

2ND ADVANCED NURSING SCIENCE & PRACTICE

April 20-21, 2018 | Las Vegas, USA

Peer coaching as an innovative approach to accelerate development for Helwan intern

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Background: Peer coaching is a partnership between coach and coachee in a nonjudgmental environment. It is a confidential process through which coach and coachee share their expertise and provide one another with feedback, support and assistance for the purpose of enhancing learning by refining present skills, learning new skills, and/or solving classroom/clinical area-related problems.

Aim: The aim of this study was to explore peer coaching as an innovative approach to accelerate development for Helwan intern nurse.

Method: It was a quasi-experimental study. The study was conducted at El Salam hospital, El Nile Badrawy hospital and Wady El Nile hospital. Study subjects composed of all intern nurses (N=230) in faculty of nursing-Helwan University, for the internship years which started in the first of September 2015 to the end of August 2016 and in September 2016 to the end of August 2017. Two tools were used for data collection, questionnaire format and intern nurse evaluation sheet.

Results: There was a high significant ($p < 0.001$) difference between them before and after awareness sessions regarding their knowledge about coach and peer coach. Most of them applied what they learned in coaching awareness sessions.

Conclusion: There was high significant difference between coached and not coached intern nurses four months post peer coaching regarding their evaluation score in two areas.

Recommendations: Peer coaching should be included in the faculties of nursing as a vital component of the professional development programs, nursing curricula should be restructured to introduce the coaching and peer coaching approach. Also, future researches on the effectiveness of the peer coaching model with more partnerships will provide more rigorous results.

Biography

Eman Salman Mohamed Salman Taie is the Head of Nursing Administration Department, Faculty of Nursing in Helwan University, Cairo, Egypt. She is an International Certified Trainer and Human Resource Development Consultant in International Board for Certified Trainer. She has experiences in different nursing administration issues. Also, has sixteen international research articles published all over the world.

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