

# THE INFLUENCE OF INTERNATIONAL SERVICE LEARNING ON THE DEVELOPMENT OF CULTURAL COMPETENCE IN UNDERGRADUATE STUDENTS



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# DISCLOSURES

- Tracey Long PhD, RN is the sole author of this work and has no conflicts of interest to disclose. No sponsorship or commercial support was given to the author for this research. Tracey is adjunct faculty at the College of Southern Nevada, Kaplan College and Chamberlain College.

- **Learner Objectives:**

1. Define cultural competence.
2. Review current strategies for teaching cultural competence to nurses and nursing students.
3. Examine the value of an ISL experience for nursing students in developing cultural competence.



# WHAT IS CULTURAL COMPETENCE?



**Cultural awareness**= a consciousness of one's personal reactions to people who are different.

**Cultural diversity**= the variety of human societies or cultures in a specific region, or in the world.

**Cultural competence**= combination of awareness, sensitivity, experience, knowledge and desire to work effectively with people of a different culture other than your own.

# BACKGROUND TO STUDY

- Providing culturally competent care to a diverse population is a necessary goal for new nursing school graduates.
- Various teaching strategies need to be compared to determine how best to prepare nursing students to work effectively with a growing diverse population.
- Empirical evidence is needed to compare effectiveness of teaching strategies for cultural competence among undergraduate nursing students.





# PROBLEM STUDIED

- The use of international service learning needs more research to measure its effectiveness as a possible strategy to teach cultural competence to associate degree nursing students.



# OBJECTIVES OF THE STUDY

- 1) Measure the cultural competence and self-efficacy level of nursing students in the pre-intervention experience phase.
- 2) Compare pre-intervention scores to the post-intervention scores.
- 3) Evaluate the effectiveness of an international service learning experience as a teaching strategy in strengthening self-efficacy towards developing cultural competence.
- 4) Identify the phenomenological themes of student nurses in an international service learning medical experience.
- 5) Compare the intervention group with a control group of ADN nursing students.

# RESEARCH QUESTIONS

- 1) How does service learning in an international country effect self-efficacy toward the development of cultural competence in undergraduate ADN nursing students?
- 2) How do ADN nursing students value a medical international service learning experience towards gaining skills in cultural competence?
- 3) How do ADN students in different semesters compare between each other in self-efficacy in developing cultural competence?
- 4) Is there a difference in self-efficacy among ADN students towards cultural competence who have had prior language or international travel experience?
- 5) How does the control group compare in self-efficacy towards cultural competence compared to the intervention group?



# METHODOLOGY

- This original **descriptive qualitative and quantitative** study used the intervention of a **two-week international immersion** medical service experience for undergraduate associate degree (ADN) nursing students to evaluate the teaching strategy of international service learning towards cultural competence.
- The study was quasi-experimental involving the **comparison of two groups**, one, which received the intervention of international service learning, and the second served as a control group, which served in a local US hospital without additional training in cultural competence.

# POPULATION SAMPLE

- 36 ADN Nursing students from CSN in LV, NV.
- Control group: 18 (in last semester of nursing school) randomly assigned to instructor. 11 completed surveys and journals. Worked 2 weeks in acute hospital clinical with RN preceptor in local LV hospital.
- Intervention group: 18 (in all semesters of nursing school). 16 completed surveys and journals. Worked 2 weeks in Belize serving in medical clinics and rural communities.







# FINDINGS

- This research concludes that a two-week medical service learning experience in Belize significantly **improved self-efficacy, self-confidence, skills** and self-awareness among ADN nursing students towards working with the Hispanic population and developing cultural competence.
- Both qualitative and quantitative results showed significant **improvement in post-survey scores** after the intervention for the control group.
- There was no statistical improvement for the control group.

















# RESEARCH SURPRISES

1. Several last semester and graduated RN's from the same program **stated they never received training** in cultural competence, although it is built into their curriculum with lecture and readings.
2. Previous travel and **foreign language training** didn't impact pre-survey results towards self-efficacy towards cultural competence.
3. The **control group** often stated in their journals that their patients had no special considerations for culture although the variety of patients seen is very diverse.

# CONCLUSIONS

- 1. The nursing profession needs to **agree on a definition** of cultural competence and how to train both students and educators.
- 2. Nurse educators need to **measure the effectiveness** of teaching strategies for required topics in their curriculum.
- 3. **Reliable and valid instruments** & rubrics need to be created to better compare and contrast teaching methodologies in nursing education.
- 4. Nurse educators and students need to be aware of **the positive impact of international service learning on self-efficacy** towards cultural competence.
- 5. **Funding resources** need to be identified to allow this opportunity for more nursing students, or to create similar experiences in their local community with diverse populations.

# IMPLICATIONS FOR EDUCATORS

- **Awareness & training is needed for nurse educators to:**
  - 1. Work towards cultural competence themselves.
  - 2. Be aware of the literature and research on this topic.
  - 3. Acknowledge international service learning as an effective training strategy.
  - 4. Promote opportunities for students to serve internationally.
  - 5. Collaborate with their communities to create clinical opportunities with more diversity.
  - 6. Collect and share resources for students seeking this learning experience.

# IMPLICATIONS FOR NURSES

- **All nurses need additional training** in cultural competence to help decrease ethnic disparities and to increase quality nursing care by effectively meeting the unique needs of our growing diverse population.
- Graduated nurses can also take advantage of international service learning experiences traveling with companies who take groups internationally to **serve in areas around the world.**





# RECOMMENDATIONS

- Repeat studies would be needed to generalize the findings to all ADN nursing students.
- Studies offering cultural competence training for nursing students within their own community should be done to determine if the international location is unique to the improvement, or the training.



# REFLECTIONS



- As a nurse educator, more can be done to improve cultural competence training during nursing school.
- Student nurses generally may not graduate as “culturally competent,” as it is a process and they will move from novice to expert; however current training is lacking in effectiveness.
- Global nursing and international service learning offers additional skills and insights that could never be taught in textbooks!

# ADDITIONAL STUDIES COMPLETED

- Repeat studies completed in Peru and Colombia.
- Statistical findings similar with different instruments.
- Recommendations for developing cultural diversity training in home city.





# PUBLICATIONS

- **Based on this research, the following articles have been published:**
- Long, T. (2012). Overview of Teaching Strategies for Cultural Competence in Nursing Students. *Journal of Cultural Diversity*, 19(3), 102-105.
- Long, T. (2014) Influence of International Service Learning on Nursing Students' Self-Efficacy Towards Cultural Competence. *Journal of Nursing Education*, Sept.
- **Poster Presentations to:**
- Traveling Nurses Conference
- ATI Nurse Educators Conference
- Elsevier Nurse Educator Conference





Thank you for your attention and  
interest in my study!

Question and Answer time!