

17<sup>th</sup> World Congress on

# Clinical Nursing & Practice

August 29-30, 2018 | Zurich, Switzerland

## The comparison of three different techniques on the situational anxiety and vital signs of nursing students before the OSCE exam: A randomized controlled trial

Pinar Irmak Vural<sup>1</sup>, Demet Inangil<sup>2</sup>, Gülşah Korpe<sup>1</sup> and Sibel Dogan<sup>1</sup><sup>1</sup>Istanbul Medipol University, Turkey<sup>2</sup>Sağlık Bilimleri University, Turkey

This study was conducted in order to determine and compare the effects on the situational anxiety and vital signs of the breathing exercise, music therapy, and emotional freedom technique (EFT), which were administered before the OSCE (Objective Structured Clinical Exam) to nursing students. A randomized controlled experimental, classroom-based trial was conducted. The study was conducted on nursing students of one of universities in Istanbul before the OSCE exam. 120 nursing students who met the inclusion criteria were divided into four equal groups-breathing therapy, music therapy and EFT. The techniques were implemented 20 minutes before the OSCE exam. Meanwhile, the control group (n=30) was given 20 minutes of free time. Data collection was carried out using the student identification form, the situational anxiety scale and vital signs form. Before and after administering the techniques, the situational anxiety inventory was administered to students, and vital signs were measured. The mean age of the students was 19. Before interventions, the mean anxiety scores of the students were similar ( $p>0.05$ ). After breath therapy, the mean anxiety score of the students was  $44.90\pm 7.97$ ,  $45.23\pm 7.56$  in the music therapy,  $43.20\pm 10.60$  in the EFT and  $52.23\pm 12.95$  in the control group and the difference was statistically significant ( $p<0.05$ ). The difference between the mean vital signs of the groups wasn't statistically significant ( $p>0.05$ ). The results of the study, breathing therapy, music therapy and EFT administration were found to decrease the average score of situational anxiety while not having any significant effect on vital signs before the OSCE exam.

### Biography

Pinar Irmak Vural has completed her PhD at Istanbul University Women Health and Diseases Nursing in 2017 and Postdoctoral studies at Istanbul Medipol University Faculty of Health Sciences and she is working as a Lecturer at the same university.

### Notes: