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The effectiveness of using adventure-based training in enhancing the competency, self-efficacy and resilience among nursing students for clinical practicum

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Background & Aim: Clinical practice is a vital component in nursing education that provides students with real-life opportunities to practice in hospital and community settings. Nevertheless, with an increasing complexity of the healthcare system, accountability for patient care and expectations for higher-quality service from the general public, clinical practicum can be a very stressful experience for nursing students. This study aimed to examine the effectiveness of using adventure-based training in enhancing the self-efficacy, resilience and competency among nursing students towards clinical practicum.

Methods: A pilot Randomized Controlled Trial (RCT), two-group pretest and repeated posttest, between subjects design was conducted in a tertiary institution. Twenty (20) baccalaureate nursing students were invited to participate with 10 students received 1-day adventure-based training (experimental group) and another 10 students received the same amount of time and attention as the experimental group but not in such a way as to have any specific effect on the outcome measures (placebo control group) before clinical practicum. Adventure-based training was based on the experiential learning theory that emphasize on physical challenge, periods of reflection, overcoming adversity and team work building. Most importantly, the training allowed students to experience the “cannot” and learn to achieve the “can”; such experience could enhance students’ self-efficacy and resilience, consequently improved their competency for clinical practicum. Participants’ self-efficacy, resilience and competency were assessed at the time of recruitment, 1-week, 3-months and 6-months after clinical practicum.

Results: Participants in the experimental group reported statistically significant higher levels of self-efficacy ($p < 0.01$), resilience ($p < 0.01$) and competency ($p < 0.01$) than those in the placebo control group.

Conclusion: Adventure-based training was found to be effective in enhancing nursing students’ competency, self-efficacy and resilience towards clinical practicum. The findings of the pilot study support for a large RCT on the effectiveness and sustainability of such training.

Biography

Kwan Sharis joined in nursing community, Sharis worked as a nurse in the maternity ward. In 2016, he began to transfer to teaching work and became a nursing instructor at Caritas College.