

## 2018 Research Week Proposal

Title – Peer Mentorship in Nursing Schools: A Pilot Study

Program of Study – Liberty University School of Nursing  
Presentation Type: PowerPoint

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Category: Applied

**Abstract:** Nursing is the fastest growing healthcare profession. Making up the largest workforce of health care professionals, the profession demands rigorous training. Training entails many hours of classroom and clinical experiences, which often leads to undue stress. From applying to nursing programs, to meeting high standards of practice, nursing students have been identified as a vulnerable population. The undue stress is plaguing the profession as students enter the workforce burned out, with limited coping skills. Mentoring is an intervention that has been identified in the literature as a way to support students. Current evidence suggests that there is a lack of awareness related to peer-to-peer mentorship in collegiate nursing programs. The purpose of this project is to devise and implement a mentorship program for a baccalaureate nursing program; raising awareness of the benefits of mentorship. The program will be evaluated via a pre-test and post-test, as well as a post-survey. There is a pressing need to support nursing students in an effort to better equip them for the workforce. The project will enable students to face the challenges of nursing school and ultimately the profession.

**Christian worldview integration:** A recent study published in 2017 revealed startling statistics regarding the nursing profession. The profession experiences one of the highest turnovers due to burn-out. The study noted that 63% of nurses leave the profession due to burn-out—physical and emotional exhaustion. Unfortunately, the demands of the profession can be felt long before entering the hospital. Research also notes that burn-out starts in nursing school; making it imperative that this issue is addressed. The peer-to-peer mentorship program is an evidence-based intervention shown to support students. It is a community-oriented, Christ-centered approach that will equip students with knowledge and skills necessary to succeed in nursing school and in the profession at large. In scripture we are reminded of the importance to bare one another's burdens and not to fear the unknown, putting God first in all things. Hebrews 10:24-25 states, "Let us consider how to stir up one another to love and good works, not neglecting to meet together, as is the habit of some, but encouraging one another, and all the more as you see the Day drawing near." This scripture emphasizes how important community is in our personal walks with Christ and our obedience to Him. Galatians 6:2 instructs believers to "bear one another's burdens" and Ecclesiastes 4:9-12 states that "two are better than one" in building each other up and encouraging one another. The idea of "community" is the primary biblical principle that has impacted the premise of the peer-to-peer mentorship program for Liberty University nursing students. Scripture also tells that people facing demands often turned to one another in

an effort to cope with demands. In the New Testament, Paul and Titus confide in each other and work together to strengthen their walks with Christ and better accomplish the goal set before them to spread the Gospel to all nations. The peer-to-peer mentorship program will foster relationships that are grounded by biblical principles, as nursing students will be paired together to face the demands at hand. This dyad approach will support program success and ultimately equip them to better handle the demands of nursing, once in the profession. It is the goal that nursing students will be better equipped to face the many challenges of the nursing program and the profession; ultimately, enabling them to enter the workforce as “Champions for Christ.”