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Are nursing graduates ready to work autonomously in a variety of health care settings? An Australia study

Karen Missen¹, Lisa McKenna² and Alison Beauchamp³

¹Federation University, Australia

²Monash University, Australia

³Deakin University, Australia

The complexity of care for critically ill patients has increased significantly over the last decade with technological advances and the development of new drugs and surgical techniques requiring nursing graduates to be competent in advanced assessment and clinical skills within the general clinical setting. Evidence from the literature suggests that undergraduate nursing programs do not adequately prepare graduates to be clinically competent and that the transition from nursing student to graduate continues to be stressful and problematic. Registered nurses, midwives and enrolled nurses from Victoria, Australia were invited to participate in an online survey on the clinical competence of new registered nursing graduates. This paper reports on findings from this survey which rated new nursing graduates' abilities in the following areas; Routine physical assessments, clinical skills, medication administration, emergency procedures, communication skills, preparedness for nursing practice and coping with the work environment. Demographic data has also been analyzed to see if factors such as clinical role, geographical location and age group and workplace settings influence these expectations. Findings from this PhD research will provide evidence to support education providers and health care organizations in developing clinical education models that provide quality learning experiences for graduates to ensure they are clinically competent with the ultimate aim of improving the quality of patient care.

karen.missen@federation.edu.au

Physiological effect of forest therapy

Lira Septarina

Prefectural University of Hiroshima, Japan

Background: With an increasing interest in the health benefits of forest-oriented stimulations, considerable attention has been paid to forest therapy in many developed countries. The natural environment such as that of a forest is often considered to be an important factor in health promotion model.

Purpose: The purpose of this study is to examine the Physiological effects of Shinrin-yoku (forest therapy). We conducted physiological experiments in actual forest, to elucidate the physiological effects on individual's exposure to the total environment of forest or to certain elements of environment such as feeling the windy of the valley, resting in hammock, etc.

Method: The subject of this study is fifteen (two males, thirteen females, Age 47.8±4.06) who have a high stress levels in field work. Changes in cerebral activity monitoring by NIRS were measured to understand physiological reactivity.

Result: After walking in the forest brain activation were an increase in [HbO₂] and a decrease in [HbR] compared to before forest walking.

Conclusion: Experience of forest therapy may promote the physiological conditions; in addition forest therapy may be effective for reducing negative psychological symptoms. The results support the concept that forest bathing has positive effects on physical and mental health, indicating that it can be effective for health promotion.

liraliraa@yahoo.com