Factors Contributing to Clinical Stress Among Baccalaureate Nursing Students: A Literature Review

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Disclosure Statement/Learner Objectives

Disclosures

Susan Beck
- Nothing to disclose
Devon Manney
- Nothing to disclose
Kristy Sands
- Nothing to disclose
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Learner Objectives

- Identify common experiences of baccalaureate nursing students related to stress in the clinical environment
- Describe areas for further research related to baccalaureate nursing students’ stress in the clinical environment
A national survey of college students revealed:
- 85.6% felt overwhelmed by all they had to do (ACHA, 2015)
- 56.9% percent felt overwhelming anxiety
- 189,729 students currently enrolled in entry-level baccalaureate nursing programs in the United States (AACN, 2012).

**Purpose**: Identify current research on perceptions of stress among baccalaureate nursing students in relation to clinical experiences.
Methods/Sample

Methods
- Keywords
- Databases
- Timeframe

Sample
- Nine articles reviewed
  - Qualitative
  - Quantitative
  - Mixed Methods
- Most studies done internationally
Common Findings

- Stress related to clinical placement
- Unpleasant feelings
- Stressors regarding faculty/nursing staff expectations
- Coping behaviors utilized
Implications for Nurse Educators

- Prepare students
- Promote self-care
- Increase faculty and adjunct faculty awareness
- Improve communication
- Collaborate with clinical site nursing staff
- Heighten awareness of student coping
- Appropriate referral
Recommendations for Future Research

- Further examination of topic in the United States
- Influence of adjunct faculty
- Impact of stress on performance
- Relationship between stress and attrition
Conclusions

- BSN students experience stress related to clinical experiences
- Little is known about the stress experienced by BSN students in the U.S.
- Stress is multi-faceted & students respond to it differently
- Faculty must demonstrate awareness of student stress and coping behaviors
References

- Available on request
Questions??