



EISENHOWER HEALTH

One and Done?

How much exposure to experiential learning strategies is enough?

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Objectives/Purpose

- Discuss the experiences with LPNs and experiential learning
- Define deliberate practice and its benefits
- Explore methods of introducing skills to learners

Questions

- How many of you conduct simulation or skills sessions?
- How many of you repeat the skills sessions or same scenarios?
- How many of you are familiar with deliberate practice?



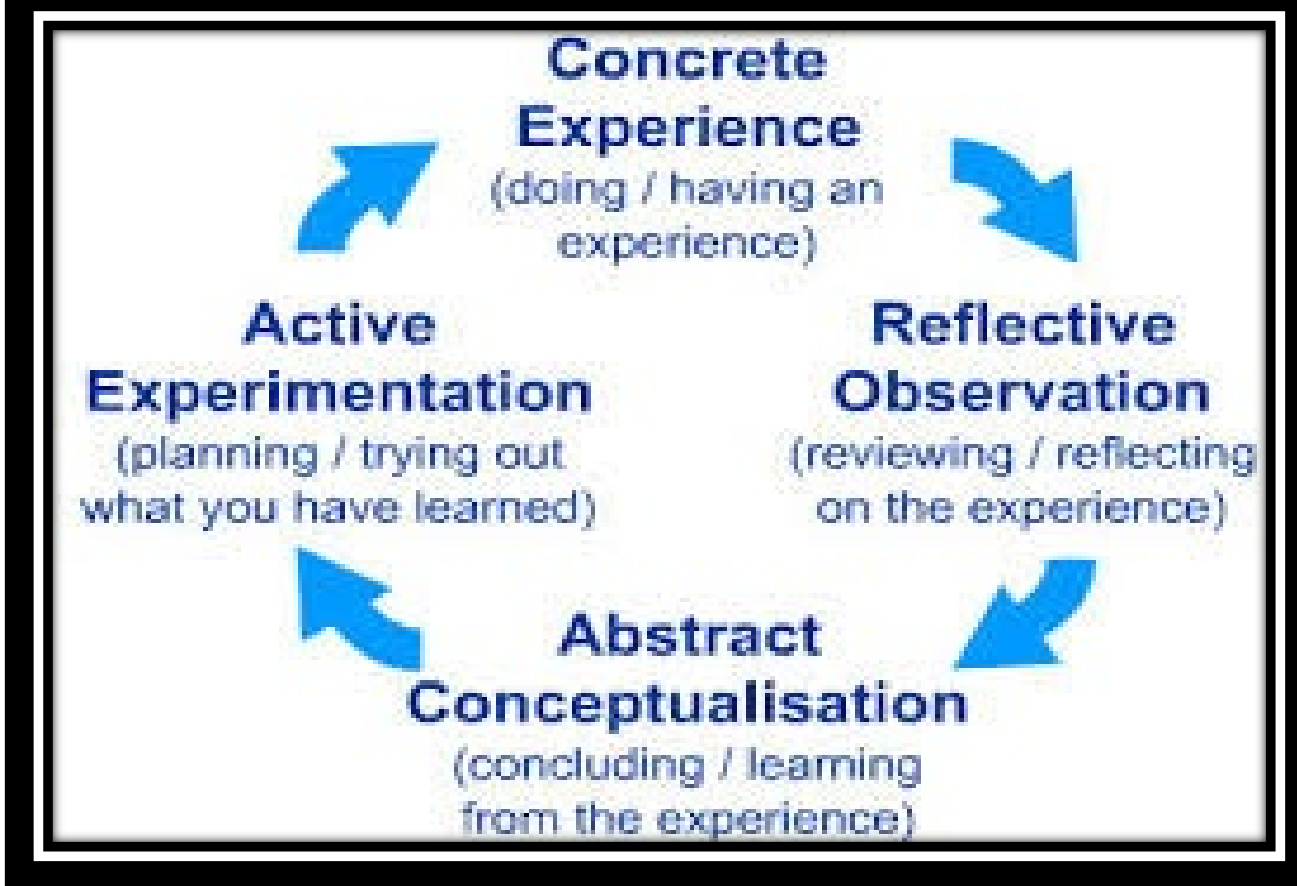
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Statement of Problem

- Decreased amount of practice-ready nurses
- Deficient proficiency in critical thinking and clinical skills
- Deficient documented use of experiential learning strategies with LPNs

Methods

- Supportive theory- Kolb's theory
- Qualitative method
- Data collection: semi-structured, open ended interview questions
- Sample- LPN graduates who had experiential learning strategies within the nursing program



Central Research Question

- Central Research Question: how did experiential learning strategies enhance their preparedness for the transition to the clinical setting upon graduation?

Results

- Experiential learning is found to be beneficial
- Repeated exposure to skill using deliberate practice method is helpful
- Instructing on skills using small steps

Conclusion

- More research is needed to determine if experiential strategies are being used to maximize outcomes
- Best method of instruction for procedural tasks is needed to be determined
- Best practice to integrate experiential learning strategies in the classroom

THE FIVE PRINCIPLES OF DELIBERATE PRACTICE



**PUSH
BEYOND**
one's comfort
zone



Work toward
well-defined,
**SPECIFIC
GOALS**



FOCUS
intently on
practice
activities



Receive and
respond to
**HIGH-QUALITY
FEEDBACK**



Develop a
**MENTAL
MODEL**
of expertise

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Deliberate Practice

- Focused attention and continued exposure
- Goal is to improve performance
- Should be observed by an expert

Special Considerations

- Experts observing should be validated
- Scheduling lab needs to be coordinated
- Feedback is essential

References

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References (Cont'd)

- Complete Reference List Available Upon Request
- Contact me: krustan@eisenhowerhealth.org

Questions?

