

Simulation based refresher course for new starters in Critical care unit

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Introduction

International, experienced, and novice critical care nurses receive six weeks of induction. Lack of critical care experience makes it difficult for staff to comprehend the complex concepts of critical care during this period.

It was also observed that the new nurses did not acquire a suitable foundation to adjust to the demands and pressures of a widely infectious and dangerous newly discovered infectious disease because of the shortened induction process.

To address this issue a simulation based refresher study was added to provide a safe and controlled environment for nurses to practise and enhance their clinical skills.

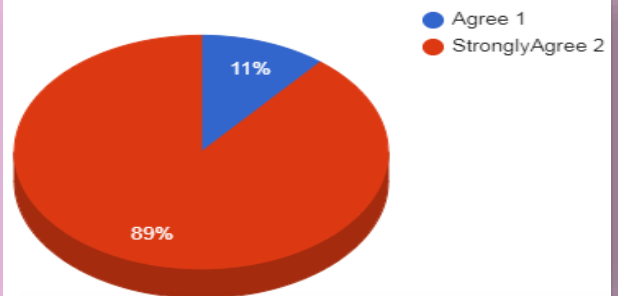
Method

- Staff members attend lectures and simulations on a variety of complex respiratory and cardiovascular emergencies.
- One day refresher course is delivered as a SBL post three months of clinical experience.
- Complex ICU scenarios covering various medical and surgical cases are delivered as SBL to 8-10 participants.
- Two instructors and, if available, an airway trained doctor or an Advanced Critical Care Practitioner will coordinate the simulation.
- The refresher day was attended by 130 new nurses, who indicated enhanced understanding and confidence in dealing with challenging issues..

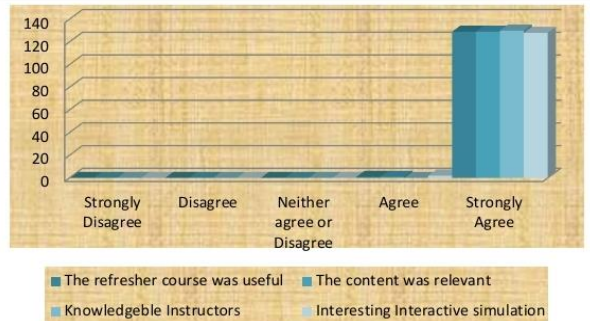


Results

Feedback on Overall Satisfaction



Feedback on the course



The course was very informative and it elevated my confidence to attend emergency scenarios in Critical care-Student 2023.

" Strengthened my problem solving and decision making skills "

" Received feedback and guidance from experienced educators "

Discussion

The addition of simulation-based refresher day was noted to improve nurses' knowledge, abilities, and confidence in dealing with complex patients and emergency scenarios. Staff provided positive feedback on how the hands-on learning experience improved their critical thinking, decision-making, and clinical skills. This prompted the team to include the SBL for all new arrivals in the ICU three months later.

Conclusion

Continuous professional growth in critical care can be achieved through simulation-based refresher courses. Refresher course improves clinical knowledge and skills, allowing them to provide high-quality patient care.

Key Messages

- Simulation based learning(SBL) can improve theoretical-practical integration, reflection and feedback (Stenseth et al,2022).
- Critical care scenario simulations can reduce stress in staff (Chang et al, 2022).
- Staff engage in hands-on activities that replicate actual clinical experiences.
- Enhance team work and communication skills in a supportive setting.

References

- Chang, Y.-L., Hsieh, M.-J., Feng, T.-H., Shang, S.-T. and Tsai, Y.-F. (2022). Effectiveness of multiple scenario simulations of acute and critical care for undergraduate nursing students: A quasi-experimental design. *Nurse Education Today*, 118, p.105526. doi:https://doi.org/10.1016/j.nedt.2022.105526
- Stenseth, H.V., Steindal, S.A., Solberg, M.T., Ølnes, M.A., Mohallem, A., Sørensen, A.L., Strandell-Laine, C., Olaussen, C., Aure, C.F., Riegel, F., Pedersen, I., Zlamal, J., Martini, J.G., Bresolin, P., Linnerud, S.C.W. and Nes, A.A.G. (2022). Simulation-Based Learning Supported by Technology to Enhance Critical Thinking in Nursing Students: Protocol for a Scoping Review. *JMIR Research Protocols*, 11(4), p.e36725. doi:https://doi.org/10.2196/36725.