Mentorship Mediated Clinical Site Orientation Framework

**INTRODUCTION**

- Nurse anesthesia residents are likely to endure high levels of stress and anxiety throughout the duration of their education.
- Providing peer support through a mentorship program during nurse anesthesia education has positive effects on morale, self-confidence, and retention rates.
- A formalized mentorship program was created at Rutgers University in 2016.
- With the current model, mentees may be assigned to a clinical site that their mentor has never rotated through, thus decreasing the efficacy of the peer support system.
- **Study design:** Mixed method research design

**LITERATURE REVIEW**

- **Databases:** CINAHL, MEDLINE, EBSCOhost, Google Scholar, and the Joanna Briggs Institute of Evidence-Based Practice Database
- **Inclusion Criteria:** search yielded 175 articles→ 28 scholarly articles and 7 additional sources were applicable
  - 1 article focused on the impact that a pre-clinical program would have on students preparing to begin their first clinical rotation.

**METHODOLOGY**

- **Setting:** Rutgers University
  - 65 Bergen Street
  - Newark, NJ
- **Population:** Current Rutgers Nurse Anesthesia Residents (n = 43)
- **Intervention:** The creation and implementation of a mentorship driven clinical site orientation for RRNAs entering clinical for the first time
- **Outcome Measure:** Focused on a decrease in stress & anxiety and an increase in self confidence
- **Subject Recruitment:** Recruitment flyer and information session
- **Economic Consideration:** Required no allocation of monetary means or funding

**RESULTS**

- **Question:** Will a formalized mentorship mediated clinical site orientation reduce stress & anxiety and increase self confidence for resident registered nurse anesthetists (RRNAs) entering clinical for the first time?
  - **The MMCSO was beneficial to my education.**
    - **Question:** Strongly Agree (%)
      - 100
  - **The MMCSO helped to reduce my stress & anxiety towards the clinical year.**
    - **Question:** Strongly Agree (%)
      - 95.45
  - **The MMCSO increased my confidence towards the clinical year.**
    - **Question:** Strongly Agree (%)
      - 100

- **Perceived Stress Scale**
  - **Second-Year Cohort (D4) vs Third-Year Cohort (D3)**

**CONCLUSIONS**

- Decreased stress and anxiety in nurse anesthesia residents
- A decrease in stress & anxiety and an increase in confidence can lead to a better transition into clinical praxis for nurse anesthesia residents beginning their initial clinical rotation
- The implementation of the MMCSO can help to highlight expectations for RRNAs on their first day of clinical
- Serves as a foundation for future research to explore the beneficial effects of implementing a pre-clinical orientation experience

**PRACTICE IMPLICATIONS**

- A better understanding of expectations, the OR environment, and the workflow of the designated clinical site → Increased professional collaboration and teamwork in the OR
- Identifying events and triggers of high levels of stress and anxiety in nurse anesthesia residents, and developing ways to alleviate it → Improvements in emotional and physical well-being
- A decrease in stress for RRNAs → Decrease overall errors and improve performance
- Providing RRNAs with peer support during times of high stress → Development of a supportive culture moving forward

**REFERENCES**