Does a specialised orthopaedic trauma module utilising high 1 fidelity simulation improve student nurses' perceptions of 2 their competence? A Pilot Study 3 4 5 ABSTRACT 6 7 8 Background: Trauma is the fourth leading cause of death in the western world, and 9 traumatic injuries are recognised to be clinically challenging to care for. Orthopaedic trauma care is not standard content on pre-qualifying nursing curriculums, compounded by 10 11 a dearth in specialised post-qualifying education internationally. As a result, registered nurses may not have the clinical skill set to appropriately manage traumatic conditions. 12 13 Aims: To understand pre-qualifying student nurses' perceptions of their own competence in orthopaedic trauma care and understand if utilisation high fidelity simulation improves 14 confidence, knowledge and application of theory. 15 16 Methodology: A small-scale qualitative pilot study utilising purposive sampling, designed to inform the development of a larger longitudinal study A 5-point likert scale with options for 17 qualitative comments was administered after and 8 weeks of a specialised module 18 culminating in a high-fidelity simulation and in-depth debrief session. Thematic analysis was 19 conducted. 20 21 Findings: All students found that the module improved their confidence and knowledge in 22 their skills set. The high-fidelity simulation was found to be an effective learning 23 environment to translate theory to practice.

24	Conclusions: Specialised orthopaedic trauma training is found to be effective in improving
25	student nurses' knowledge and perceived competence in trauma care. High fidelity
26	simulation is found to be a valuable teaching tool to develop student's skill sets in complex
27	scenarios and support application of theory to practice.
28	
29	Keyword: Student Nurses, High-Fidelity Simulation, Orthopaedics, Trauma, Education.
30	INTRODUCTION
31	
32	The nursing care of orthopaedic trauma patients is recognised to be a highly specialised
33	area of practice, however there is a international paucity of specifically designed training
34	programmes for both undergraduate and post-graduate nurses (Benham and Geier 2014,
35	Clarke and Santy-Tomlinson 2014, Griffiths and Houghton 2013, Haywood et al. 2012, Judd
36	2010, 2019, Klunder-Rosser 2019). This small-scale pilot project looks at the impact of an 8-
37	week orthopaedic trauma module with embedded High-Fidelity Simulation upon the
38	perceived orthopaedic trauma competence of second year student nurses at one United
39	Kingdom University. Throughout this paper the term trauma refers only to orthopaedic
40	trauma, unless specifically stated otherwise.
41	
42	

43 BACKGROUND

Trauma is the fourth leading cause of death in the western world. Traumatic injuries can be 45 46 associated with significant morbidity and mortality and require highly specialised care for 47 injuries to improve patient outcomes (Credland 2016, Kellezi et al. 2017, National 48 Confidential Enquiry into Patients Outcomes and Death [NCEPOD] 2007). The implications of poor or inappropriate nursing care for trauma patients can be severe, culminating in a high 49 risk of secondary injury, limb loss or death (Alzghoul 2014, NCEPOD 2007). Trauma care is 50 51 particularly clinically demanding due to the unpredictable nature of injuries, number of 52 physiological structures potentially involved and consequent complexity of care required 53 (Clarke and Santy-Tomlinson 2014). It is therefore vital for all nurses caring for trauma patients in any clinical setting to be appropriately trained to recognise and manage the 54 implications of traumatic physiology to prevent deterioration and complications of injury 55 such as osteomyelitis and compartment syndrome (Benham and Geier 2014, Credland 56 2016). 57

58 The Nursing and Midwifery Council [NMC] (2018a, 2018b) in the United Kingdom 59 [UK] holds all nurses accountable to the ensure they develop and maintain the skills and 60 knowledge required to practice effectively, expecting Higher Education Institutes (HEI's) to ensure student nurses meet the basic standards to register as a qualified nurse. The Royal 61 62 College of Nursing [RCN] (2019) argue trauma and orthopaedic [T&O] nurses require specialist skills and knowledge to competently act as T&O practitioners. Despite this a 63 64 perceived lack of orthopaedic competence and post-graduate training opportunities has 65 been consistently identified in contemporary nursing research (Altmiller 2013, Alzghoul 66 2014, Clarke and Santy-Tomlinson 2014, Haywood et al. 2012, Klunder-Rosser 2019, Judd 2019). The global nature of this challenge can be highlighted by consistent themes in the 67 international literature. Benham and Geier (2014) emphasise the lack of specific 68

69 musculoskeletal training and education for primary care nurses in the United States of 70 America, whilst Fourie, Floyd and Marshall (2015) address the lack of knowledge around 71 osteoporosis in New Zealand and El-Dakhakhny (2010) tackles the lack of understanding of 72 skeletal traction in Egypt. This gap in knowledge is compounded in undergraduate nursing 73 curricula internationally, where specific orthopaedic assessment skills are not taught as they 74 are deemed to be specialised, and so specialised training is not delivered at any level 75 (Benham and Geier 2014, Judd 2019). This is further highlighted by both the British and 76 American Militaries, where significant preceptorship is required to equip newly qualifying 77 nurses operating in the military forces with specific trauma skills not developed in prequalifying training (Berwick, Downey and Cornett 2016, Finnegan et al. 2015). 78

79 One barrier in undergraduate nurse training to developing orthopaedic competence is the inability of HEI's to guarantee student nurses an orthopaedic trauma clinical 80 81 placement during training. Innovative teaching methods are being increasingly adopted by 82 HEIs to provide students with the experience of practicing clinical skills adopted in a 83 simulated environment, and this has been endorsed by the NMC (2018 a, b) to allow 84 increasing student nurses numbers by alternatively managing the limited clinical placement capacity (Basak et al. 2016). High Fidelity Simulation [HFS] is a possible solution to bridge 85 86 the gap between exposure and skill development to promote applied clinical reasoning, as already utilised successfully for other skills such as cardiac resuscitation. HFS has been 87 shown throughout the literature to facilitate knowledge and skill acquisition as it allows 88 students to apply theoretical knowledge to a realistic clinical scenario, within a safe and 89 controlled setting (Mills et al. 2014, Richardson and Claman 2014). Students can make 90 91 clinical decisions about patient care without causing harm and explore the impact and

rationale of these decisions in detailed de-brief sessions, providing a valuable reflective
learning experience (Gates, Parr and Hughen 2012).

94

# 95 AIM AND SCOPE

96	Limited research exists looking at the use of HFS specifically to develop specialised trauma
97	and orthopaedic skills in undergraduate nurses. This pilot study aimed to identify if a
98	specialised 8-week trauma module for second year nursing students at one University in
99	North West England can improve students' perceptions of their competence in orthopaedic
100	trauma and support their application of theoretical content to clinical practice. The project
101	has been designed as a pilot study to inform the development of a larger longitudinal study.
102	The objectives of this study are to:
103	• To understand students' perceptions of their own knowledge and skill set regarding
104	specialist 1&0 patients.
105	<ul> <li>To evaluate the efficacy of HFS in helping student nurses understand and translate</li> </ul>
106	complex, specialist T&O knowledge into clinical practice.
107	
108	
109	METHODOLOGY
110	This was a small-scale qualitative pilot study. As part of the standard second year pre-
111	registration curriculum, students were given some choice in their theoretical content. They
112	were able to choose 2 optional modules from 8 possibilities in the second semester of year
113	2, one of which was the Care of the Orthopaedic Trauma Patient module. This module was
114	delivered over 8 weeks, utilising specialised lectures and seminars delivered by subject

experts. Theoretical content was aligned to the RCN (2019) competency framework for

orthopaedic and trauma practitioners. This framework provided the basis for the students' 116 117 summative assessment for the module, where students presented a reflective self-118 assessment of their development during the module benchmarking their competence 119 against the RCN (2019) framework. An indication of the taught content of the module can be seen in Table 1. The module culminated in a high-fidelity simulation scenario, applying 120 the theoretical principles to a specially designed clinical scenario, followed by a detailed de-121 122 brief session. The design for the clinical scenario was based upon an optional HFS delivered 123 to students at the same University in 2017 (Pennington and Klunder-Rosser 2017), and 124 feedback from this simulation was used to develop the module content and HFS.

125

### 126 **INSERT TABLE 1 HERE**

127 The clinical scenario was based upon a young male patient with known substanceabuse issues developing compartment syndrome after a tibial fracture. Compartment 128 129 syndrome was used as a clinical diagnosis as it is a limb- and life-threatening condition 130 which is often poorly recognised or misdiagnosed (Sigamoney et al. 2015). Students were 131 supported through 4 stages of the scenario to utilise skills such as pain assessment, 132 neurovascular assessment, fracture management and communication skills [see table 2]. 2 Student took part in each section of the scenario, guided throughout by a lecturer acting as 133 the clinical mentor. Each pair took part in one section of the scenario, with 8 students in 134 total participating in the clinical simulation. The remaining students watched their 135 136 colleagues on a live feed in a separate room, with a lecturer present to encourage discussion 137 and peer assessment of their colleague's clinical decision making, guided by the RCN (2019) competency framework which the students had utilised throughout the module. The 138

simulation took 40 minutes, followed by an 80-minute de-brief session with all students
present, led by two lecturers. Students were given the questionnaire to fill out
anonymously by the teaching staff immediately after the debrief. The staff then left the
room to reduce response bias, and a box file was provided for students to submit their
forms too.

144 **INSERT TABLE 2 HERE** 

145

146 SAMPLING

Purposive sampling was utilised to ensure only students undertaking the required module were involved in research. All second-year student nurses from all three fields of practice (adult, children and young people and mental health) who enrolled on the "Care of the Orthopaedic Trauma Patient" module were invited participate in the research verbally and by email on the first day of teaching. Due to restrictions on the number of students able to undertake a HFS scenario meaningfully and the specialist knowledge require to run the module and HFS, the sample was anticipated to be small for this pilot study.

Each of the optional modules available to students on this curriculum was 'capped' at 30 participants, and 30 students enrolled on the module. 24 students were recruited to the study, but 5 students were subsequently absent from the HFS and so their data has not been included in the data set. Data from 19 participants was included in the final data analysis.

159

160 DATA COLLECTION

Data was collected by a questionnaire with both closed and open-ended questions post- HFS 161 162 scenario (Andrew and Halcomb 2009). The questionnaire used was based upon the form 163 utilised by the Universities simulation team to assess HFS during teaching and so was 164 deemed to be a reliable and replicable tool and students are already familiar with a version of it (Green and Thorogood 2014) (see figure 1). The questionnaire utilises a 5-point Likert 165 Scale, with and options for additional qualitative comments and feedback. The RCN (2019) 166 Framework for Orthopaedic Practitioners was using during the debriefing to allow students 167 168 to self-asses their knowledge and competence as this had been used as a framework for the 169 modules theoretical content and summative assessment. Students were encouraged to consider this in their qualitative comments. Data was collected between April – July 2019. 170 171 Thematic analysis was used to analyse qualitative data due to its flexible nature and potential to garner insightful key-findings from the data set (Nowell et al. 2017). To improve 172 173 credibility in the study's findings, data was initially coded by both researchers independently to ensure rigour, before both researchers met to agree final themes (Green and Thorogood 174 175 2014).

### 176 **INSERT FIGURE 1 HERE**

### 177 ETHICS

Ethical approval for this study was sought and granted from the XXXXXXX Health Research
Ethics panel (application HSR1718-066). Informed written and verbal consent was gained
from all participating students at each stage of the research.

181

182 **RESULTS** 

183 Three themes were identified from the data collected:

184

### 185 Translation of theory to practice

All students participating in this study agreed that feedback from the simulation was 186 187 valuable in helping them develop their knowledge and skills, with 58% of students strongly 188 agreeing (11) (see table 3). The design of the simulation which followed the whole patient episode, including complex social issues which are often present in real-life but sometimes 189 190 absent from traditional clinical skill sessions, was identified as being particularly useful. Students felt that this allowed them to consider holistic patient assessment and apply the 191 theoretical content in a more effective and realistic way, stating it "was interesting to see 192 the whole picture of assessment" rather than specific conditions in isolation. 193

194 The clinical scenario the students faced was complex, focussing on compartment 195 syndrome in a young patient with significant social issues. None of the students had seen 196 this condition in clinical placements, and had not heard of it prior to this module. Rather 197 than breaking down individual assessments (such as a neurovascular assessment) individually, the students needed to consider a wide range of factors and synthesise this 198 199 information to inform their overall assessment and clinical decision-making. Students fed 200 back that it "was interesting to see what I would do or remember in real patient situations". 201 The complex presentation of the patient was recognised as being challenging to manage. However, the students found the scenario to be an effective learning tool that allowed them 202 to explore and apply the theoretical module content to 'real' patients. This was especially 203 204 true for students undertaking mental health training, who do not have the same physical 205 health exposures as adult and children's nurses but must still deliver some physical care.

206

207 INSERT TABLE 2 HERE

208

209 **HFS as an effective learning environment** 

210

211 100% (19) of students agreed that the use of high-fidelity simulation to assess their 212 knowledge and skills in trauma care worked well, with 42% strongly agreeing (8) finding the environment to be an *"excellent learning environment. Very good tutors"*. 7 students 213 214 identified the learning environment as having an impact upon their learning and development. Students found the HFS useful to feel like they were taking part in 'real' 215 clinical practice as "the patient speaking helped towards our assessment of the injury. A to E 216 217 (a structured emergency assessment algorithm) was encouraged to be used". 218 Whilst most of the feedback in this study was positive some students found that the 219 unnatural environment was distracting. In discussion with the group during de-briefing from the HFS, an element of unnatural noise prevented some students from fully engaging 220 with the scenario. This is a challenge in HFS as it is difficult to limit this impact outside of a 221 real clinical environment, however on this occasion no students felt that this detracted from 222 their learning experience in any major way. 223 224

224

## 225 Confidence

All students (19) found that the HFS allowed them to develop their own confidence and feel
empowered to make clinical decisions. It also became clear that students found the de-brief

session to be the most informative element of the HFS as it allowed them to explore and
critique their clinical decision making and rationale without fear of criticism. This
encourages reflection and open discussion, and students felt that this gave them *"confidence that no questions is a stupid question"*

A key part of developing the students' confidence to fully engage with the scenario appears to be ensuring students are fully prepared to participate in a simulation and supported throughout by experienced staff. Mimicking the mentor-mentee relationship of clinical practice can ensure students feel empowered to engage, and so students felt *"we were guided well and given directions to follow scenario"*. This ensured that students felt they could participate in the scenario without feeling embarrassed or uncomfortable.

238

239

#### 240 **DISCUSSION**

Trauma is the leading cause of death in people under the age of 40 and is the major cause of 241 242 mortality and injury in developed countries. Nearly 50% of the worlds' injury-related deaths are in young people between the ages of 1 - 44, and it is now the main cause of death for 243 the ages 5-29 (Biz et al. 2016, Parker and Magnusson 2016, UN 2019). 30% of patients who 244 die from traumatic injuries do so in the days or weeks after injury. Death arises from 245 complications of the injury but skilled nursing care, assessment and intervention can 246 247 prevent many complications associated with fractures, such as delirium and renal injury 248 (Klunder-Rosser 2019, Maher et al. 2012, Parker and Magnusson 2016). Along with their international counterparts, the NMC (2018a, b) expects HEIs to appropriately prepare 249 250 student nurses for clinical practice, but it is challenging for HEIs to provide students with

clinical placements that will allow them to develop and apply trauma skills in a real-life
situation. This is aggravated by the challenging landscape facing healthcare internationally.
Recruitment and retention of nurses has reached critical levels globally, with the WHO
(2020) highlighting the urgent need to train and retain nurses in all parts of the world.
However insufficient clinical placement areas are available to HEIs making it difficult for
them to significantly increase the training places required to plug the staffing gap (RCN
2018).

258 The utilisation of theory followed by clinical simulation within a safe and structured 259 setting is supported throughout the literature as an effective way to develop trauma skills. 260 Credland (2016) highlighted the importance of ensuring that orthopaedic practitioners understand the complex physiology underpinning the pattern of physical consequences of 261 262 musculoskeletal trauma. In this study, students were provided with 8 weeks of detailed and 263 specialised content prior to their HFS, and the results support that this theoretical 264 underpinning allowed them to better understand and apply aspects of trauma physiology to 265 clinical nursing assessments. However, this module only enables students to have a more 266 detailed understanding of trauma care generally and does not prepare them to be 267 specialised trauma practitioners. There are some contemporary examples of targeted 268 orthopaedic training utilising individual lectures which have been used for registered nurses working within an orthopaedic setting with a specific objective in mind which support the 269 pedagogy used in this study. Khajuria et al. (2017) and Turney et al. (2013) utilised 270 271 individual lectures to develop qualified nurses' knowledge and understanding of Acute 272 Compartment Syndrome (ACS). Both studies reported the success of these sessions, but Khajuria et al. (2017) strongly emphasised the need for continued education to support the 273 development of orthopaedic nurses. However these studies look at trauma training for 274

post-qualifying nurses rather than students, and this makes it challenging to draw direct
comparisons or conclusions about this studies ability to prepare students to practice as
registered nurses, rather than specialised nurses.

It is unrealistic to expect undergraduate nursing curriculums to deliver dedication 278 modules for every specialism. Indeed, this cannot be expected if HEIs are to produce 279 280 registered nurses with the general skills set to meet the NMC's (2018 a, b) standards for registration. Furthermore, the inability of HEIs to expose all students to specialist practice 281 282 is further exacerbated by the challenges faced by HEIs securing enough clinical placement 283 areas for student nurses. As a result, many student nurses graduate without any meaningful 284 or consistent exposure to orthopaedic trauma despite its prevalence in healthcare (RCN 2018, Benham and Geier 2014). Due to the prelavence of orthopaedic trauma globally, it is 285 286 likely that many nurses will come across a traumatic injury within their career but not have 287 the skills to appropriately assess and monitor the injury to avoid complications (Kellezi et al. 288 2017). An example of this is the significant delay in diagnosis of complications of injury 289 requiring urgent surgical treatment, such as compartment syndrome, and orthopaedic 290 assessment skills in primary care. This is due to a lack of awareness and skill to assess the 291 condition amongst nursing staff (Benham and Geier 2014, Khajuria et al. 2017, Sigamoney et 292 al. 2015). However, this study has demonstrated that using innovative pedagogy can help develop theoretical application to clinical scenarios and could be replicated in a more 293 targeted way for specific T&O skills to prepare them for general practice. It is not possible 294 295 to guarantee students nurses will see clinical conditions such as compartment syndrome in 296 practice even if assigned to an orthopaedic unit, however HFS can simulate the condition effectively. This is especially apt when ongoing education to ensure nurses have 297 298 appropriate specialist skilled is a significant challenge internationally, as funding for postqualifying nursing training is scarce (Beech et al. 2019, Brown and Merrill 2015, Clarke and
Santy-Tomlinson 2014, Haywood et al. 2012, Judd 2019, Greatback 2016, Klunder-Rosser
2019).

302 The need to utilise a broader pedagogy to support clinical students' skill development is increasingly being recognised and fully utilising alternative creative 303 304 pedagogies may go someway to addressing this gap. The NMC (2018) standards for preregistration nursing advocate for simulation-based learning to be utilised appropriately to 305 support students learning and assessment during their training. HFS has repeatedly been 306 307 found to be an effective teaching tool, capable of supporting inspiring learning 308 environments that stimulated enthusiasm and engagement in student (Baptista et al. 2016). However, Yuan et al. (2011) have stressed the need to collect more quantitative data to 309 support a statistically significant link between HFS and student confidence and skill 310 311 acquisition. Findings in this study regarding students' perceptions of their own learning may 312 be due to an impression that HFS is more effective at developing confidence and skill levels 313 than alternative low fidelity simulations (Basak et al. 2016).

314 Nevertheless T&O care needs to be supported by post-qualifying education which 315 goes beyond nurses working in explicit orthopaedic environments. An example of this is 316 trauma patients who are cared for in critical care units where nursing staff may not have specialised experience outside of critical care medicine (Sigamoney et al. 2015). Sheikhi, 317 Heidari and Shahbazi (2013) recognise this in their study of critical care nurses' management 318 319 of complications from pelvic fracture. Although Garner et al. (2014) advocate for an 320 algorithm to help inexperienced staff properly escalate suspected compartment syndrome, 321 this type of flow chart is only useful if nursing staff are confident in initially identifying the

potential risk. The findings of this study support research by Turney et al. (2013) in that
 specific education of complications of traumatic injury can overcome the barriers of lack of
 confidence and competence and improve specialised trauma skills such as neurovascular
 assessment.

Nursing has been recognised as an under-utilised resource in trauma care and 326 training and empowering nurses to improve their skills set would help reduce mortality and 327 morbidity from traumatic injuries (Klunder-Rosser 2019, WHO 2020). Although it is difficult 328 to make generalisations from a small sample size, this study's findings suggest that 329 330 embedding orthopaedic and trauma content and HFS within undergraduate curricula may 331 go some way to equip students with basic trauma skills such as neurovascular assessment. . This is perhaps unsurprising, as contemporary research has consistently demonstrated that 332 HFS is an effective tool for improving healthcare students' confidence and competence 333 (Baptista et al. 2016, Yuan, Williams and Fang 2011). It is highly unlikely that one module 334 would be enough to develop skilled trauma practitioners, but this may begin to equip 335 336 nursing students with basic elements of specialised orthopaedic assessment to be able to 337 competently care of trauma patients in non-specialist settings. A real link between perceived confidence and actual skill development may not be realised until the student 338 339 encounters the clinical experience in real-life. These findings are further limited by the paucity of research looking specifically and trauma nursing knowledge and skills in student 340 341 nurses.

342

343 CONCLUSIONS

Nursing students from three fields of practice identified that module content and 344 345 accompanying HFS improved perceptions of their knowledge and competence in 346 orthopaedic trauma care. This is unsurprising, as many students had very limited 347 orthopaedic teaching prior to the module delivery. The results add to the small pool of research supporting greater visibility of orthopaedic trauma in undergraduate nursing 348 curriculums. This study also supports findings from wider existing research that HFS is an 349 350 effective teaching methodology to help nursing students apply theory to practice. Unless 351 specific orthopaedic content is more widely included as standard on pre-qualifying nursing 352 curricula, there will continue to be a knowledge and skills gap amongst registered nurses in the developing and maintaining basic orthopaedic trauma competence. This study offers 353 some potential solutions for how this gap could be addressed, but more large-scale research 354 is required to ascertain if students' confidence and perception of their own competence can 355 be translated into real-life clinical practice. 356

357

### 358 **LIMITATIONS**

359 This was a small-scale pilot study with a small sample size and a limited data set. The 360 participants enrolled in this study opted to undertake an optional Trauma module, which makes it likely they had an interest in the topic prior to the research project. This may mean 361 362 the results are less generalisable to the entire undergraduate nursing cohort than if a wider sample had been taken. The research was also conducted by the same staff who led the 363 364 Trauma module, and so this may have led to some response bias from the student cohort, 365 or conformation bias from the researchers despite steps taken to avoid this. This study was also conducted in one of the largest Nursing departments in the UK with extensive clinical 366

367	simulation facilities, and several lecturers available with a background in trauma and
368	orthopaedic nursing at a senior level who are also experienced in high fidelity simulation. As
369	a result, the module may not be replicable in departments who do not have access to these
370	skill sets or facilities. Further research with larger sample sizes is needed to judge if the
371	results can be generalised to the wider nursing profession.
372	
373	
374	FUTURE RESEARCH
375	Further research is needed to explore if specialised module content and application of HFS
376	can meaningfully address the lack of orthopaedic and trauma content in undergraduate

nursing curriculums and improve overall patient outcomes. A longitudinal study with a

378 larger sample size and more detailed data collection is required, followed by real-life clinical

379 placements in orthopaedic trauma environments to assess perceived competence. A larger

380 longitudinal study has been planned to explore if the confidence perceived by the student

381 nurses in this study translates to improved clinical application of knowledge in clinical

382 practice.

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