

Saúde-QV

The health and well-being of nursing students in clinical practice context. What limits and what it promotes?

Clique aqui para introduzir texto.

Gabriela Calado

⁽¹⁾ Universidade de Évora - Escola Superior de Enfermagem S. João de Deus - mcalado@uevora.pt

ABSTRACT

Introduction: The training of nursing students in the clinical practice, is characterized by educational experiences, subject to various emotional stress (stress, ambivalence, frustration, conflict), sometimes making it very vulnerable student. However not all . Objectives: To analyze the perception that nursing students have about the determinants of their health status and well-being in clinical practice
Methods: Exploratory research of qualitative approach, to the 20 nursing students, the 2nd, 3rd and 4th year of the degree course in the clinical practice. Research data were collected through semi-structured interviews. Analysis was performed using the program Nvivo 10

Results: we found the complexity of the teaching / learning process in clinical practice, identified determinants that limit and / or promote health and well-being of students, or not contributing to their motivation, self-confidence and learning. All students value the presence of the following dimensions: affective-emotional; relational dynamics ; teaching and learning methods ; school curriculum ; socialization to the nurse profession .

Conclusions: The results enhance that although all students evidencing the dimensions described as fundamental to learning in clinical practice, the study results are dichotomous and ambivalent. Students 2nd and 3rd years refer a low perception in clinical practice, the indicated dimensions, and for these source of concern and uncertainty in learning, such as limiting their health condition and well-being. For students of the 4th year, these dimensions are perceived as gifts, and sources of motivation, learning and catalysts such as promoting their health and well-being. .

Keywords – Nursing student; clinical practice; health and well

Supplementary Information to Provide:

Full name of the author who presents and will maintain contact with the organization:

Maria Gabriela do Nascimento Martins Cavaco Calado

Author Email for future contact: mcalado@uevora.pt