

Workshop on Fundamentals of Care in First Semester of Nursing Education

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Background

Nursing education at Linköping University (LiU) in Sweden leads to a bachelor's degree. The first semester focusing on theoretical and practical basic nursing and caring. The framework of Fundamentals of Care (FoC) was introduced as novel approach at the nursing program in autumn 2023. In the preparation students were encouraged to read a part of a book about FoC and write a paper. Two teachers facilitated a group of 20-40 students on the 3-hour workshop. The purpose was to increase the students' knowledge of FoC and to connect FoC to nursing and caring.

Methods

All students participating in the workshops were invited to answer a short survey of eight questions with a 5-point Likert type questions and one open-ended question. The answer-rate was 99% (n=112).

Results

90% of the students answered that workshop had given them new knowledge. 95% of the students answered that reading the book was instructive. 88% of the students answered that the group-discussions increased their knowledge. 70% of the students answered that the workshop had given them better understanding of patient's basic caring needs. 80% of the students answered that workshop was great, 16% that it was fair and 4% answered not good/well.

Discussion

To let the students approach FoC in a workshop seems to be a good way to introduce FoC and to let the students connect FoC to basic nursing and caring. FoC may be a model that helps the student to concretize nursing. It is important to continue working with the complexity of nursing through progression during the program. We must be conscience that a model can facilitate understanding but may also limit the development of nursing as a science.

Conclusion

FoC seems to be a model that works from a pedagogical perspective. We intend to continue implementing FoC in the education.