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## An attempt of using blended learning in physical assessment class

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Japanese nursing students participate only 1,035 hours of clinical practice, making it difficult for them to learn many practical skills. For students to learn practical skills through the short lessons that last only 180 minutes for both lectures and exercises, it is difficult to learn such as vital sign measurement. Therefore, during a physical assessment class, we attempted to use blended learning. The physical assessment was deployed in the following sequence so that students would learn in a cycle comprising; preparation: Students watch a model video (video of the teacher performing) with e-learning; lecture: Students watch the model video and receive an explanation after a description of the vital sign measurement methods; review (preparation for practice): Students are imagery training using a worksheet describing the procedure; practice: Students perform the technique after observing a demonstration by the teacher; independent practice: Students engage in self-practice in a laboratory after the practice session has finished; skill check: After ten times and more practices, students record video of one another performing and then submit the videos. The videos of vital sign measurements taken by the students showed that the students who engaged in a larger amount of independent practice were able to perform the techniques more smoothly. It is difficult to learn nursing skills during the short time available, repeatedly viewing model videos and repeatedly engaging in practice are essential for improving nursing skills.

### Biography

Yasue Yamazumi has expertise in Fundamentals Nursing. She is a Senior Lecturer at Kyoritsu Women's University. She has completed her MS in Nursing Education at Fukuoka Prefectural University in 2009. She is also a PhD student. She has worked as Clinical training staff from 1997-2009, Assistant Professor in Adult Nursing at Fukuoka Prefectural University from 2009-2013, Senior Lecturer in Fundamentals Nursing, Division of Nursing, School of Medicine at National Defense Medical College from 2013-2016.

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