

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 → 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 RRNAa 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



Nurse Anesthesia Program

Mentorship Mediated Clinical Site Orientation Checklist

Mentee: _____ Clinical Site: _____

Mentor: _____ Date of Orientation: _____

Site Orientation:

- ☐ Parking and building access
- ☐ Introduction to clinical staff & exchange of contact information
- ☐ Tour of facility (locker room, bathrooms, cafeteria, lounge, pre-op area, & PACU)
- ☐ Anesthesia technician role review & introduction
- ☐ Anesthesia machine checkout
- ☐ Suction & Airway equipment setup
- ☐ Monitor set up, ECG lead placement, & pulse oximeter placement
- ☐ IV fluid location, IV line setup, & Fluid warmer setup
- ☐ Medication setup & review
 - ☐ Medication expectations for the first day
 - ☐ Syringe setup and labeling
 - ☐ Phenylephrine/Ephedrine dilution
- ☐ Care plan review/expectations
- ☐ OR bed manipulation/ controller
- ☐ Induction sequence review
- ☐ Charting (pre-op evaluation, intra-op charting, and post-op notes)
- ☐ Clinical forms review (verification of experience & student evaluation)

Clinical Coordinator Orientation:

- ☐ ID badges and scrub access
- ☐ Computer access, pharmacy access, & process for reconciliation of controlled substances
- ☐ Clinical schedule reviewed
- ☐ Procedure for notification in the event of the SRNA's absence reviewed
- ☐ Departmental policies & procedures reviewed
- ☐ Scope of practice & goals for the rotation reviewed

Signatures:

Mentee: _____ Mentor: _____

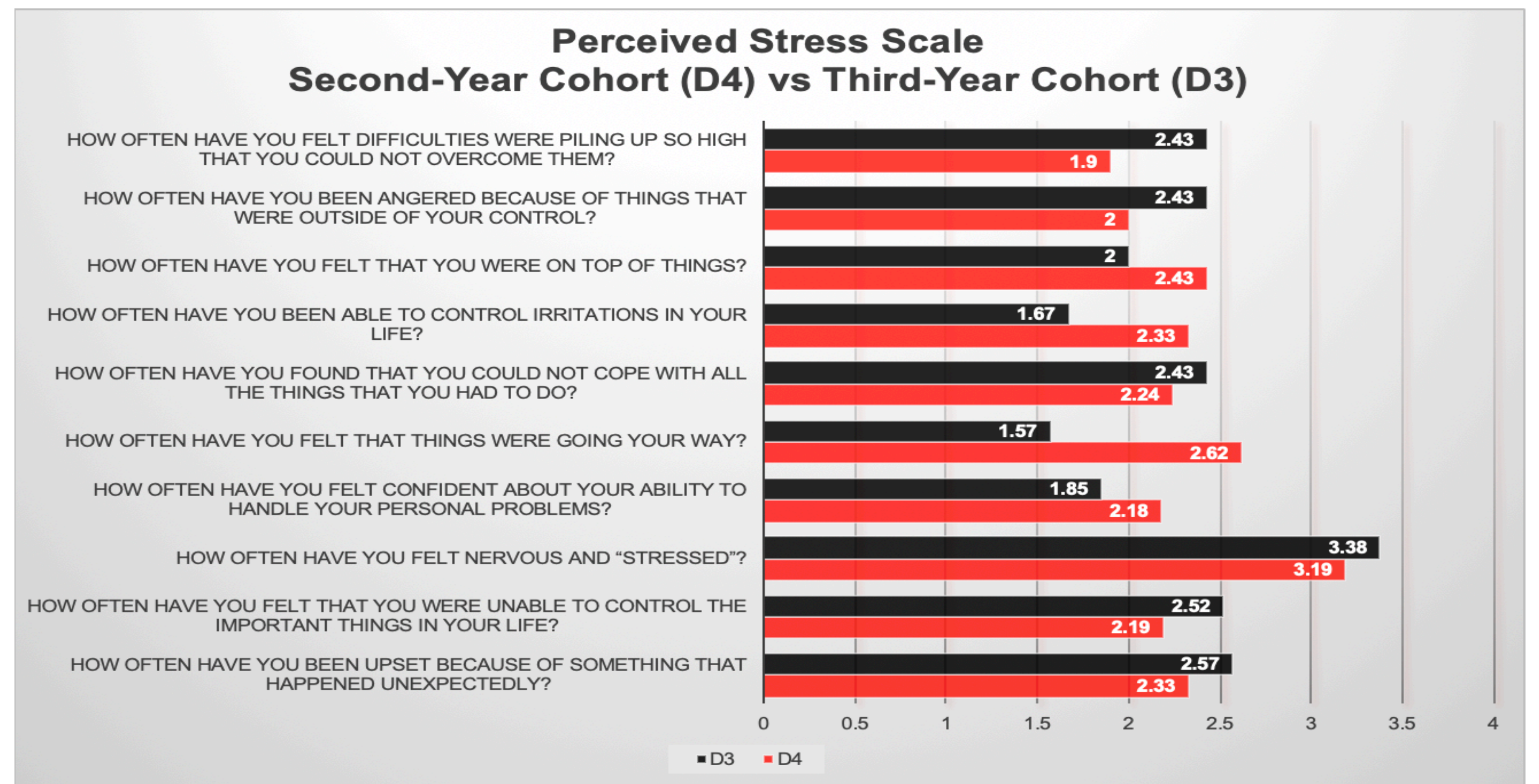
Clinical Coordinator: _____

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?



RESULTS

Question	Strongly Agree (%)	
The MMCSO was beneficial to my education.	100	“...this experience was truly incredible in providing me with confidence prior to my first day of clinical.”
The MMCSO helped to reduce my stress & anxiety towards the clinical year.	95.45	“It would be great if it could be maintained for each clinical site that we rotate through. It’s a great program”
The MMCSO increased my confidence towards the clinical year.	100	“I think the MMCSO did a fantastic job alleviating our anxieties. While sim lab is great, it’s such a difference experience than the real thing”
		“My mentor spent so much time with me reviewing everything in the OR and getting me familiar with the layout of the department. This was an incredible experience and I’m extremely grateful”
		“We will always have stress, but this helped reduce some of our stress before beginning”
		“The MMCSO was more than adequate in easing a novice SRNA into the clinical setting”



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 practicum for nurse anesthesia residents beginning their initial clinical rotation
- The implementation of the MMCSO can help to highlight expectations for RNAs 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 RNAs → **decrease overall errors and improve performance**
- Providing RNAs with peer support during times of high stress → **development of a supportive culture moving forward**

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