

Enhancing Nurse Practitioner Residency Training with Simulation-Based Learning Experiences



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Background

Nurse practitioners (NPs) often manage patients with complex medical and psychosocial needs. Complex cases can contribute to imposter syndrome and burnout, especially in early practice.









Purpose

Community Health Center, Inc.'s NP Residency (CHCI NPR) developed a series of educational simulations based on commonly occurring, complicated patient scenarios. These simulations were designed to be standardized, to meet specific educational goals, and involved a post-simulation debrief with faculty.

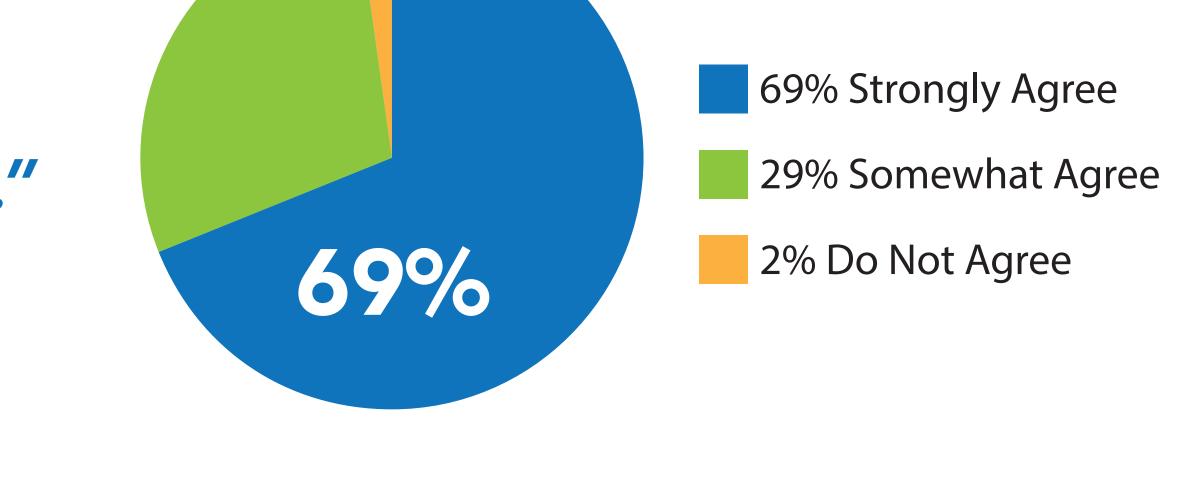
Methods

- Participants: family, adult-gerontology, pediatric, and psychiatric-mental health NP residents (28 total residents over 2 residency cohorts)
- Simulation topics included Adult ED Discharge Follow-up, Adolescent Suicidality, and "Care for the Difficult Patient"
- Simulation was conducted primarily in the telehealth setting, one simulation being in-person ("Care for the Difficult Patient")
- 1-2 participants served as provider, and 1-2 participants as observers/recorders for each simulation
- The same standardized patient was utilized across groups for each simulation
- A validated post-survey form (SET-M) was given to participants following their simulation to gauge the effectiveness of the simulation as a teaching tool
- Qualitative reflective statements regarding the simulation experience were collected from de-identified weekly written resident journals

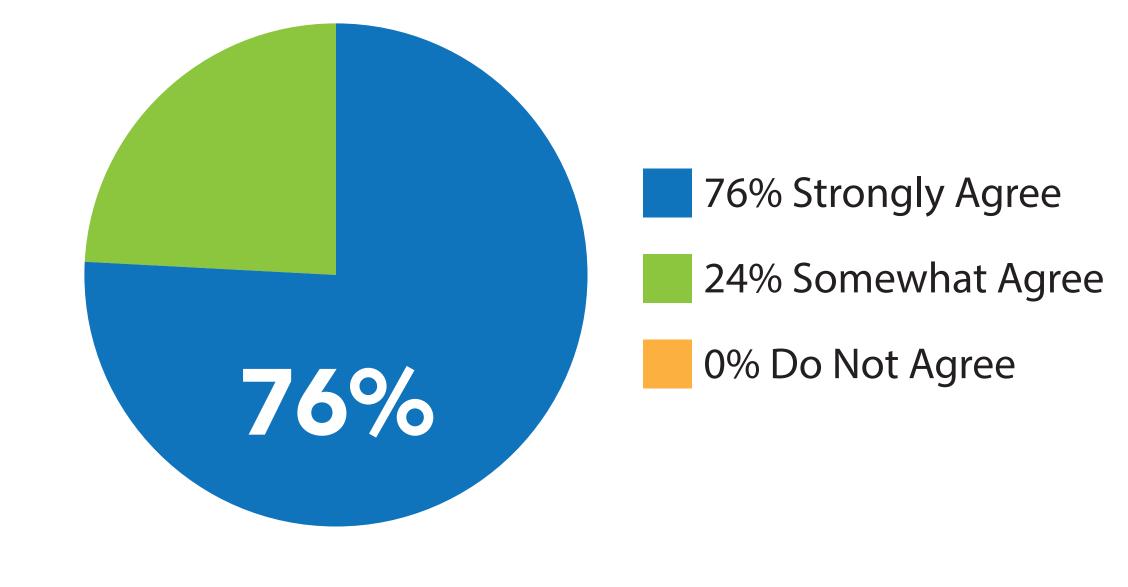
Findings

Qualitative data collected from resident journals and 41 SET-M surveys demonstrated overall benefit of this program, and residents reported enhanced confidence in handling complicated patient scenarios.

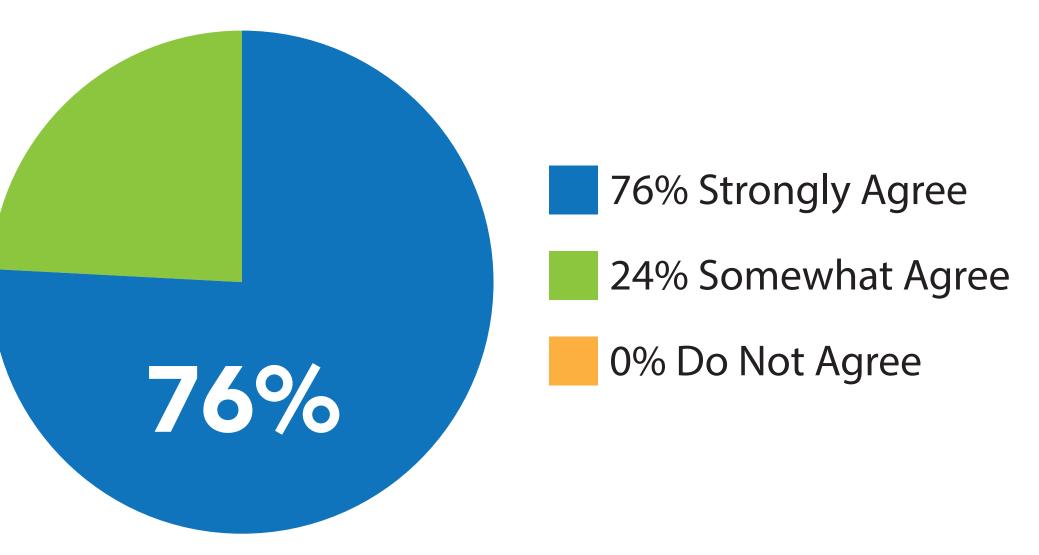
"I am more confident of my assessment skills."



"I am more confident in communicating with my patients."



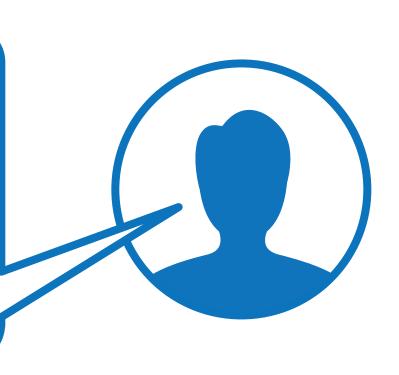
"I am more confident in my ability to prioritize care and interventions."

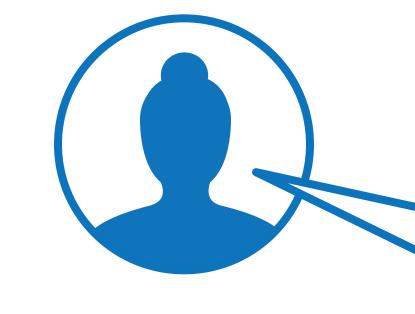




"It was very helpful! I'd recommend including more sim in the residency."

"This was a great learning experience and I was glad I had more practice with suicidal patient interaction because I have [not] had this yet in my precepted clinics."





"I am so grateful for the topic that we covered—definitely a clinical weakness of mine and I appreciate all opportunities to learn how to provide the best care in these situations."

CHCI NPR Educational Simulation Process



Impact

Simulation-based education is an effective tool in clinical training, enabling residents to have a standardized clinical experience. Simulation provides a non-clinical space in which to practice assessment and communication skills, which proved to be valuable during the implementation of this curriculum. Since a primary tenet of simulation-based education is its standardization, CHCI NPR will be able to use these simulation experiences to train future cohorts of nurse practitioners.

Acknowledgements

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For More Information

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