

“The Wheel in the Lab”



Implementing Innovative Strategies for Learning in Undergraduate Nursing Classes

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Purpose: To introduce SOS skills in a way that puts the selection of the skill in the student's hands.

Background

Simulation is a commonly used active learning strategy in healthcare education. Simulation is used in the classroom or lab to help students effectively prepare for clinical settings. It has been reported that students' performance can be improved with simulation use in the classroom (Nielson & Harder, 2013); however, new and innovative simulation approaches, such as the Skills Observation Simulations (SOS) using the “Wheel of Skills” discussed here, can help ensure student success by reducing anxiety and improving skills performance.

Goal

The purpose of Skills Observation Simulations (SOS) with the “Wheel of Skills” was to implement a strategy for self-selection of skills to be video recorded, and to reduce student anxiety by making it a less stressful activity.

Self- Selection of Skill



Evaluation

The Skills Observation Simulations (SOS) are graded as a part of the student's overall lab grade. Students are graded on their professionalism, preparedness, ability to correctly perform the skill in a timely manner and documentation.

Implementation

- Collaborated with the Faculty Coordinator of second semester Advanced Foundations lab class.
- Introduced the skills to be observed to the students, the selection process “Wheel of Skills”, and the grading rubric at the beginning of the semester.
- Same Simulation Coordinator performed all SOS to maintain consistency.
- Same faculty member graded all SOS to maintain consistency.

Tracheostomy Care



Method

- **In Spring, 2018**, a spinning wheel was introduced to students as a new approach to allow students a random choice of skills, and to help reduce anxiety.
- **There are 18** skills on the wheel at any time, which include:
 - IV Management
 - IV Direct Route & Secondary Administration
 - Blood Administration
 - NG Tube Management
 - Tracheostomy Care and Management
 - Chest Tube Management
 - SBAR procedure
- **Students:** Enter the room alone, spin the wheel to identify the skill to be performed, and prepare to perform the skill.
- **Simulation Coordinator:** Cheers the student on, as if on a game show!
- **Utilizing WIAPA** (wash hands, identify self, identify patient, allergies, plan and assessment), perform the skill while being recorded.
- **Time:** Each student is allotted 10-15 minutes to perform the skill, while being video recorded.
- **Prize:** At the end of the checkoff, the student chose a “prize” in the form of candy for their participation.

Prizes



Results

- Students felt SOS increased the time they spent in practice lab preparing for SOS.
- Students stated they felt much more at ease with the “Wheel of Skills” selection process and prizes.
- Students stated self-selection made them feel more comfortable than random assignment of skills by staff.
- The students stated they felt the SOS were of great value to their learning, with all saying they felt more confident in their nursing skills because of the SOS.

Lab Set Up



Conclusion

As nursing programs seek to engage students in learning, particularly in this age of cell phones, or on line books, various learning styles and generations, Skills Observation Simulations can provide extra learning opportunities in lab teaching. According to Kirk (2018), students with low self-efficacy believe they cannot be successful and are less likely to make a concerted effort. The benefits of self-selection of skills through the use of the “Wheel of Skills” are decreased anxiety while boosting confidence, competence, relatedness and interest. Exploring new and innovative teaching strategies in the lab and classroom can help improve undergraduate nursing students' “self-efficacy, and prepare them to perform skills safely and confidently in an advanced healthcare system.

References

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