

Triple S: The Success Strategy You Didn't Know You Needed

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Disclosures

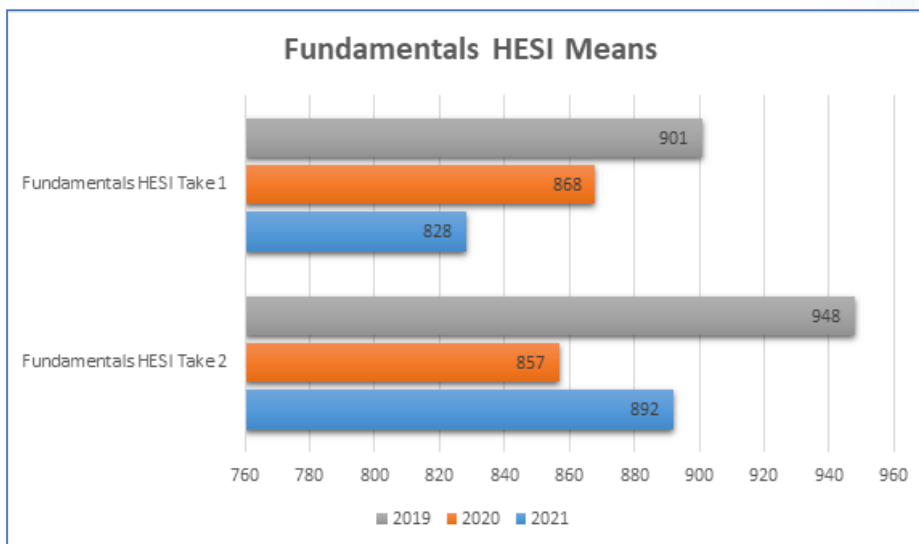
- We have no conflicts of interest to disclose.



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We needed a change.

- Declining NCLEX pass rate
- Trend in declining fundamentals HESI scores



Selecting Focus Points

- Student feedback on a Google document
- Previous semester's HESI exam weak points



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Session One

- Study and test taking strategies
- Focus on fundamentals
 - In class activity
 - Post class assignment



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Session Two

- Focus on pharmacology
 - In class activity
 - Guess the answer
 - Post class assignment

"It is a lot of pharmacology stuff to know, and I never know what's the most important."




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<p>ACTION</p> <p>Decreases inflammation by increasing capillary permeability and lysosomal stabilization; Decreases flares</p>	<p>USE</p> <p>Used for severe inflammation, neoplasms, multiple sclerosis, collagen disorders, dermatologic disorders. Used for prevention of flare control for asthma/COPD.</p>	<p>COMMON DRUGS</p> <p>Prednisone Budesonide Fluticasone</p> 
<p>CATEGORY: Corticosteroids (ending "-sone")</p>		
<p>SIDE EFFECTS</p> <p>CV: thrombophlebitis, embolism GI: GI hemorrhage, pancreatitis META: hyperglycemia ICS: oral candidiasis (thrush) Long term use may cause adrenal suppression and increased osteoporosis</p>	<p>RN INTERVENTIONS</p> <p>Monitor weight daily by notifying HCP of weekly gain >5 lb. Teach the patient not to discontinue abruptly. Monitor blood pressure, pulse and notify HCP if chest pain occurs.</p>	<p>MISC</p> <p>Use daily when symptoms are no longer present. Rinse mouth and gargle after each use and teach patient not to swallow after gargling because it could cause thrush in the esophagus. Use a spacer to decrease risk of thrush by improving the delivery of the medication.</p>


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<p>ACTION</p> <p>Inhibit neurotransmitter release. Opioids attach to receptors - found in the brain, spinal cord, and other areas of the body.</p>	<p>USE</p> <p>Treatment of severe pain It can take 15-30 for the medicine to take effect and should last for 3 or 4 hours.</p>	<p>COMMON DRUGS</p> <p>Morphine sulfate Fentanyl Hydrocodone Oxycodone</p>
<p>CATEGORY: Opioids</p>		
<p>SIDE EFFECTS</p> <p>Respiratory Depression Constipation Drowsiness Nausea Thought and memory problems Vomiting</p>	<p>RN INTERVENTIONS</p> <ul style="list-style-type: none"> • Assess patient if they are uneasy to arouse • Assess vital signs, rate of breathing 	<p>MISC</p>  <p>Addiction to opioids is a common issue</p>


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Session Three

- Next Generation NCLEX (NGN)
 - In class activity
 - Focused on weak areas
- Post class assignment
- Individual self-reflection



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Results

- Fundamentals HESI mean increased from 828 – 892 for current cohort.
- Student self-reflection and insight on test taking and study strategies.



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Student feedback

- "Learning how to look at questions with regards to safety."
- "One more tip I recently learned is to make sure the answer choice ANSWERS the question NOT just relates to the topic and is correct."
- "I definitely think I have improved with test taking. Last semester, I was studying constantly and still struggled on my tests. The biggest thing I wanted to do was 'read into' all the questions. I was adding symptoms to the patients in questions and saying '...but what if.'"



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Student feedback

- "I think I have improved with trusting my gut and feeling more confident with my first instinct."
- "I think it's important not to get lost in the weeds and instead focus on the most important details and big picture of nursing practice."



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Other Contributing Factors

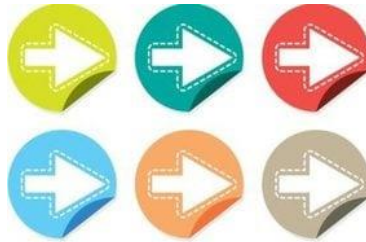
- Separate remediation
- Clinical experiences
- Concept exposure
- In-person learning



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Next Steps

- Start sooner
- Use exit HESI data from current cohort to find knowledge gaps



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Let's Work It Out!

- Review your students' weak areas on exams (HESI, ATI, course exams, past NCLEX)
- Go virtual
- Tool change



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