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Improving Patient Self-Efficacy by Incorporating Patient Teaching by Registered Nursing Students in Primary Care

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Abstract

PATTI SPARLING DNP, FNP. Improving Patient Self-efficacy by Incorporating Patient Teaching by Registered Nursing Students in Primary Care

Introduction: Primary care needs to meet the health care needs of a growing population seeking care. A shortage of primary care providers makes scheduling primary care services difficult for patients in underserved areas. Office visits attempt to provide complex care in a short period of time to accommodate more patients. Chronic disease is expensive to treat. When patients have difficulty understanding the plan of treatment, exacerbation of symptoms can occur. Some patients use urgent care and emergency room services when primary care is not available. Integrating nursing intervention into primary care to enhance available services offers an expanded team of caregivers and improves patient self-efficacy. This project utilizes registered nursing students to interact with patients by presenting educational information about chronic disease.

Methods: Patients with chronic disease seeking care in a primary care clinic participated in a pilot study to evaluate changes in self-efficacy after education about their chronic disease. Thirty-nine adult patients participated. The Self-Efficacy for Managing Chronic Disease 6-Item Scale was used. Registered nursing students participated as patient educators, developed teaching tools and presented chronic disease teaching to patients in the study. The student experience was evaluated using the Student Evaluation of Clinical Education Environment inventory.

Results: A paired t-test was used to evaluate the pre- and post-test patient results. Findings were statistically significant with $p=0.000$, showing an improvement in patient self-efficacy following the intervention. The student survey also showed a positive learning experience for the students with $p=0.000$.

Discussion: Enhanced education empowers patients. Socializing student nurses in primary care was shown to be a valuable experience. Continued evaluation and enhancement of primary care services must be done to meet the growing health care demands of our nation.

Title:

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Keywords:

Primary care, RN students and Self-efficacy

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Abstract Summary:

The incorporation of RN student interaction to educate patients proved to be a fulfilling experience for students and valuable to patients in the primary care setting. Improving patient self-efficacy helps improve outcomes and provides a valuable learning experience for students.

Content Outline:

Introduction:

A: Innovative ways to improve primary care improves patient outcomes and can lead to decreased use of ER and hospital services.

a) Primary care clinic combined efforts of university nursing program to provide patient teaching.

b) Care was coordinated and supervised by the NP, focused educational information was written and presented to patients by RN students

B: Incorporating a primary care clinical experience gives RN students an opportunity for patient teaching, care coordination and development of critical thinking skills.

Body:

A: Primary care shortage decreases the availability of services to the population

B: RNs who work to the full extent of their license can make a positive impact on patient care in the primary care setting.

a) Expanding services in primary care helps provide a patient safety net.

b) RNs can create an individualized care plan for patients, coordinate services and provide patient specific education and support.

c) Improved communication improves care management, decreasing errors and improving patient understanding

C: Socializing RN students into primary care by way of clinical experience and patient teaching helps with patient teaching, collaboration skills, critical thinking skills and care coordination.

a) Students learn collaboration skills

b) Primary care focus on health maintenance

c) Experience direct patient teaching experiences

Conclusion:

A: Students found the experience interesting and fulfilling

B: Statistically significant improvement of patient self-efficacy was found following the teaching presentation

C: Developing the RN role in primary care can improve patient outcomes.

D: Primary care experiences should be incorporated into RN education programs

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Professional Experience: I have practiced in primary care for 13 years. I have served as a preceptor for FNP and RN students over the past 9 years and have been a clinical instructor for RN programs over 5 years. My experience ranges from SICU, home care, wound care and primary care.

Author Summary: Earned MSN-FNP from Western Carolina University (WCU) in 2004 and DNP from WCU in 2017. Currently setting up a Nurse Practitioner managed clinic in rural western North Carolina. The practice model uses the nursing process as a guide to build relationship with patients to promote patient and family empowerment in self-care involvement.