

Supporting nursing students with mental health challenges to improve retention.

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RATIONALE

In 2019 the government set a target for 50000 more nurses by 2024 (Dept of health 2022)

NTU are well placed to be able to support all students with mental health challenges however, it is known that mental health issues relate to the retention of student nurses (Moloney et al 2018)

We want to be able to develop high quality professionals.

METHODOLOGIES (mixed methods)

An initial audit of the numbers of healthcare students accessing NTU mental health wellbeing support services in 2019/20

Support sessions will be added to the curriculum. One cohort will be highlighted in their first year to deliver the sessions to. If any of this cohort withdraw from the course they will be sent a questionnaire to ask the reasons.

Audit of the numbers of students accessing mental health wellbeing support can be made across the three years of their course and compared to 2019/20

ETHICAL CONSIDERATIONS

Anonymity:
No names will be used in any reporting of the findings. (BERA 2018)

Informed Consent:
It will be necessary to gain the consent of the whole cohort and then again the consent of those to complete a questionnaire if they state an intention to withdraw.

Ethical approval will be sought.

Students will be signposted to support services within NTU and beyond if they are not retained

INTENDED IMPACT

It is known that there is a poorer retention rate in student nurses who experience mental health challenges (Chatterjee et al 2014) Given that the numbers of qualified nurses need to increase, it is hoped that implementing support strategies will improve retention and produce resilient professionals to meet the government target.

EVALUATION

The author will audit the number of healthcare students accessing mental health wellbeing support for the year 2019/20. Following implementation of interventions such as training on stress management, relaxation and resilience for one cohort, reasons for withdrawal from the course will be evaluated by a simple questionnaire. Audit of the number of students accessing wellbeing support will be made across the three year course.

References

British Educational Research Association (2018) *Ethical Guidelines for Educational Research* (4th edition) London

Chatterjee S, Saha J, Mukhopadhyay S, Misra R, Chakraborty A and Battacharya A (2014) 'Depression Among Nursing Students in Indian Government College' *British Journal of Nursing* 23 p316-320

Department of health and social care (2022) *50000 nurses programme: delivery update*

Moloney W, Boxall P, Parsons M and Cheung G (2018) 'Factors Predicting Registered Nurses' Intentions to Leave Their Organization and Profession: A job demands-resources framework, *Journal of Advanced Nursing*' 74 P864 - 875

