

# **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
- ▶ Authors employed by:  
Bloomsburg University of  
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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

# Background and Purpose

- ▶ 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
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# Implications for Nurse Educators

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- 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

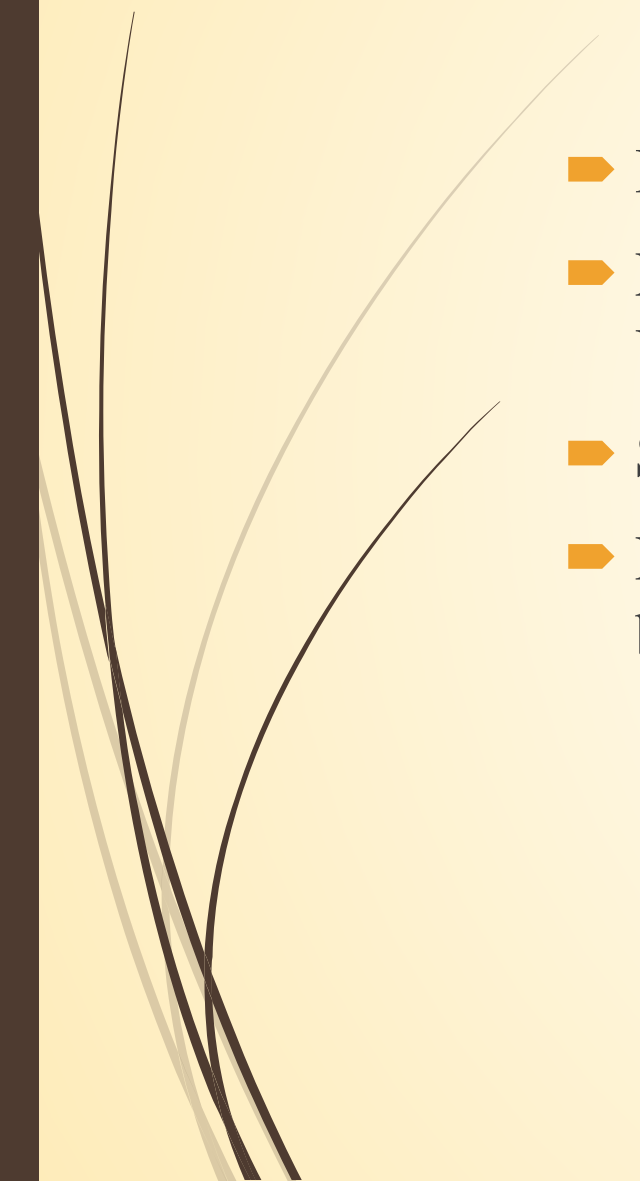
# Recommendations for Future Research

- ▶ 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
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# References

- Available on request
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→ Questions??