Fundamentals of Care: The conceptual "Fundamentals of Care" framework as a reflective tool to improve nursing students' communicative and relational competencies

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INTRODUCTION:

- A collaboration between The School of Nursing, University College of Northern Denmark, and the Clinical Research Unit at Aalborg University Hospital, Denmark, ensures that the Fundamentals of Care framework (1) is adapted as a reflective tool (Figure 1).
- A meta-synthesis (2) shows that nursing students experience fear, anxiety, and stress and are left vulnerable with a feeling of inadequacy and incompetence in engaging with patients.
- Our study is relevant because students encounter with patients is an essential and unavoidable phenomenon for nursing students in the clinical term of their nursing education.

METHODS:

- Development of a reflective tool using Kolb’s (3) structural foundations of the learning process (Figure 3) and the core of the “Fundamentals of Care” framework: “The established relationship” (Figure 2).
- The reflective tool is used in a two-day workshop to support nursing students’ critical reflection on a patient encounter.

CONCLUSION:

- It is anticipated that students’ ability to establish relations with patients will improve.

Abstract Conceptualization

- What do I know?
- Which theories and evidence are relevant?
- What do I need to seek evidence about?
- What did I learn?

Reflective Observation

- How did you ask the patient about: What did you ask the patient about: What he thought was wrong with him and where he thought he was? As you yourself how you were nice to the patient, keep the patient safe and helped the patient heal?
- How did you feel about the concrete experience?