Abstract

Title; Designing Simulation interventions to Reduce Stress Among New Graduate Nurses in the Intensive Care Units in Saudi Arabia: A Mixed Methods Design.

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ARTICLE INFO

Keywords

Stress, nurses,

New graduate nurse, NGN, graduate

Working, less than 12 months

Intensive care units, ICU, Critical, Adult ICU, Paediatric ICU

Simulation, Saudi

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ABSTRACT

Background*;* Stress is often associated with being exposed to pressure usually in the working environment. Numerous researches were establishing in health care professional specifically among nurses the negative impact of job related stress. Among the many factors, communication and workload have been as major factors that contribute to stress. Over the years, simulation training has been used an alternative clinical experience to assess clinical competence for new graduate nurses in response to specific clinical situations. Simulation learning is envisaged to be a novel route towards reducing stress and gaining access to relevant clinical experience that may be essential to new graduate nurses.

Objective; The aim of this study was to explored stressors among new graduate registered nurses in the intensive care units (ICUs) in one hospital in Saudi Arabian and explores the use of a complex intervention of simulation based learning exercise (SBLE) to assist in reducing stress.

Methods**:** This research was designed based on mixed method design with interventions. The research involved three studies, which incorporated both quantitative and qualitative approaches, whereby a sequential exploratory design was explored. *Study 1:* 189 Saudi new graduate registered nurses were surveyed about their experiences of stress in their units using the expanded nurse stress scale (ENSS) and perceived stress scales (PSS). *Study 2:* Interviewed 5 nurse educators in one group discussion about their educational support for graduates in their units. *Study 3:* Individual interviews of 10 new graduate registered nurses of their experiences in ICUs.

Results: The results from both the approaches were then integrated using complementarity and triangulation techniques, and was designed a complex intervention which was Simulation Based Learning (SBL) but not implemented to potentially better manage these stressors. The results showed that the Saudi new graduate registered nurses were indeed exposed to a plethora of high level stressors working in such a challenging environment.

Conclusion: As consequence the SBLE has been designed based on this findings and in the future will be tested. This research has contributed new knowledge regarding to the stressors experienced by Saudi new graduate nurses working in the ICUs. This study offers important recommendations and insight for the further to the new graduate nurses to be considered.