient, meeting and communication problems with patient and patient's relatives especially on their first day at clinical application. The possibilities of an incorrect discourse or an unestimated question that they don't know the answer increase the level of anxiety. Consequently, a well-configured education process at the vocational skills laboratory that integrates theoretical knowledge and practice is important. More sophisticated methods like real clinical scenarios, role-playing, video screening, simulated patient and standardized patient are being practiced as well as skill demonstration methods at the vocational skills laboratories. It is showed that the simulated patient practice among these methods decreases failure rates and increases independent skill realisation levels of students at clinics.

Method: This study was conducted to determine the impact of scenario-based simulated patient practice on first-time experiences in clinical applications and anxiety levels of freshman nursing students in an analogous learning environment before their first entrance to the clinic. Akdeniz University Faculty of Nursing 1st grade students who accepted to participate in were included in the scope of this study. The research sample were composed of a total of 67 students; 29 were taken as experiment group while 38 were control group.

Results: A simulation has been practiced with a proper scenario and simulated patient according to the possible situations at first-time clinical practices with the students in experiment group before their first clinical visit. The pre-simulation anxiety score average of the students in experiment group was found to be 42.68 ± 1.55 while their anxiety score average before clinical practice was determined as 47.64 ± 1.03 . The students stated at the post-simulation discussion that there was an increase at their awareness because of this experience before their first clinical visit. The anxiety score average of the students in control group before clinical practice was found to be 47.42 ± 7.85 while their anxiety score average after clinical practice was determined as 41.42 ± 8.56 .

Conclusion: The results of this study revealed that scenario-based simulated patient method has an impact on lowering the anxiety levels of students during their first-time clinical practice.

Biography:

Serpil Ince has graduated from Hacettepe University School of Nursing in 1996. She has received my master's degree in 2005 and PhD degree in 2013. Between dates 1997-2005, she had worked in different institutions as a cardiovascular surgery nurse. Currently she have been working as an assistant professor in the Akdeniz University Department of Fundamentals of Nursing.

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