

Cracking the Code: Remediation Strategies for Exam Success

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No conflicts of interest to disclose.

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Background



Nursing is a difficult degree program



NCLEX-RN pass rates = program quality



Exam readiness and testing success are crucial



Remediation is key



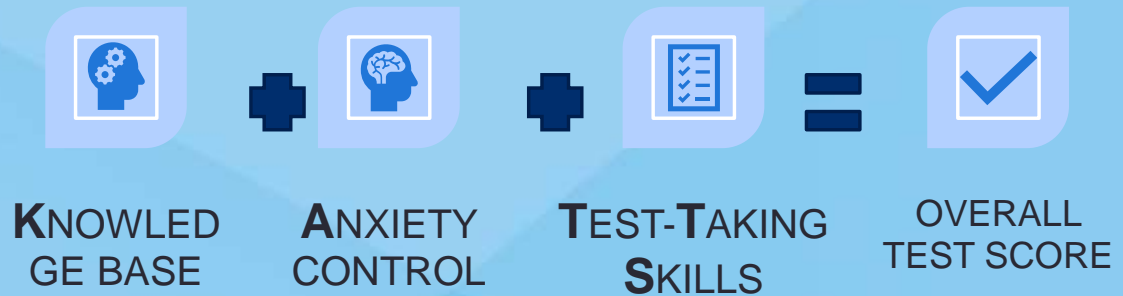
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(Hanson-Zalot et al., 2019; Iheduru-Anderson & Foley, 2022; McDowell, 2008; Olsen et al., 2022)

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KATTS:

A Framework for Maximizing NCLEX RN Performance




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Effective Remediation Techniques




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Purpose



To foster nursing student **resilience**, test **preparation**, and academic **success** through evidence-based remediation strategies.



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NCLEX Prep Methods

- Predictor results guided 3-pronged remediation approach
 1. Weekly self-guided remediation activities
 2. Faculty-guided in-class group sessions
 3. Faculty-guided 1:1 coaching with high-risk students
- Outcomes Evaluation
 - Course surveys
 - Proctored exam results
 - NCLEX-RN pass rates



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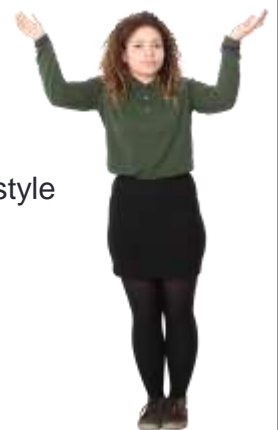
1. Self-Guided Activities

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Not everyone learns the same way...

Most people have 2-3 dominant learning styles
Two effective study tools regardless of learning style

1. Practice questions
2. Handwritten notes



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“3 Critical Points” Handwritten Notes

Care of Immunosuppression (Pharm- 13-19%)

1. Restrict visitors & use strict hand hygiene
2. Administer antibiotics as prescribed
3. Avoid live vaccines

Schizophrenia S/S (Pharm- 13-19%)

1. Hyperactivity - pacing, restlessness
2. Hypersensitivity - easily offended, no eye contact
3. Aggression - tense posture and facial expressions

(ATI, 2017)

NCLEX Success Plan Weekly Journal Assignment

Expectations for Individualized NCL		Predicted Pass Rate
Components of the NCLEX Success Plan		>90.9% 80-90.9%
Standardized Activity Requirements	<ul style="list-style-type: none"> Practice test Practice test review Pharmacology review module Reflection on weekly progress 	
	Individualized Activity Requirements	
Activity Options:	<ul style="list-style-type: none"> Handwritten transcripts/notes Practice Tests/Quizzes Additional Practice Modules Case Study Modules Academic Coaching 	0-1 Activity 2 Activities



NCLEX Journal #2: Personalized RN Study Plan - Maternal Newborn Practice Assessment	
Required Activity	Activity Report
Maternal Newborn Practice Test	<input type="checkbox"/> Assessment Subdomain Checklist <input type="checkbox"/> Practice Exam Transcript (Go to the Assessment & Download Report) <input type="checkbox"/> Highlighted on Transcript (Go to My Results > Download Report) <input type="checkbox"/> Highlighted on Transcript <input type="checkbox"/> Submit completed journal template
Q3 - Pick the top 3 most helpful journal activities for you.	Score: _____ How are you progressing towards your goal? (If you are not, what are your next steps?)
Based on your predictor scores, should address areas of need: Activity Report by Selected Category (To complete 100 items activities in this category)	<input type="checkbox"/> Assessment Subdomain Checklist <input type="checkbox"/> Picture of handwritten activity <input type="checkbox"/> Highlighted on Transcript <input type="checkbox"/> Highlighted on Transcript <input type="checkbox"/> Highlighted on All RNs Transcript
Summary (insert goals for session if you're doing an assessment or action plan)	<input type="checkbox"/> Summary (insert goals for session if you're doing an assessment or action plan)

2. Faculty-Guided In-Class Activities

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Knowledge Base Activities



Whiteboard Platform



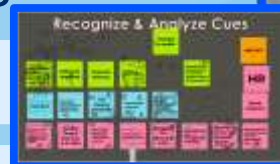
Gaming/Puzzles: Encouraging participation with Beach Ball & Color Cards



Doc Camera: Unfolding Case Studies & NGN Worksheets



Student Create & Share: Rhyme Time/Sing-Along



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Order for Clinical Judgment Decision Frameworks

Presenting Hypothesis & Suspected Pathology: A nurse caring for a client with a possible respiratory condition.

Client Status: 0800

- Client is alert and oriented x3 to the history of present illness and denies any chest pain.
- Client was taking PPIs and antibiotics for a respiratory tract infection, full stop at the bedside.
- Client reports a cough that is worse at night.
- Client reports a sore throat.
- Client reports a fever that is worse at night.
- Client reports a cough that is worse at night.

Based on the above scenario, complete the following exercises using the table below.

What you should find:

1. What is the client's condition?
2. What is the client's problem?
3. What are the client's signs and symptoms?
4. What are the client's risk factors?

Assessing & Analyzing Data: Client further assessment. The nurse collects the following assessment data. Highlight the client's reported and observed information that supports further action for the nurse.

- Temperature 38.9 (102.2)
- Heart rate 108/min
- Respiratory status
- Respirations 22 g/min (12 g/min)
- Respirations 22 g/min (12 g/min)
- Heart rate 108/min (108/min)

Reasoning Solution & Taking Action: A nurse is caring for the client in the previous scenario. Use an IRB for the reasoning solution. Write your reasoning solution in the provided space.

Reasoning Solution	A. Anticipated	B. Measurable	C. Client-centered
1. The client's condition is respiratory tract infection.			
2. The client's problem is respiratory tract infection.			
3. The client's signs and symptoms are cough, fever, and sore throat.			
4. The client's risk factors are taking PPIs and antibiotics.			

Hypothesis & Generating Solutions: A nurse caring for a client who has a possible respiratory condition.

- Apply antihistamines only around the bedside.
- Monitor the client's vital signs.
- Check the position of the client's bed.
- Place the client on oxygen.
- Place the client on oxygen.
- Place the client on oxygen.

Taking Action: A nurse caring for a client who has a possible respiratory condition. Identify the client's condition and complete the plan of care for the client using the table below.

- Identifying the client's condition should be the first step in the plan of care.
- The nurse should assess the client's condition and determine the client's condition.
- The nurse should assess the client's condition and determine the client's condition.
- The nurse should assess the client's condition and determine the client's condition.

Client's Condition	Client's Problem	Client's Signs and Symptoms	Client's Risk Factors
1. Respiratory tract infection	1. Cough	1. Fever	1. Sore throat
2. Heart rate 108/min	2. Heart rate 108/min	2. Heart rate 108/min	2. Heart rate 108/min
3. Respirations 22 g/min	3. Respirations 22 g/min	3. Respirations 22 g/min	3. Respirations 22 g/min
4. Heart rate 108/min	4. Heart rate 108/min	4. Heart rate 108/min	4. Heart rate 108/min

Assessing & Analyzing Data: A nurse is caring for a client who has a possible respiratory condition. Use an IRB for the reasoning solution. Write your reasoning solution in the provided space.

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Q6 - Pick your top 3 most helpful in-class clinical judgment activities.

Anxiety Control Activities

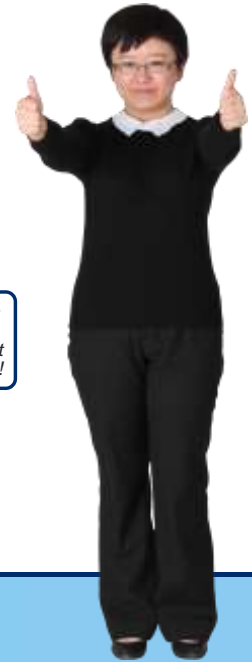
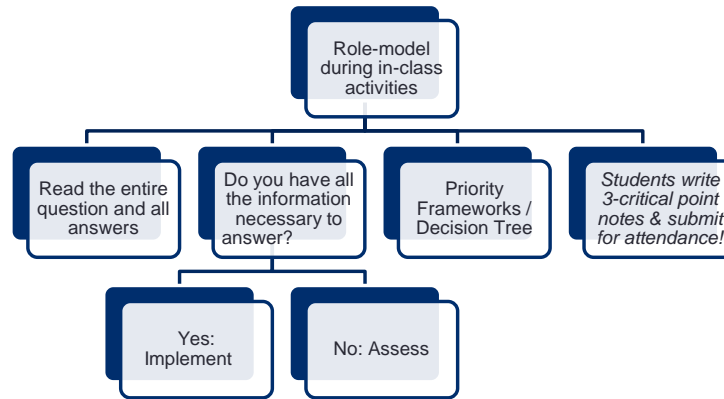
In-class self-care activities to manage anxiety and mindset

FUN positive learning environment & "test-ready" mindset

Comic strips
Reflection/Debrief
Guided Meditation
Breathing Activities
Exercise/Dance

Memes
Video clips
Music
Cheers (it's okay to get silly!)
Treats!

Test-Taking Strategy Activities



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3. Faculty-Guided 1:1 Coaching

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The Role of Test Reflection



Scan for
Example
Test
Reflection
Tool

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Knowledge concerns: study habits, classroom engagement, content understanding, etc.



Anxiety problems: negative self-talk, physical s/s, etc.



Test-taking issues: reading questions, changing answers, time management, concentration

(McDowell, 2008)

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Individualizing the Plan

Step 1: Discussion

- Identify student fears, stressors, & distractions
- Review problematic areas on reflection tool
- Consider student's dominant learning styles



Step 2: Documentation

- Study strategies
- Routine
- Conducive environment
- Support system
- Self-care
- Rewards system
- Resource referral
- Accountability



(McDowell, 2008)

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Success Stories

Record-Breaking End-of-Course Predictor Scores

Predictor Results (0523)	2023	2022	2021
Group Score	73.4%	72.0%	71.9%
% Cohort Above National	66.1%	60%	53.5%
At Benchmark (91% PoP)	69.1%	59.6%	53.5%
High Risk (<50% PoP)	0%	2.8%	6.1%

Next Gen NCLEX-RN Results

2019	2020	2021	2022	2023
96.2%	94.9%	92%	91.9%	96.69%

Improved End-of-Course Evaluations

NUR 483 Course Evaluations	2023	2022
Developing creative capacities	4.41	3.28
Course was excellent	4.7	3.9

*I feel so **blessed** to have had an experience like this with this exam. Thank you for all you did - the **reviewing... silly chants... dancing... helped me** so much. I really appreciate what you do.*

*I passed in 85 questions! I did not think it was difficult because I did so many practice questions, so **it just felt like another practice test!***

*Happy students are successful students... you made sure to prioritize us as a person & validate our worth outside of nursing. **I saw a difference in my academics and attitude towards learning.***

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Conclusions

Evidence-based remediation promotes student resilience, satisfaction, & success

To foster culture of remediation, start early & provide consistent support

Questions?
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