Danish University Colleges

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 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.

PURPOSE:

- To develop a reflective tool supporting nursing students’ communicative and relational skills and competencies during the patient care encounter.
- To ensure a close correlation between the theoretical and clinical part of the 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.

CONTEXT OF CARE

- Physical
- Safety
- Hygiene
- Nutrition
- Pain
- Comfort
- Mobility
- Dignity
- Informed
- Comfortable
- Hydrated
- Fed
- Dressed
- Clean
- Safe
- Relaxed
- Hygienic
- Energetic
- Calm
- Comfort

RELATIONSHIP ESTABLISHED

- Conceptualization
- Abstract
- Concrete
- Reflective

BELIEVE

- Know
- Trust
- Evaluate
- Focus
- Anticipate
- Relationship Established

KNOW

- What can I do for myself?
- What can I do for others?
- What can I learn from this experience?
- What did I learn?
- What do I know?
- What was the concrete experience?
- Who was involved in the concrete experience?
- How did you feel about the concrete experience during the patient care encounter?

EVALUATE

- Description of the concrete experience
- Change in the patient’s state
- Who benefited from the experience?

FOCUS

- Anticipate: How can I do something different?
- Evaluate: What do I need to seek evidence about?
- Know: What do I need to seek evidence about?
- Trust: What did I learn?
- Anticipate: How do I inform or involve the patient?