

**The use of a pre-examination stress intervention in senior nursing students**

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It is no surprise that nursing students are at high risk for stress. Between didactic and clinical stressors, students also have outside environmental stressors.

Rigorous examinations within a competitive environment can lead to unattainable levels of stress.

Research has shown stress interventions to be helpful in reducing test anxiety and stress for nursing students.

After review of the literature, the researcher chose to implement a variety of stress relief interventions including soft ocean waves, light stretching and deep breathing.

PICOT: “What is the effect of a pre exam stress relief intervention on senior nursing students prior to taking their senior comprehensive exam?”



A study was completed at a midwestern college that introduced a stress intervention prior to seniors taking a final comprehensive exam. Data was collected for 87 nursing students over 3 consecutive years”



Students were led through light exercises, followed by deep breathing with ocean waves playing in the background and lights dimmed for 1.5-2 minutes prior to the exam.

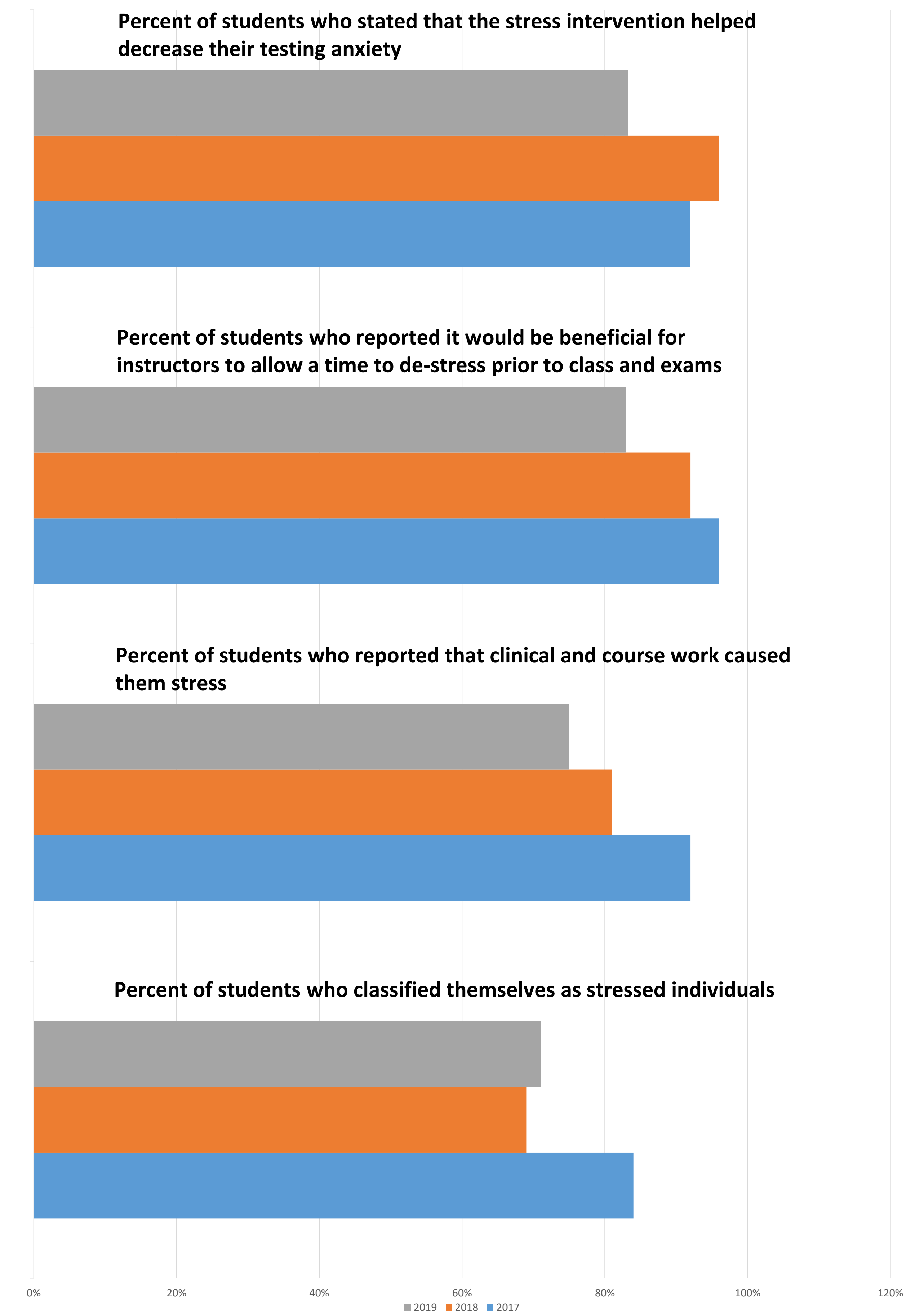


Post exam stress questionnaire and survey used to determine whether pre exam stress relief intervention was helpful



Findings: The pre exam stress relief intervention was found to be very successful

**Post Intervention Survey of Usefulness Results (%)**



- Results showed students respond positively to stress interventions.
- Stress interventions can be used at the start of class, and prior to exams.
- Future research can measure stress levels pre and post semester after interventions are implemented.

