Samford University
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A decision tree simulation for student peer support: Coping strategies to referral options

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Problem/Background

- Stress in nursing school is universal problem
- Students need to learn better coping skills
- Coping skills also needed to carry into professional practice (Cochran, Moss, & Mealer, 2020).
- Stress can lead to patient errors, student anxiety, depression, and potential suicide (Al-Gamal, Alhosain, & Alsunaye, 2018).

Project Purpose

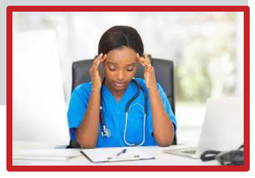
- Develop a decision tree simulation
- Students learn to provide peer support
- Talk to each other and share coping strategies
- Recognize and refer when appropriate

Theoretical Frameworks

- Roy Adaptation Model – students adapt to stress
- NLN-Jeffries Simulation Theory – using best practice for simulation for best outcomes.

Methodology

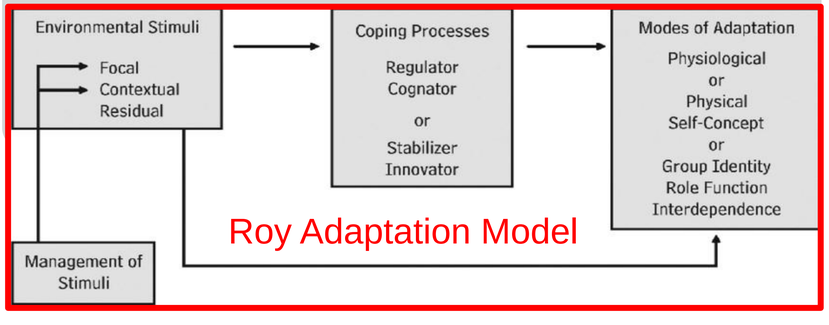
- Target population: students in mental health course
- Decision tree to determine best peer support
- Two simulations-different levels of stress
- Develop simulation materials



Implementation Process

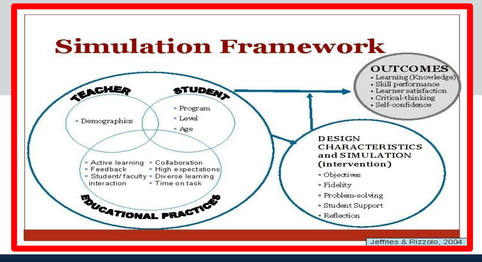
Developed the components

- Decision tree
- Two simulations
- Pre-simulation assignment
- Pre-brief orientation power point and script
- Observer form



Evaluation

- Decision tree simulation is a unique solution
- Simulation provides reflection on coping skills
- Trial the simulation to identify any technical problems with running the simulation.
- Use a validated survey instrument to assess student coping skills pre and post simulation
- Use standards of best practice for training the standardized participant (ASPE)



Implications for Practice

- Students learn to cope more effectively with stress
- These strategies carry into nursing practice
- Safer patient care and increased retention
- CDC-Mental Health Protection Plan for HCW's

Acknowledgements

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