

**TOPIC:** **PROMOTING THERAPEUTIC INTERVENTIONS TO NURSING CURRICULUMS IN REDUCING STUDENTS' DISTRESS**

**SUBMITTED BY:** **University of Iowa College of Nursing, Iowa City, IA**

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WHEREAS, Mental health and well-being have impacted healthcare workers with “reports of students presenting in distressed states for their clinical learning, citing increased levels of depression, anxiety, fear and stress” (Ryan & Mulvogue, 2022, p. 677); and

WHEREAS, Nursing students report clinical learning experiences as the most anxiety provoking component of their studies, with reports of “experiencing performance anxiety in the presence of clinical assessors (Arkan et al. 2018), and “emotional responses related to the unpredictable clinical environment” (McCloughen et al. 2020); and

WHEREAS, A research study developed a spiral approach to maximize education throughout a student’s curriculum timeline in the following order: awareness of caring for patients at the end of life and their families; stages of grief and bereavement; and management of patients at the end of life and their families.(Nursing Times, 2019, p. 46); and

WHEREAS, In a clinical environment, after a student's first encounter with death, they experienced fear, sadness, and despair; A few students cried after the encounter with death where others viewed death as a normal process (Gül et al., 2022, p. 641); and

WHEREAS, In this meta-analysis, the prevalence of stress among practicing nursing students was estimated to be 61.97%; The gap between the theoretical knowledge learned in school and clinical practice as well as wide variety of nursing operations can bring stress to nursing students when entering the unfamiliar clinical environment (Zheng et al., 2022, p. 4); and

WHEREAS, Each of the MINDSTRONG sessions, including positive thinking, self-esteem and self-confidence building, problem-solving, and self-control strategies, focuses on caring for the mind and skills building; “The curriculum is manualized into a workbook to ensure consistency of information, allowing participants to interact during all skills building activities and providing a guide for accomplishing goals...enhanced attributes of resiliency, improved mental health, and healthy lifestyle beliefs and behaviors in these populations have been reported upon completion of the program,” (Stubin, 2023, p. 3); and therefore

RESOLVED, To support this effort, nursing curriculums provide access to free therapeutic counseling sessions, individual or group-based, at schools of nursing and affiliated institutions for nursing students and faculty; and be it further

RESOLVED, That the Iowa Association of Nursing Students (IANS) and its constituents support increased education regarding stress management tactics to help encourage mindfulness; and be it further

RESOLVED, That IANS publish this resolution on its website to increase awareness and promotion of emotional well-being; and be it further

RESOLVED, That the Student Nursing Association at University of Iowa will provide a pamphlet including educational resources to be sent and posted amongst the IANS Board of Directors' website; and be it further

RESOLVED, That IANS send a copy of this resolution to the American Nursing Association (ANA), The Iowa Nursing Association, The National Student Nurses Association (NSNA), University of Iowa Hospitals & Clinics, the Institute for Healthcare Improvement, the Iowa Hospital Association, the Iowa Action Coalition, the Iowa Department of Public Health, the Association of Community Health Nursing Educators, the Association of Public Health Nurses, and all others deemed appropriate by the IANS Board of Directors.

