Expanding Undergraduate Nursing Students’ Knowledge of their Self-Care

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RESEARCH QUESTION

Would attending a one-day workshop help McMaster undergraduate nursing students expand their knowledge of how well they take care of themselves in body, mind, and spirit?
McMaster University’s undergraduate nursing student handbook (p.4) for 2010-2011 states:

“We believe that before nurses can engage in a professional caring relationship with a client, they must learn to value and care for themselves.”

When nurses do not value and take care of themselves, there is a ripple effect, impacting the health and well-being of their patients.

When nurses suffer, patients suffer as well.
Bevis & Watson: Transformative Thinking


They state there are rich ways of knowing, beyond the rational and prevalent thought and deductive reasoning of academia. Rich ways of knowing involve intuition, insight, imagination, and creative problem solving, which form the foundation of transformative thinking.

Bevis and Watson (1989, 2000), transformative thinking has value because it fosters inner resources that are essential components to effective teaching and learning, as well as to health-illness outcomes.
The self care needs of nursing students runs deeper than what our current curriculum is meeting.
RESEARCH METHODOLOGY

- An experimental design with a treatment and wait list control group will be conducted to investigate McMaster undergraduate nursing students’ awareness of their current self-care patterns and beliefs.

- A convenience sample will be utilized consisting of first through to fourth year undergraduate nursing students attending McMaster University, Mohawk or Conestoga Colleges (All Sites, All Streams).

- Researchers will recruit a maximum of 80 students (40 per group), which will occur through the use of University email and Learn link.
The collected sample of 80 students will be randomly assigned to the treatment or wait list conditions.

Participants will be required to sign a consent form indicating their willingness to participate in the study as well as confirmation of the awareness of the potential risks and benefits of participation.

A Pre-Test measure will be administered to both the treatment and wait-list conditions.
The treatment condition group will attend a one day workshop facilitated by Viola Fodor, author and registered psychotherapist that will explore and discuss self-care.

Participants in the treatment condition will then complete a post-test survey.

The wait-list condition will then have the pre-test re-administered to them. They will then participate in the workshop facilitated by Viola Fodor and complete the post-test survey as a final measure.

<table>
<thead>
<tr>
<th>Group</th>
<th>Time 1</th>
<th>Time 2</th>
<th>Time 3</th>
<th>Time 4</th>
<th>Time 5</th>
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</thead>
<tbody>
<tr>
<td>Training</td>
<td>Pre-Training Survey (1)</td>
<td>Training Session</td>
<td>Post-Training Survey (1)</td>
<td>Wait Period (2-3 Weeks)</td>
<td>Post-Training Survey (2)</td>
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<tr>
<td>Control</td>
<td>Pre-Training Survey (1)</td>
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<td>Post-Training Survey (1)</td>
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</tbody>
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Tuesday, September 14, 2010
NERU

UNEC - Meeting September 27th

SRC (REB) - Submission September 13th
THANK YOU!