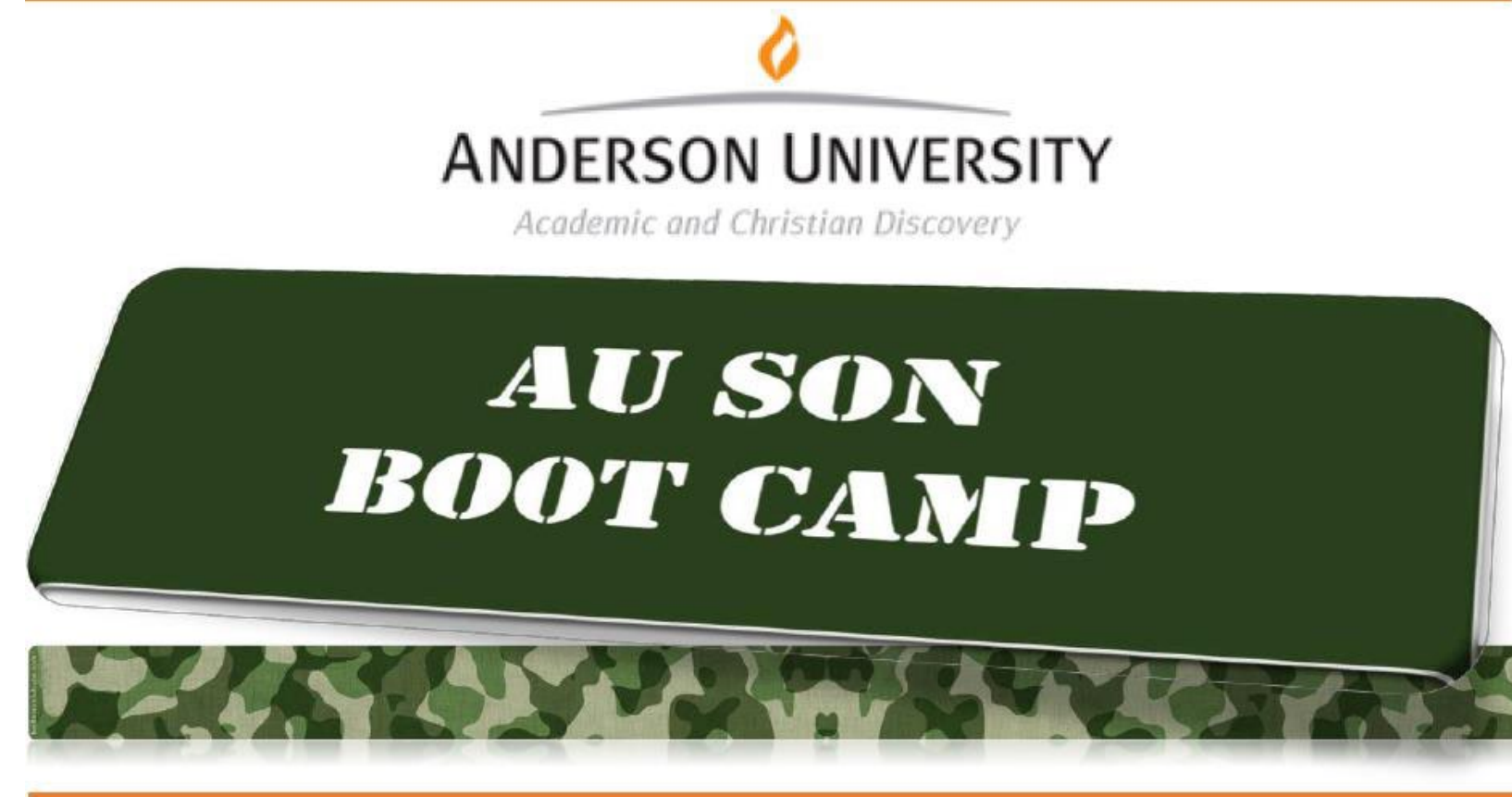


Skills and Procedures Boot Camp: Preparing Students for Nursing School

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Introduction

Student retention is a major challenge for undergraduate nursing programs, with the highest attrition occurring the first year of the nursing curriculum. Boot Camp ensures that students are comfortable working in a healthcare setting as well as decreases the time required to develop basic nursing skills. Boot Camp teaches students useful skills that create a successful and balanced life, in addition to preparing students for the academic rigors of nursing school.

Purpose

Boot Camp prepares nursing students to enter their role confident in clinical, academic, and psychosocial aspects. It introduces novice nursing students to basic skills and procedures in preparation for the clinical experience. The skills obtained in this course include: HIPAA training, infection control, PPE, fire safety, patient safety, communication skills, and vital signs. Additional skills and procedures include ADL's, care of assistive devices and the use of compression stockings.



Methodology

The sophomore students prepare for boot camp prior to coming to campus by completing modules online. The pre-work prepares students for the lecture and demonstration. Boot Camp starts the week before classes start. We often spend a least 10 hours a day during our experience; enabling the sophomore cohort to build rapport with each other and the faculty and creating a bond that carries through into the academic year. The day begins with introductions, expectations, and an ice breaker to get to know the students and help them to get to know faculty. We then begin lecturing on content and progress to hands-on skills demonstration, practice, and skills check off. In our evening sessions we have inspirational speakers, study and stress management presentations, and a senior panel for the sophomores to ask questions.

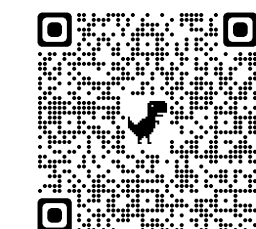


Evaluation

Our desired outcomes, as a faculty, were to see the sophomores step away from this experience with basic skills and competencies to take into the clinical experience and perform with confidence. Our observation of the program, the sophomores, and the experience exceeded our expectations. Students are able to engage in their clinical experience, interacting and performing basic skills for patients on day one according to clinical instructors. Student evaluations show positive results as well. We will continue to search for opportunities to improve and grow.

Conclusions

Preparing students to enter nursing school and clinicals with confidence is the goal of any School of Nursing. Boot Camp helps attain this goal by teaching nursing students basic nursing skills and therefore making them more confident to enter the healthcare setting. This reduces faculty work load during the semester and supports retention with mentoring relationships between faculty and students.



References