

lived experience of fresh registered nurse during their transformation from student nurse to professional nurse.

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ABSTRACT

Introduction: Nurses are the person to fulfill the nursing desire of the individual patient . Every nurse have faced a transformation from a student nurse to professional staff nurse . The newly graduate nurse experience role conflict and stress as they start doing practice in work setting of high intricacy ,lack of nurses .Nursing practice is an origin of frustration for many new nurses linked that the pressure of time management , recognized less durability of patient care , and the adjustment between the valued of nursing education and of an certain working atmosphere resulted in an sudden adjustment to the professional role of the nurse and this adjustment look to built dissatisfaction and a feel of disagree for registered nurses.

Objective:To find out the lived experience of fresh registered nurse on their first job experience in hospitals .

Methods:The data was searched on three electronic database PUBMED , EBSCO, google scholars in order to investigate the availability of reviews .

ResultsThe available literature clarify to get 4 qualitative studies and 1 descriptive study, which states that new nurses faces difficulties in starting of the employment .

Conclusion: To diminish the stress and difficulties of the nurses it is recommended to employ the orientation ,also the training should be given prior to the first day of the employment on certain disease ,surgeries drugs and its effects .And the capability of the nurses should also be evaluated .

KEYWORDS:

Fresh staff nurses, job experience, hospital

1Title:- lived experience of fresh registered nurse during their transformation from student nurse to professional nurse.

INTRODUCTION

Newly graduate nurse experience many threats in transformation from student nurse to the professional nurse . The studies have evaluated that it's a very horrible and stressful period for nurses at the beginning of the job . Studies been conducted on fresh registered nurses says that the newly graduate nurses experience stress ,anxiety and disappointment at the starting 9-12 months of the recruitment which is due to lack of knowledge ,heavy workload ,difficulty in time management and in decision making .

1.1.2NEED FOR THE STUDY

The changeover of graduate nurse from an educational program into the professional practice setting has been as long standing issue and is generally identifies as a stage of stress , role adjustment , and reality shock . Nursing evolution from student to new graduate nurse face objections with the learning unexpected task and responsibilities. At the same time, they try to become familiar with organizational policies and develop new clinical skills .This process can be destructive because of limited clinical exposure in nursing school . Therefore in order to know the logic for difficulties of the nurses it is very important to explore the lived experience of nurses in clinical practice .

1.1.3 AIM

The aim of the review is to describe the lived experience of fresh registered nurse .

1.3 OBJECTIVE

- To explore the lived experience of fresh registered nurse during their transformation from student nurse to professional nurse.

2. METHODOLOGY :

2.1 SEARCH STRATEGY METHODS:

The data was searched on three electronic database PUBMED , EBSCO, Google scholars in order to investigate the availability of reviews from the year 2010-2018. The search was restricted to only English accent .

2.2 SEARCH STRATEGY : the lived experience of fresh registered nurse “Experience”[MeSH Terms] OR Experience [text word]+”first job”[MeSH Terms] OR first job [text term] +“challenges” [MeSH Terms] OR challenges [text term]

2.3 TYPES OF STUDIES: qualitative studies, descriptive study

2.4 TYPES OF PARTICIPANTS: fresh registered nurses

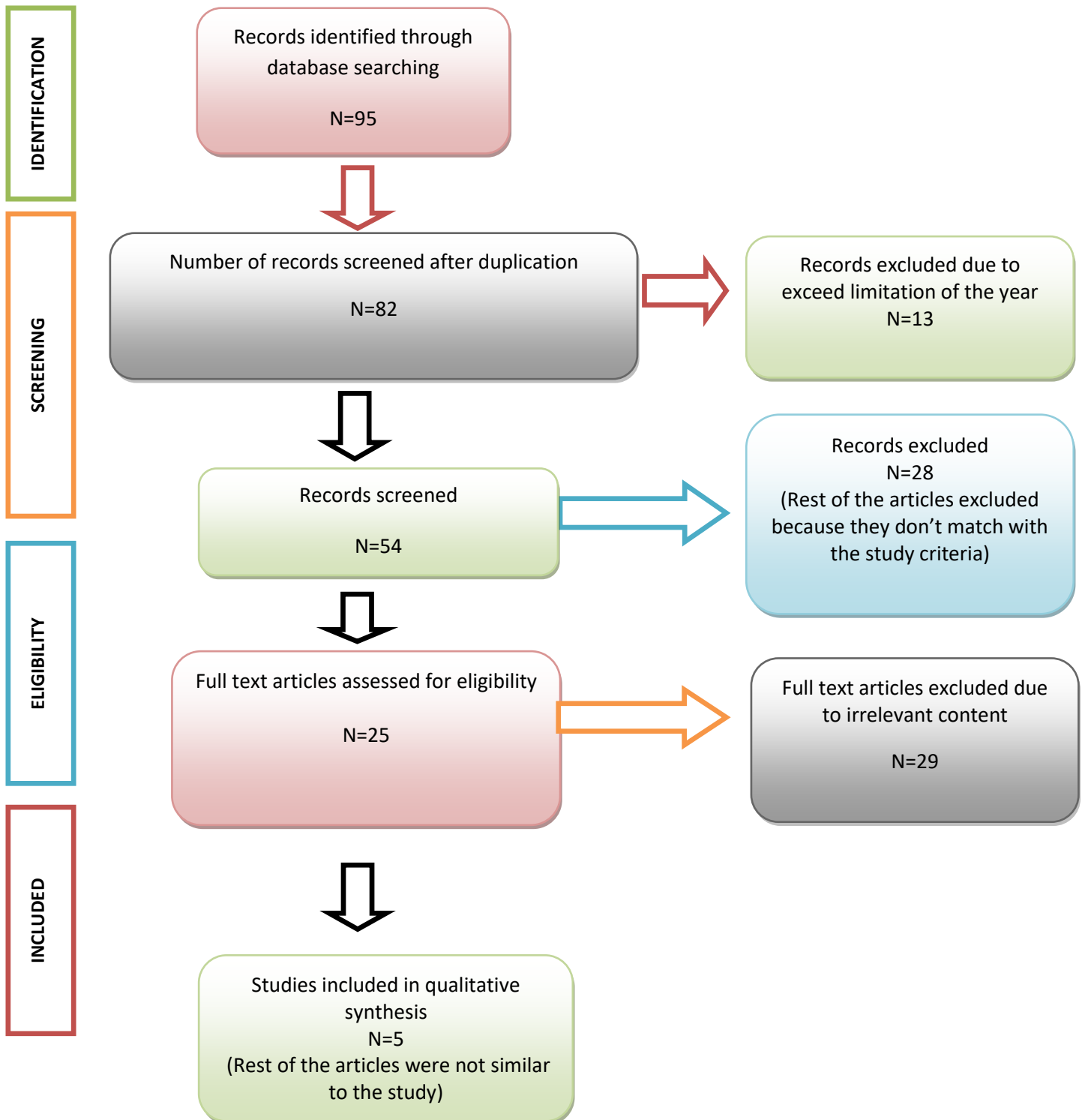
2.5 SETTINGS: Hospitals

OUTCOME: Its been reviewed that the new transition period of professional nurses are very challenging and stressful because of the low confidence and less clinical knowledge.

3. RESULT

3.1 PRISMA FLOW CHART

PRISMA FLOWCHART



3.2 DATA EXTRACTION TABLE								
SL NO. & AUTHOR	SOURCE & TITLE	COUNTRY	VARIABLES	INSTRUMENTS	SAMPLE & SAMPLING TECHNIQUE	DESIGN	FINDINGS	CONCLUSION
1. Be tul S, Aytolan Y(2015)	Difficulties experience by newly – graduated nurses in Turkey	Turkey	Experience ,graduate nurse	semi structure d indept-interview	15 nurses Perposeful samplying technique	Qualitative research design	The findings of the study shows that the difficulties and stress experienced within the starting months of their employment were communication difficulties ,lack of knowledge ,mostly starting IV in terms of clinical skills ,accompanied bt the effects of high patient/nurse ratio on their job satisfaction and communication within team	In order to diminish these experience difficulties ,it may be suggested to employ unit – specific orientation adapted to the needs of newly – graduated nurse
2.LouamnB. Deborah S (2009)	Exploration of the lived experience of graduate nurse making the transition to registered nurse during the first year of practice	Tanzania	Lived experience , registered nurse , graduate nurse	Open ended interview	9 nurses with Purposive sampling technique	Qualitative phenomenological research	The study reveals that they had a supportive work environment and due to the good nurse to nurse relationship made them feel more confident and comfortable . all the participants	Seeing the present shortage of nurses and need for the economic responsibility ,it is necessary for the health care organizations to make the objectives

							accepted that they were able to carry out their new role happily .the orientation programme for them was very profitable .	to develop retention of fresh nurses are as vital as enrollment initiatives . institution that determine a commitment to nursing and give them opportunities and resources to train and get around fresh nurses for the promotion of professional improvement ,acknowledgement and self – determination of all the staff are fair to attain employment and retention goals .
3.Diana H, Elaine G (2015)	Graduate nurse perception of the work experience	Chicago	Graduate nurse ,work experience	Open ended question are	82 participants with Cohort sampling technique	Qualitative phenomenological research	The research findings says that the turnover of new nurses ranges from 35-60% within the first year of employment .The study	Due to the less clinical experience the nurses face more stress and have less interaction which the physicians

							revealed that newly graduate nurse took 10 months to feel comfortable and fearless in practicing in the acute care site and the most crucial role adjustment duration was from starting to 5 months .	and receiving larger number of poor feedback it is ver important to understand the professional development opportunities .
4. Cheryl bowles,lori candela (2005)	First job experience of recent registered nurse	Nevada	Experience ,registered nurse	Likert scale	352 participants with purposive sampling technique	Descriptive survey design	The finding of the says that majority of the new graduate nurses accepted that working environment was very stressfull and was not helpful to give proper patient care . Many new nurses did not felt a supportive environment from the administration and the most common reason for nurses was associated with improper nurse patient ration along with being given more burden .	The new graduate nurse shows a rate of very stressful and challenging period .The larger number of registered nurse face dissatisfaction with working environment which requires a greater need of continuous orientation and counseling to focus on the new learning of new nurses ,Furtherly the need to increase the good

								working environment for the nurses .
5.Shrestha.S,Joshi S (2014)	Lived experience of the staff nurses during first six months of their employment	Nepal	Lived experience ,staff nurses	In-depth interview	6 nurses with purposive sampling technique	Phenominological qualitative study	The finding of the study says that the first 3 months of employment are very stressfull which was due to the lack of experience ,and inability to deal with the difficult situation .	The starting of the new graduate nurse is really stressful to them because of the imperfection feeling and lack of confidence , anxiety of making mistakes ,less competency, More responsibility and heavy workload were also changeover ,hense the new nurses need a proper orientation program, as well as the opportunities for the professional improvement ,also the warm welcoming behavior in seniors ,for making easy in new nurses role

								and this will result in increase in patient care .
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3.3 OUTCOME:

The outcome of the narrative review shows the first job experience of fresh registered nurse which reveals that the nurses faces higher challenges and difficulties in clinical practice as they have less knowledge and confidence .

3.4 SUMMARY OF FINDINGS:

- Available literature review was refined with 4 qualitative studies and 1 descriptive study .
- 4 out of 5 articles shows that initial experience of the job was challenging and stressful for the new nurses due to the lack of knowledge and clinical skills .

4.2 FUTURE SIGNIFICANCE

In order to reduce the stress and difficulties among the new nurses associated with the lack of knowledge and confidence it is very necessary to provide orientation programme ,in-service education and counseling to target the new learning in order to improve the good nursing care .

4.3 LIMITATIONS:

- Database search was limited.
- Electronic data bases were limited
- Limited to only first job experience of fresh registered nurse .

4.4 STRENGTH AND WEAKNESS:

STRENGTH

- Article search was carried out on a significant problem
- Review could find out first job experience of fresh registered nurse .

WEAKNESS:

- Only 5 articles were included for data synthesis due to limitations.
- Meta-analysis was not done, only qualitative synthesis done for this review.
- Articles mainly focus on only first job experience of fresh registered nurse .

4.5 CONCLUSION

It has been predicted through distinct studies that nurses usually face challenges and stress at the starting of their first job because of less knowledge and skills . Hence , the hospital administration are advised to arrange regulated registered nurse training programme and continue to establish their professional development and undertake the orientation programme .

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