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The clinical learning experience of nursing students in Taiwan

Hui Man Huang

Taipei Medical University, Taiwan

Nursing is a demanding profession with prolonged levels of stress. Clinical learning is challenging for junior college of nursing students. The learning process of nursing students in the clinical area is essential to ensure that maximum benefits are gained from this aspect of nursing education. This study was to use descriptive research to explore the experience of nursing students in internship in Taiwan. This study was a qualitative descriptive study. A purposive sampling was used to collect the experience of participant and a sample of 15 nursing students (including 12 female and 3 male students) at a nursing junior college in the northeastern Taiwan. Data were analyzed by content analysis method by Waltz, Strickland and Lenz (2010). Based on participant's practical experiences in the clinical setting, analysis of interview showed 4 main themes: The first theme was unable to control clinical practical stress, including feel discouraged and helpless in clinical practice, professional knowledge is not enough, bear the stress from people, works and environment and want to give up internship. The second theme was use resources and gets the balance of life, including strengthens themselves before internship, looking for the solutions actively, establish a law of coexistence with others and seeking a way to release stress. The third theme was actively engage in internship life including encourage themselves into clinical practice, adjust the gap between reality and expectation, think of the difficulties as a matter of course and convert negative emotions into supportive power. The fourth theme was clinical experience was the cornerstone of nursing career, including insist on nursing care, accumulate clinical practical experience and enhance self-confidence. Negative experiences in the clinical setting often hindered learning and had a greater impact on students' attitudes and confidence in the future.

hhuiman@smc.edu.tw