

# A Structured Peer-Led Study Session Program Improves Semester Retention and Graduation for Baccalaureate Nursing Students

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## Acknowledgements/Conflicts of Interest

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- Acknowledgements:
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  - Data Analytics & Decision Support Department
  - Peer Mentors
  - Program participants



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## Purpose

- The purpose of this presentation is to share information about a structured peer-led study session and impact on nursing student retention and graduation rates.



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## Nursing Student Retention

- National Data (AACN, 2023)

### Enrollment Changes: 2021-2022

Entry-Level Baccalaureate	-1.4
RN to Baccalaureate	-16.9
Master's Programs	-9.4
Research-focused Doctorate	-4.1
Doctor of Nursing Practice	+0.6

- SHSU SON

- Average Attrition from 1st to 2nd semester = 22.81%
  - Range 19%-26%
- Disaggregation Data (2021)
  - 82.95% graduation rate
  - Downward trends in graduation rates
  - Non-White students 2x more likely not to be successful



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# Nursing Student Retention

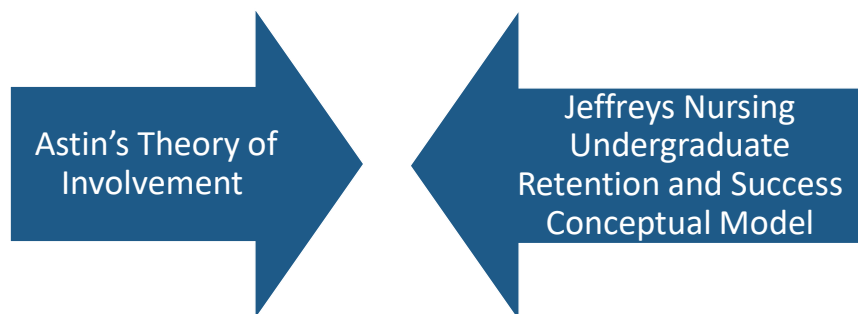
- Contributing Factors
  - Academic Stressors
  - Clinical
  - Personal/Family
  - Financial
- Student Perspective
  - Intrinsic motivation, Procrastination
  - Study strategies used previously don't really work in nursing
  - Competitiveness
  - COVID
  - Travel, etc. to clinical
  - Financial



(Igbo & Sule, 2019; Mumba & et al, 202); Jeffreys 2001)

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## Success and Wellness Program *Academic & Personal Wellbeing*



“amount of physical & psychological energy expended on academics directly affect student success” (Zinn, Kastler, & Vander Stucken, 2020, p. 377)

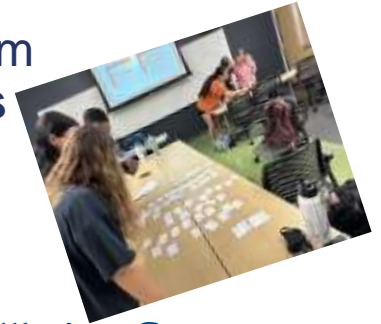
“high levels of academic achievement only result in continued attendance when accompanied by positive psychological outcomes” (Jeffreys, 2001, p. 143)



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## Success & Wellness Program Peer-Led Study Sessions



### Academic Success Components

- Academic Success
  - Time Management
  - Study Strategies
  - Testing Strategies
  - Content/Concept Reinforcement



### Personal Wellbeing Components

- Resilience Building
  - Social Support
  - Self-Care Techniques
  - Anxiety Management
  - Burn-out Prevention



## Success and Wellness Program Peer-Led Study Sessions



- Peer Leader Training
  - 7-hr mandatory meeting
    - Mentor Led
  - Facilitation
  - Active/Engaged Learning
  - Socratic Method
  - Mentor vs Friend
  - Soft Skills
  - Difficult situations/students
  - Role play

ID#	HEALTH ASSESSMENT		FUNDAMENTALS		PHARMACOLOGY		Peer led Session: Resilience Building
	Objectives	Lab	Objectives	Lab	Objectives		
1 1/20	Endorse Based Assessment The Interview Complete Health History Assessment Ch. 3, 3.4	Intro to Lab Interview & getting a history	Module 1 Readings: Ch. 2, 3, 20	Hand hygiene, moving patients, ambulation	Pharm Basics: Drugs that Affect the Autonomic Nervous System Ch. 1, 2, 3, 18, 19, 20, 21		
2 1/29	Techniques & Safety General Survey & Measurement Vital Signs Pain Assessment Ch. 8-11	V/S, pain, SBAR Case Study: Comfort/Pain Review Check-off #1 Rubric	Module 1 Readings: Ch. 21, 22, 29	Restraints: bathing, PPE, bed-making, monitoring devices	"Quiz #1" Anesthetic Drugs Ch. 20, 11, 40		
3 1/5	"Quiz 4" Mental Status Asses. Neurological Asses. (motor, reflexes) Ch. 5, 24	Mental Status, Neuro (include cranial nerves) Review Check-off #1 Rubric	"Module 1 Exam"	Medication administration	Antipsychotics, Anti-Parkinson's and Psychotropic Ch. 14, 21, 18	Session 1: 10-Session Group Discussion	
4 1/12	HSEMT Ch. 14-17	HSEMT (cranial nerves included) Vital Signs From due Review Check-off #1 Rubric	Module 2 Readings: Ch. 23, 17	Check off #3	"Exam #1" Cardiovascular Drugs Ch. 22, 23, 24	Check Journaling	
5 1/29	"Exam #2" Breast & Regional Composites	off 3 - Gen survey, neuro, HSEMT Breast & Regional	Module 3 Readings: Ch. 27, 29	Medications (injections, IV push)	"Exam #2" Cardiovascular Drugs Suitt River Med Pass 1 Ch. 20, 27, 28	Session 2: 10-Session Group Discussion	



## Statistical Analysis

- A 1-sided Z-test of proportions was utilized to compare retention and graduation rates of new nursing students who participated in the program compared to their non-program counterparts

$$H_0: \mu_{\text{Program}} \leq \mu_{\text{No-Program}}$$
$$H_1: \mu_{\text{Program}} > \mu_{\text{No-Program}}$$



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## Participant Demographics

Cohort	Male	Female	Minority Status	First Generation
Fall 2020	16%	84%	40%	45%
Spring 2021	10%	90%	31%	47%
Fall 2021	7%	93%	30%	48%
Spring 2022	8%	92%	48%	44%
Fall 2022	22%	78%	36%	39%
Spring 2023	12%	88%	48%	44%



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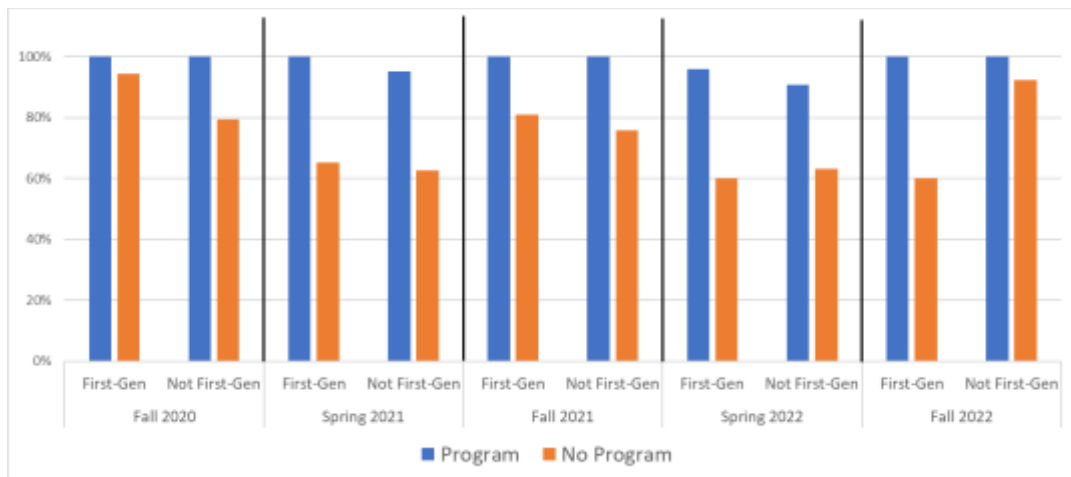
# Overall Retention Outcomes

Entering Nursing Cohort	Completed Success and Wellness Program						P-Value
	Yes			No			
	Headcount	# Retained	Retention Rate	Headcount	# Retained	Retention Rate	
Fall 2020	14	14	100%	74	64	86%	0.07
Spring 2021	43	42	98%	55	35	64%	0.00
Fall 2021	37	37	100%	50	39	78%	0.00
Spring 2022	57	53	93%	34	21	62%	0.00
Fall 2022	67	67	100%	18	15	83%	0.00



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# Retention Rates: First-Generation



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## Retention Rates by Ethnicity

Entering Nursing Cohort	Official Race	Completed Success and Wellness Program						P-Value
		Yes			No			
		Headcount	# Retained	Retention Rate	Headcount	# Retained	Retention Rate	
Fall 2020	Hispanic	3	3	100%	20	20	100%	0.14
	White	5	5	100%	37	30	81%	
Spring 2021	Hispanic	10	10	100%	11	8	73%	0.04
	White	20	19	95%	23	17	74%	0.03
Fall 2021	Hispanic	12	12	100%	6	4	67%	0.02
	White	18	18	100%	29	21	72%	0.01
Spring 2022	Hispanic	16	16	100%	8	6	75%	0.02
	White	22	20	91%	12	7	58%	0.01
Fall 2022	Hispanic	15	15	100%	3	3	100%	0.03
	White	28	28	100%	8	7	88%	



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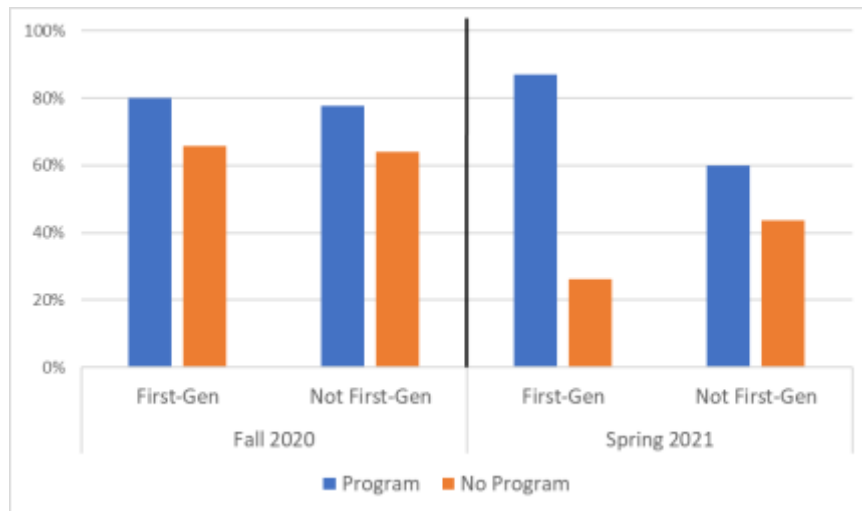
## Overall Perfect Graduation Rates

Entering Nursing Cohort	Completed Success and Wellness Program						P-Value
	Yes			No			
	Headcount	Graduated Within 5 Terms	Perfect Graduation Rate	Headcount	Graduated Within 5 Terms	Perfect Graduation Rate	
Fall 2020	14	11	79%	74	48	65%	0.16
Spring 2021	43	32	74%	55	20	36%	0.00



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## Perfect Graduation Rates: First-Generation



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## Perfect Graduation Rates by Ethnicity

Entering Nursing Cohort	Official Race	Completed Success and Wellness Program						P-Value
		Yes			No			
		Headcount	Graduated Within 5 Terms	Perfect Graduation Rate	Headcount	Graduated Within 5 Terms	Perfect Graduation Rate	
Fall 2020	Hispanic	3	3	100%	20	14	70%	0.13
	White	5	4	80%	37	24	65%	0.25
Spring 2021	Hispanic	10	7	70%	11	3	27%	0.03
	White	20	14	70%	23	9	39%	0.02



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## Conclusion/Discussion

- Participation in PLSS program
  - Improves semester-to-semester retention for 1<sup>st</sup> & 2<sup>nd</sup> semesters
  - First-generation student retention & perfect graduation improved
  - Improved semester-to-semester & perfect graduation for Hispanic students



## Implications

- Increase recruitment of diverse peer mentors
- Survey graduated participants regarding retention in nursing workforce
- Grant funding to provide pre-start boot camp
- Curriculum revisions – Recitation & Wellness class across curriculum to implement PLSS program strategies & integrate PMs as Teaching Assistants



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# Thank You

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