

Preceptor Program

A Collaboration California Economic and Workforce Development Regional Health Occupations Resource Center The Orange County Ethnic Workforce Initiative The Nurse Workforce Initiative

Program Overview

Goal
Program Objectives
Preceptor Roles
Role Model
Educator
Facilitator
Evaluator



Module One

Preceptor Role



Definitions

PreceptorPrecepteePreceptorship

Module 1: Role

DACUM
Develop A CurriculUM
A method to determine the competencies or tasks in a given job.
Philosophy that expert workers can most accurately describe the job.

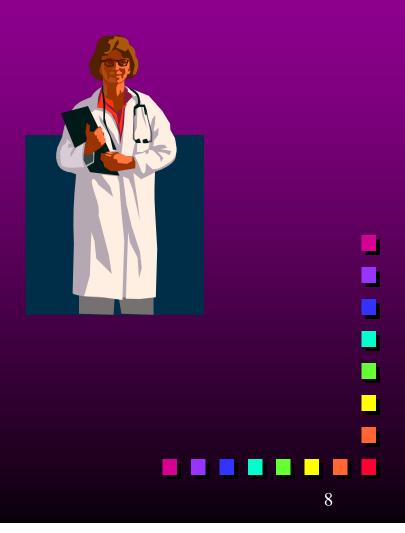
DACUM Process

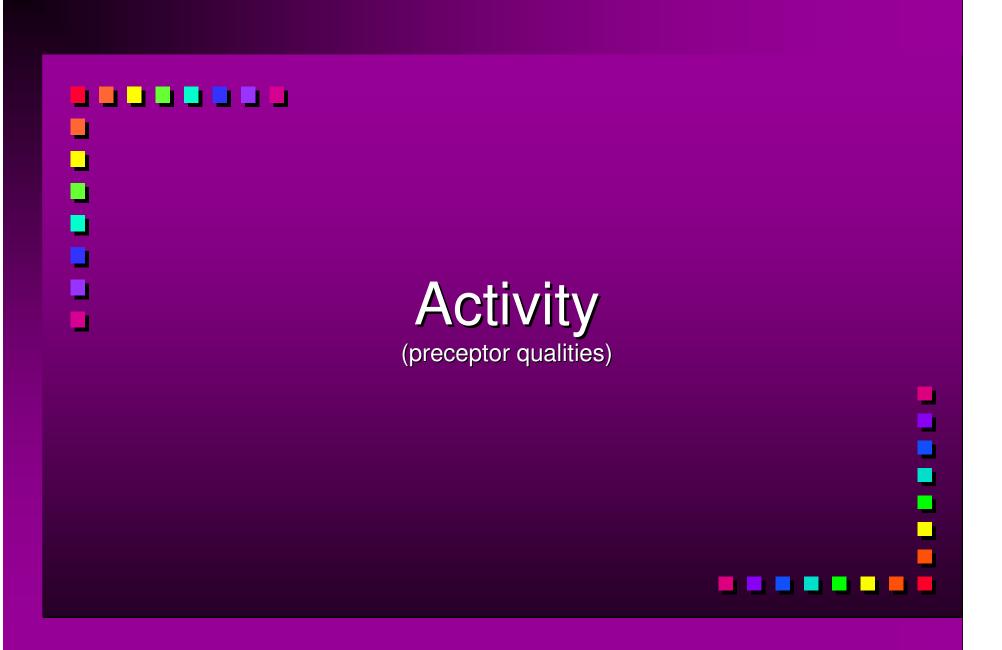
Job Duty Task Step Knowledge and Skills Equipment Traits and Behaviors



Role Transition

Staff NursePreceptor





An Effective Preceptor

Knowledge





Skills



Knowledge

- Policies/procedures
- Practice standards
- Routines
- Documentation
- Preceptee's job description

- Biculturalism
- Resources
- Principles of teaching/learning/ adult education
- Teamwork

Attitudes

Respectful
Realistic
Patient
Open-minded
Dependable
Good Listener

- Supportiveness
- Positive
- Sense of humor
- Constructive
- Mature
- Honest

Skills

Patient care
Communication
Use of equipment
Use of resources
Interpersonal relations

- Work organization
- Problem-solving
- Decision-making
- Priority-setting
- Delegation

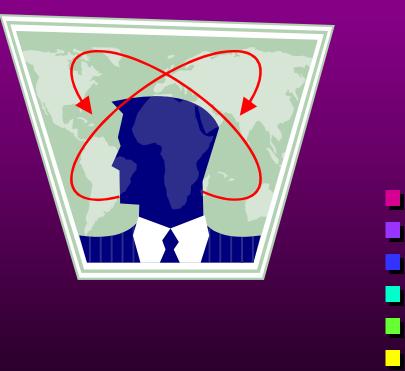
Preceptor's Expectations

Role definition
Performance expectations
Delineation of responsibilities
Enumeration of expected outcomes for the preceptor program
Valid and reliable evaluation tools **Preceptor's Expectations**

Available resources
Support system
Adequate preparation for the role
Adequate training

Responsibilities of the Preceptee

- Identifies own learning needs
- Is active in the learning process
- Readily asks questions



Responsibilities of the Preceptee (continued)



- Reads and follows policy/procedure manuals
- Utilizes resources
- Identifies goals
- Competencies
- Reports concerns
- Evaluates

Preceptee Expectations

Job Description Preceptor/Job Expectations Unit staff Responsibilities Evaluation Tools/Measures Hands-on Experiences Support Systems



Stress

Internal Stress

External stress



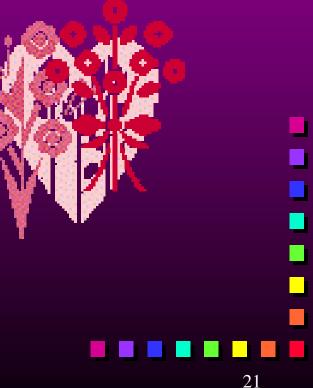
Reality Shock

Reality shock phases
 Honeymoon
 Shock
 Recovery
 Resolution



Reality Shock - Honeymoon

Characteristics Everything is wonderful Excited Rose-colored glasses Enthusiastic



Reality Shock - Honeymoon

Strategies
Take an interest
Help to set realistic expectations
Encourage to ask questions about the history of the organization
Assist to focus on developing a reputation for competence

Reality Shock - Shock

Characteristics
 Anger, moral outrage
 Frustration, rejection
 Confusion
 Disappointment
 Disillusionment

-
-

Reality Shock - Shock

Strategies

- Be a good listener
- Encourage a look at current learning status
- Focus on the good things
- Create a climate for learning
- It is all right to be a learner
- Prevent feelings of abandonment

Reality Shock - Recovery

Characteristics
Stress is reduced
Able to grasp the role
Realized the truth; more than one perspective exists
Sense of humor begins to return

Reality Shock - Recovery

Strategies

- Nurture ability to see humor in the situation
- Give positive feedback; share stories about preceptor's own first work experience
- Assist to turn disappointments into learning experiences

Reality Shock - Resolution

Characteristics
Adjustment

job hopping
returning to school

Bicultural adaptation

Integration of two conflicting value systems

Reality Shock - Resolution

Strategies

- Assist to evaluate work situation objectively
- Help identify appropriate and obtainable goals

Discuss constructive problem-solving

Implementing a Program

RolesResponsibilitiesPlan

Module Two

Role Model



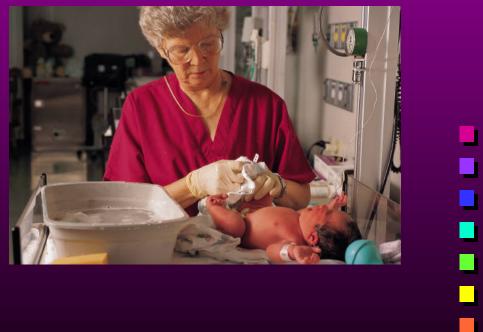
Module 2: Role Model

Role Modeling is a process in which an individual identifies with and assumes the values and behaviors of another person that ultimately results in behavior modification that is usually permanent. (Bidwell & Braswell)

Demonstrates by example how competent staff perform their job Attributes include Clarity Consistency Openness Communicativeness Specificity Accessibility

Provides competent patient care.

Examples:





 Maintains current practice.

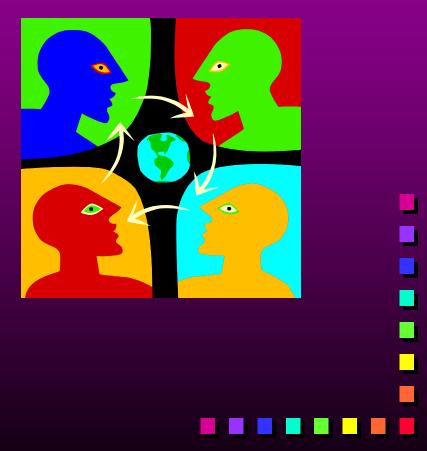
Examples:



Participates in unit governance
 Examples:

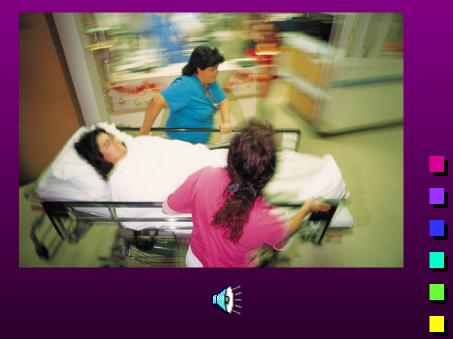


Serves as resource person.
 Examples:



Role Model

 Maintains effective working relationships with all members of the healthcare team.
 Examples:



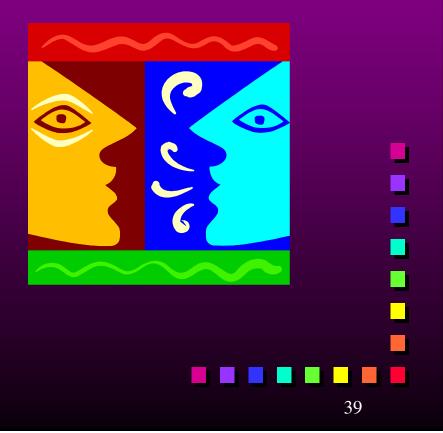
Role Model

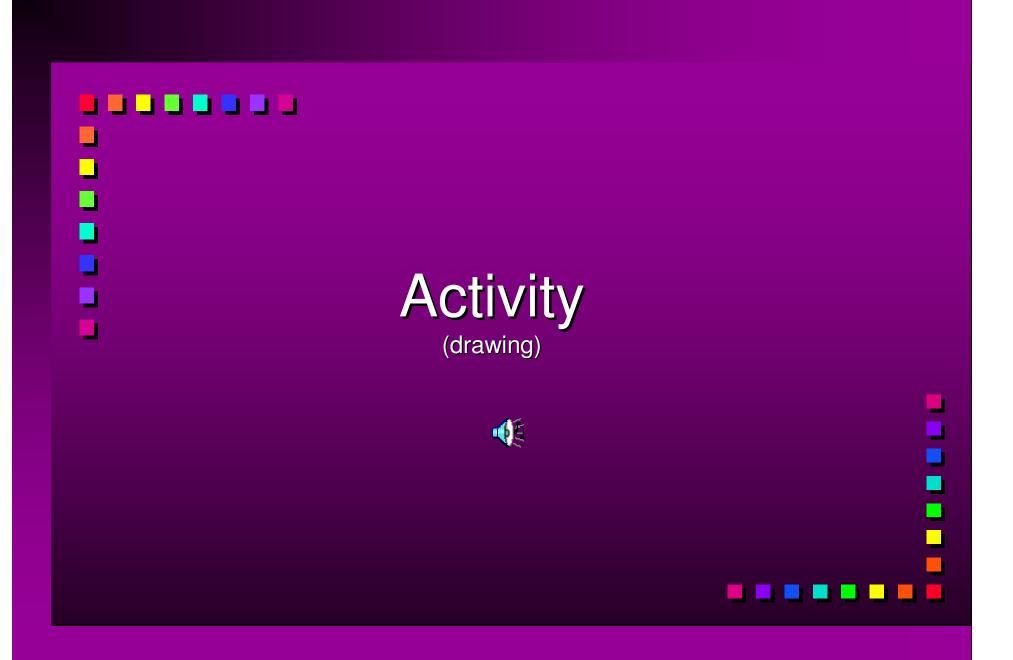
 Demonstrates time management and organizational skills.
 Examples:

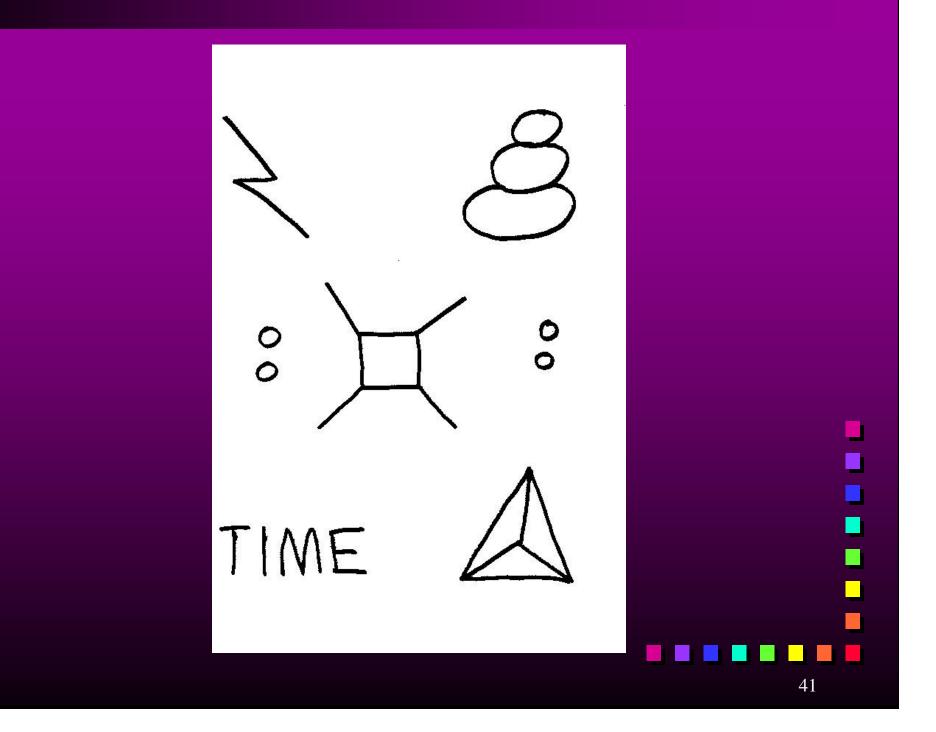


Role Model

Promotes effective communication.
 Example:









Role Modeling Communication

- Who
- What
- When
- Where
- How
- Why





Modul

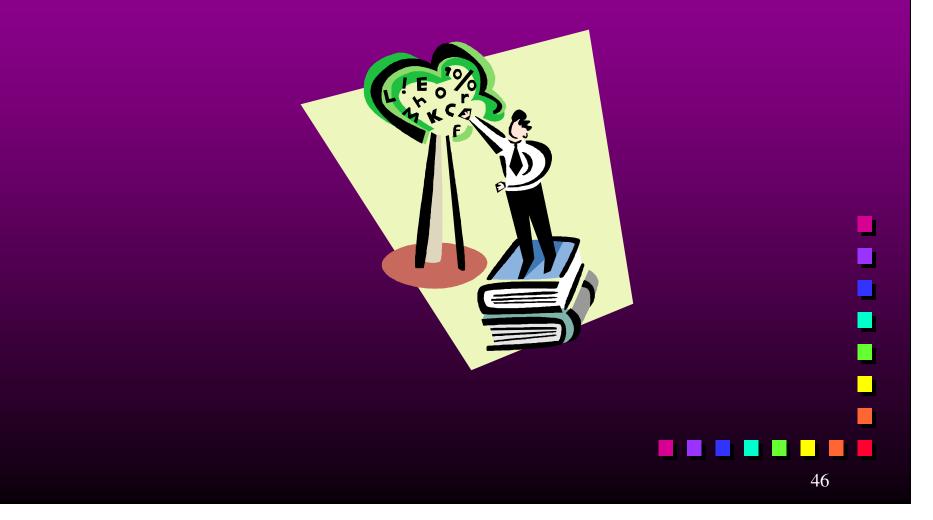
Module Three

Educator



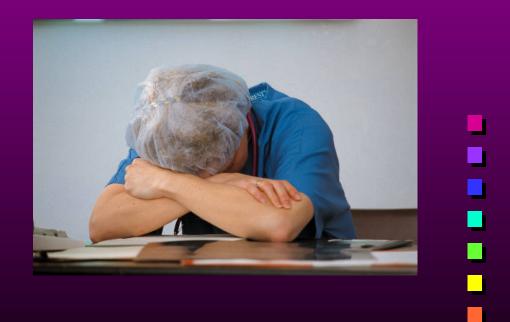
Learning:
A Higher Mental Process
Differs from instinct
Complex
Lots of theories
Still researching.....

What influences learning?



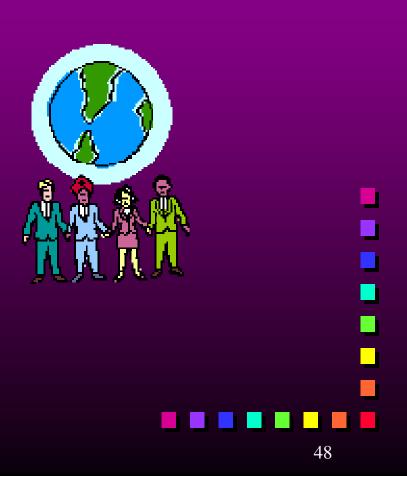
Environment

StressNoiseBusyness

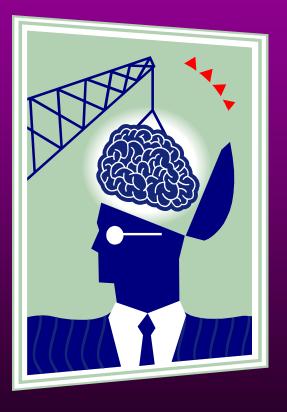


Culture

GenerationalEthnicGender



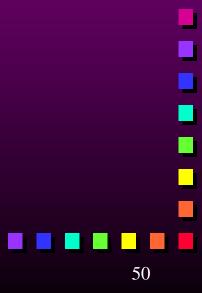
Intellectual Ability





Primary Language





Philosophy of Education

Liberal
Progressive
Behaviorist
Humanistic
Radical

Memory

Learning by association
Learning through contextualism

Transfer of Learning

- Program participants
- Program design and delivery
- Program content
- Changes required to apply learning
 - Resistance to change
 - Activity
- Organizational context
- Community/Societal forces



Categories of Learning

KnowledgeAttitudesSkills



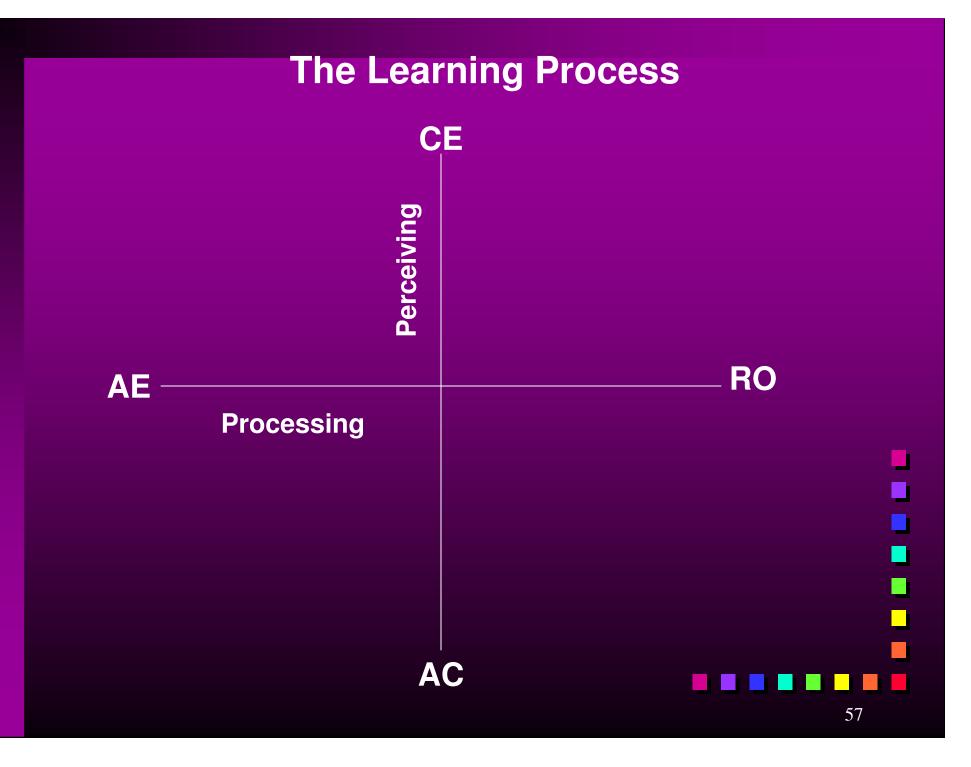


Kolb's Learning Style Inventory

- Keep sheet together
- Rate each question
- Don't try to read into the questions
- Go with your first response
- Don't go back
- Press hard to go through to back copy
- Follow directions for scoring

Ranking

4= most
1=least
3= next most
2= left over



Learning Styles

Concrete Experience (CE)
 Reflective Observation (RO)
 Abstract Conceptualization (AC)
 Active Experimentation (AE)



Concrete Experience

Learning opportunity
Personal meaning
Why is this important to me?
Feelings important

Abstract Conceptualization

Logic & ideas
Systematic planning
Thirst for knowledge
Feelings less important

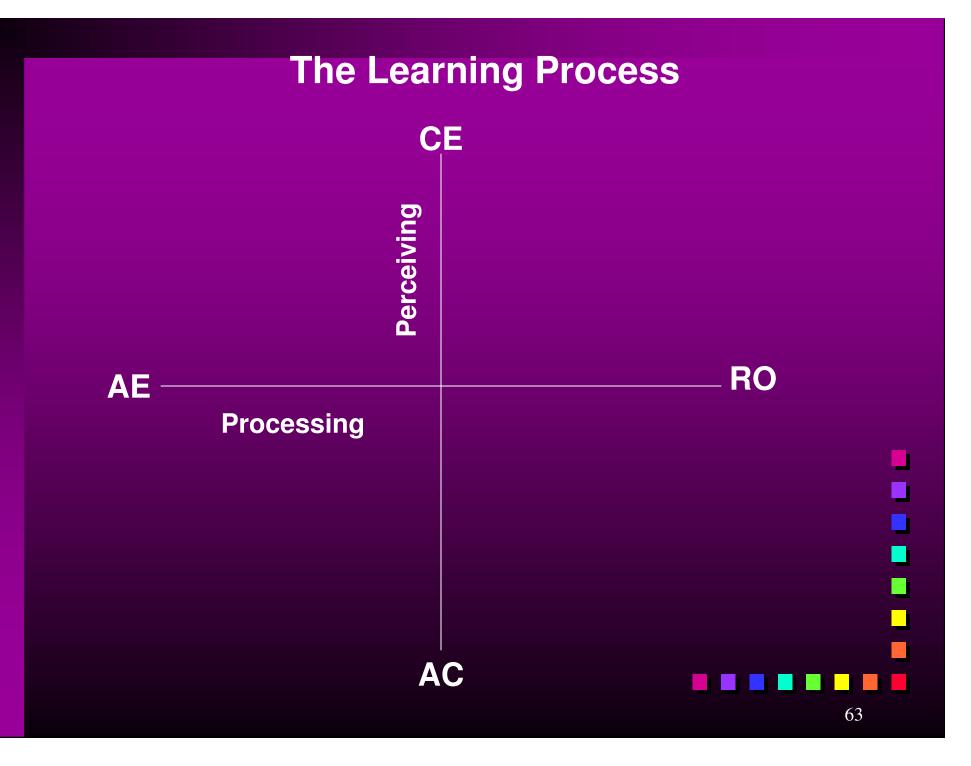
Reflective Observation

Planning
Mull it over
Need time

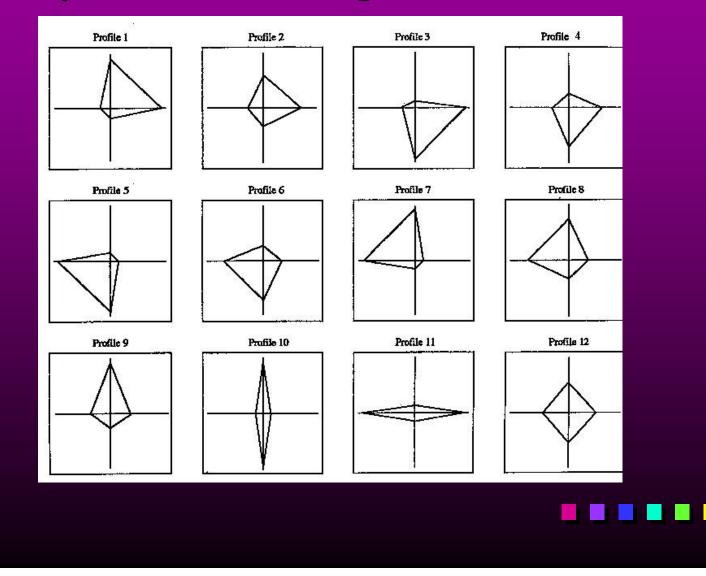
Active Experimentation

Does this work?PracticalHands-on

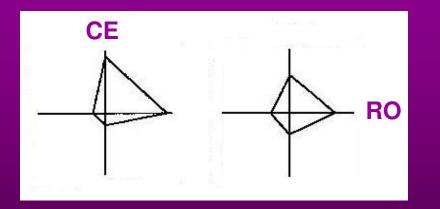




Sample Learning Profiles



Profiles 1 and 2

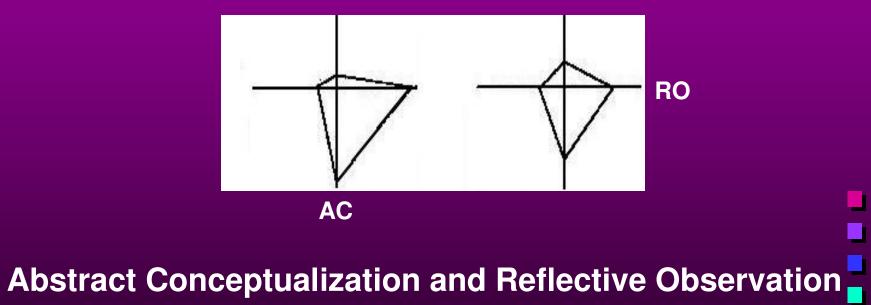


Concrete Experience and Reflective Observation

Reflectors



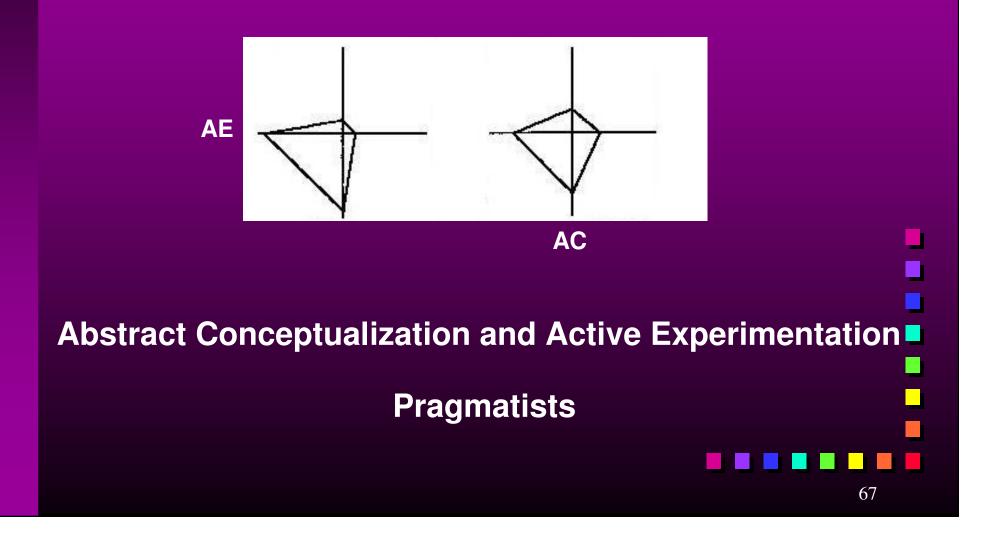
Profiles 3 and 4



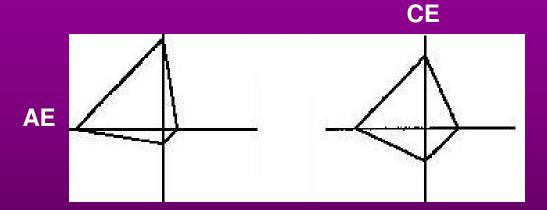
Theorizers



Profiles 5 and 6



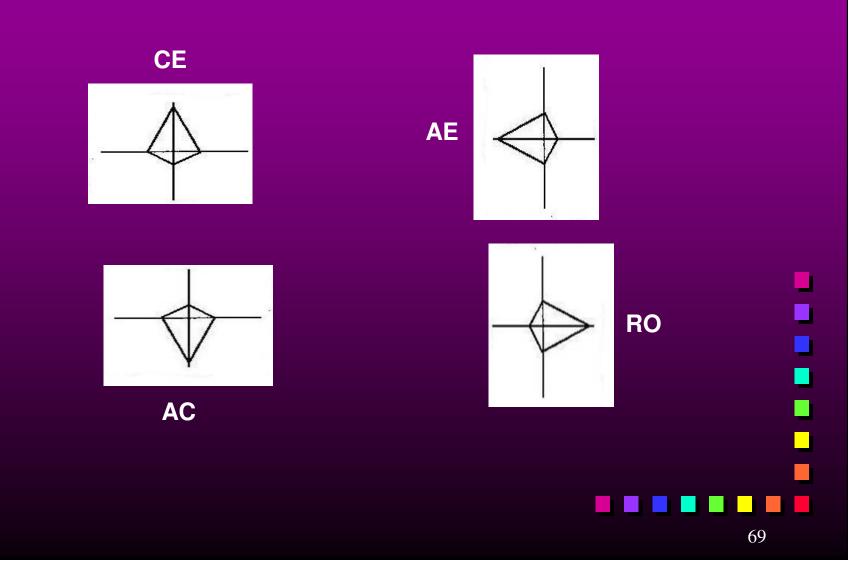
Profiles 7 and 8

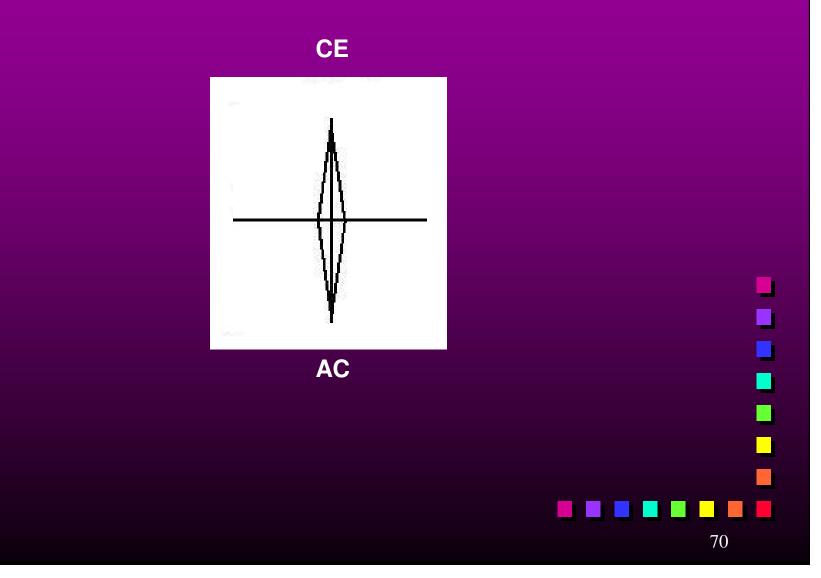


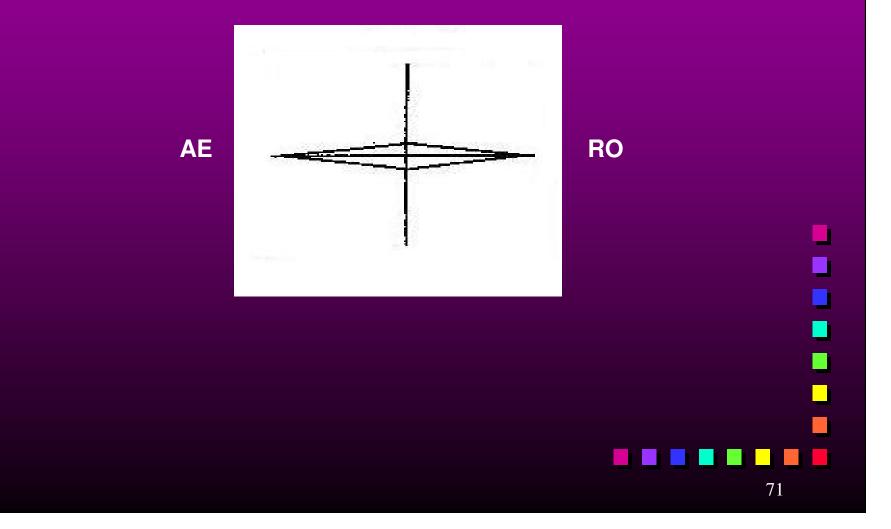
Active Experimentation and Concrete Experience

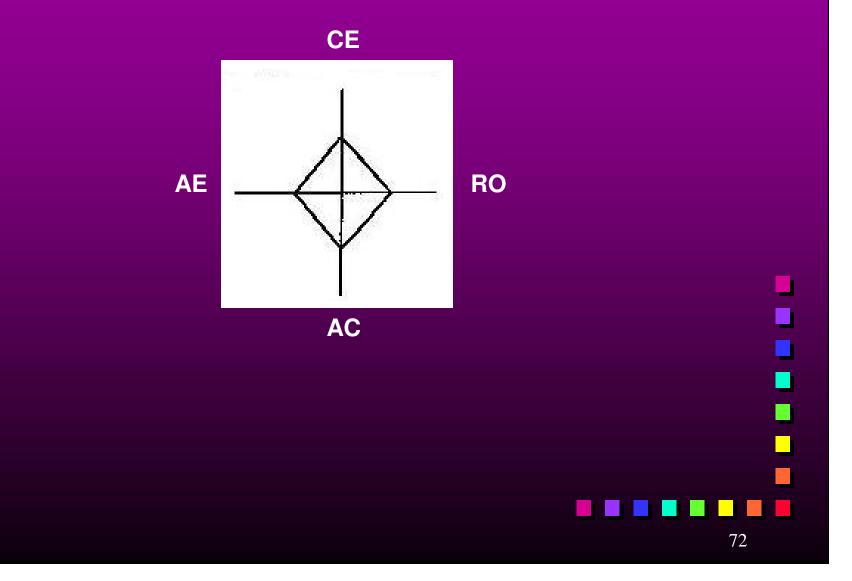
Activists





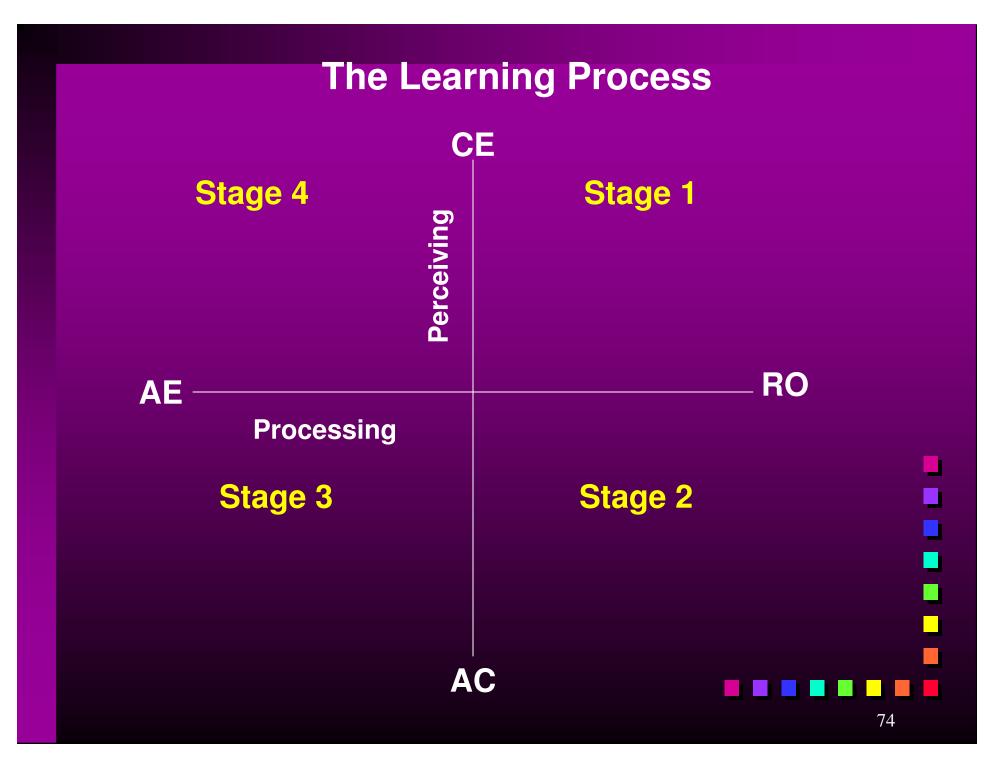






Comparing Learning Styles

No good or bad, just different
How you learn best
Focus on improving other areas
Respect the differences



Learning Activities Stage 1 Personal Interest Reason for learning Motivation How does it relate to me

Learning Activities

Stage 2

- Gather important facts
- Direct teaching



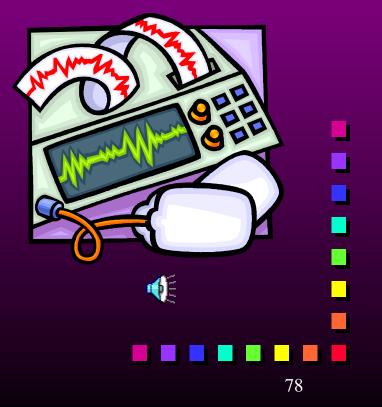
Learning Activities

 Stage 3
 Using the material
 Hands-on practice
 Experimental
 Action-oriented



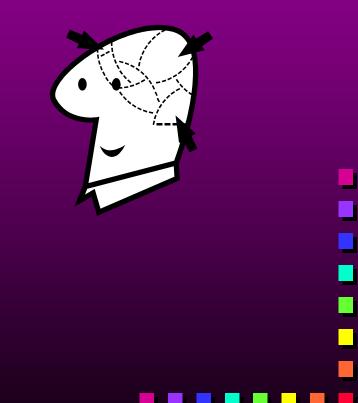
Learning Activities

Stage 4
 Integration into practice
 Relate to information you already hold



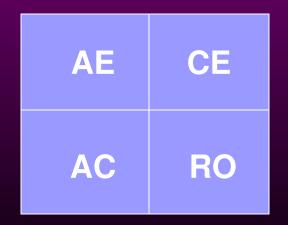
Additional Learning Styles

- Logical/mathematical
- Verbal/linguistic
- Intrapersonal
- Interpersonal
- Visual/spatial
- Body/kinesthetic
- Musical/rhythmic

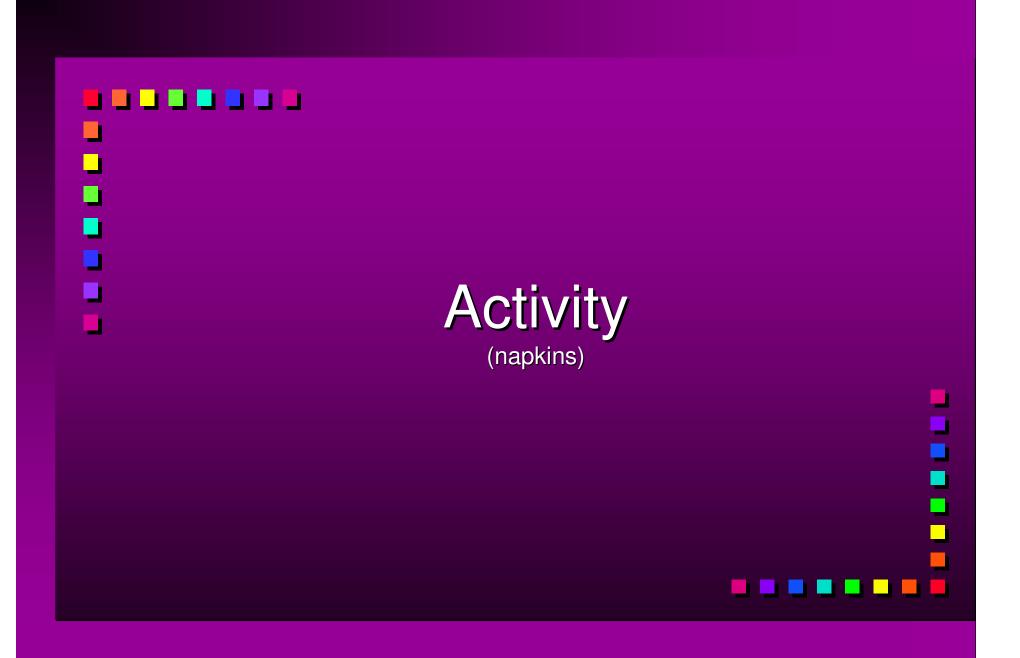


Principles of Adult Learning

Malcolm Knowles
Learning retention
Relationships to Kolb's work

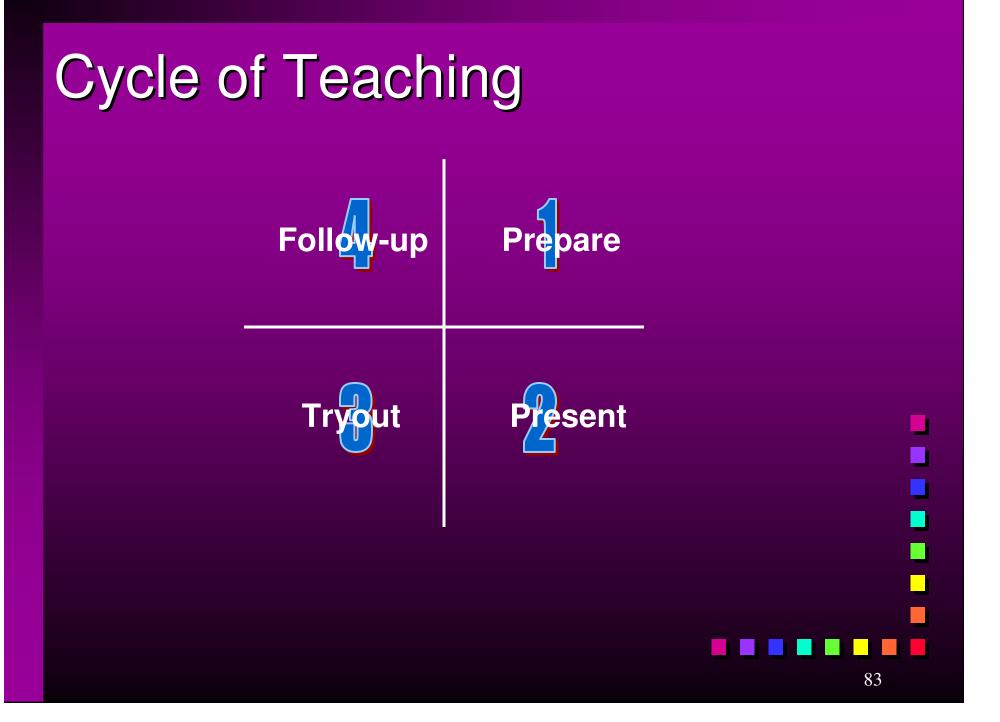






Teaching Psychomotor Skills

Steps
Prepare
Present
Try-out
Follow-up



Prepare

 Plan
 Assess readiness
 Motivate



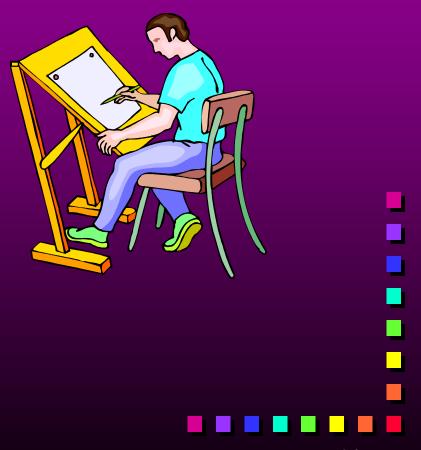
Present

Demonstration
 Return demonstration



Try out

 Trial with cueing by instructor
 Behavior modeling
 Reinforce



Follow-up

Encourage questions
Feedback
Model behavior
Taper off
Evaluate



Psychomotor Skills

Effective methods in teaching
Be prepared
Motivate
Create safe learning environment
Develop a trusting relationship with preceptee



Determining Learning Needs

Current level of performance Identify what needs to be learned Prioritize Needs High risk/high frequency Mandated Learning needs mutually agreed-upon



Levels of Competency

Novice
Advanced beginner
Competent
Proficient
Expert

Selecting Teaching Methods

Knowledge





Skills



Knowledge	Attitudes	Skills	Kolb	Learning Activity
				Reading
				Role play
				Providing patient care
				Practice on Mannequins
				Asking questions

Creating a Learning Plan

Who?
What?
When?
Where?
How?
Why?

Goal Setting

The most important thing about goals is having them.



Goal Setting

PurposeBenefitsBarriers

Goal Characteristics

Mutual Relevant Positive Realistic Measurable Written Specific



Write one positive, realistic, measurable, and obtainable goal you might set for a preceptee in your work setting.

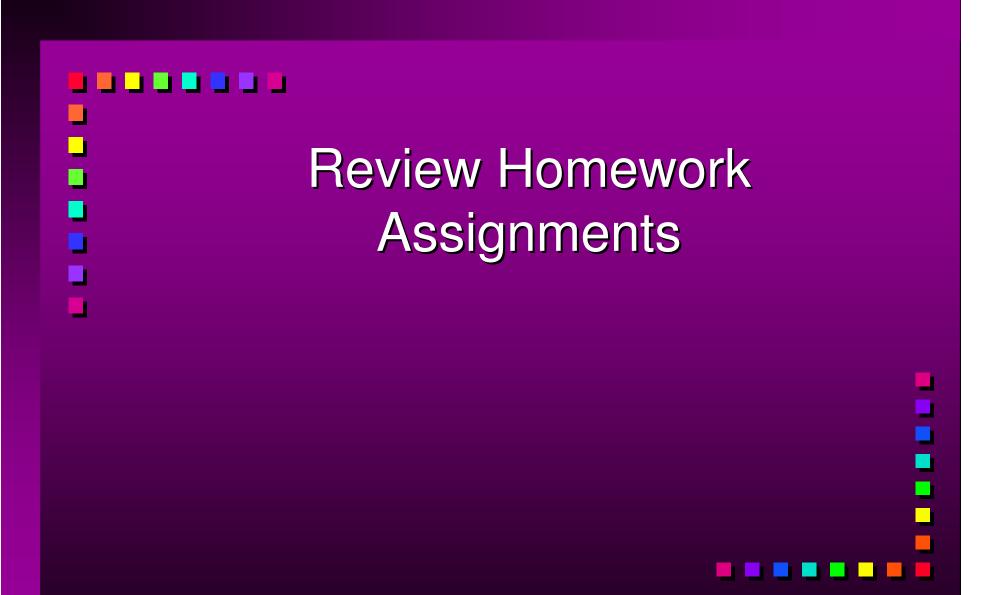
Using Goals

- Meet with preceptee regularly
- Encourage preceptee to come prepared with a list and self-evaluation
- Limit number of goals
- Do not duplicate competency lists
- Share ideas
- Plan to reevaluate

Model Goal Setting

- Long Term Goals
- If you want to do something better, you must do something different that requires a change.
- Letter to self





Module Four

Facilitator

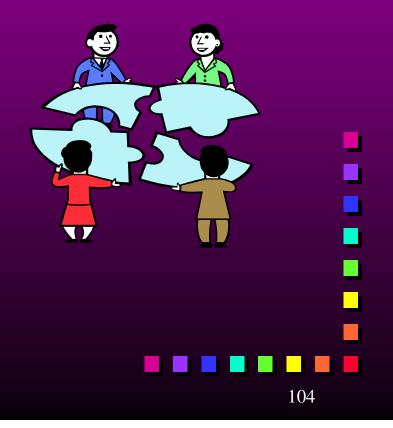


 Familiarize with physical environment
 People tool
 Scavenger hunt



Promote sense of belonging

- Socializing to the unit
- Unwritten rules

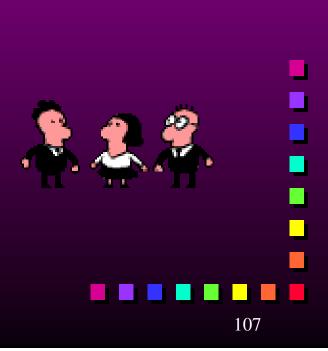


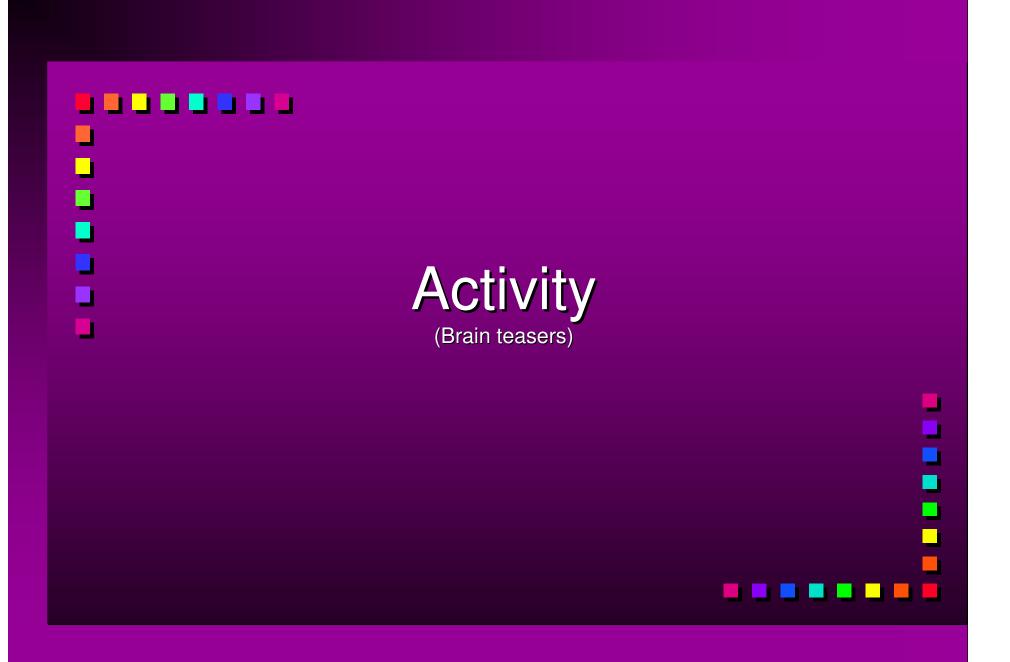
Arranging the Clinical Experience
 Choosing assignments
 Negotiating with staff

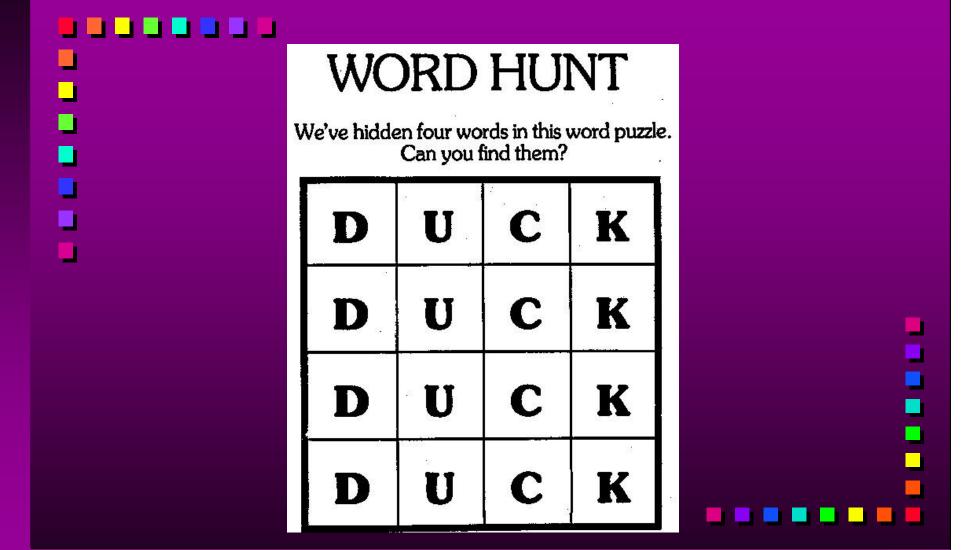


A Peacock in the Land of Penguins

- Develop reflective thinkers
- Model a systematic approach to thinking and problem solving
- Foster critical thinking







Critical Thinking People Are:

- Truth seeking
- Open-minded
- Analytical
- Systematic
- Self-Confident
- Inquisitive
- Mature

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Decision Making

 A systematic sequential process of choosing among alternatives and putting the choice into action. (W. Lancaster & J. Lancaster, 1982)

Decision Making

Analyzing alternative courses of action, their potential effects, and selecting the best course of action

Implementing the selected action, monitoring the effects and reevaluating the decision in light of the effects

Problem Solving

Problem solving is cognitive processing directed at achieving a goal when no solution method is obvious to the problem solver.
 (Mayer & Wittrock, 1996)



Problem Solving

- Rational, analytical thinking
- An investigative action
- Use of the nursing process
 - Assess
 - Plan
 - Implement
 - Evaluate

Critical Thinking

- A composite of the attitudes, knowledge, and skills. (Watson & Glaser, 1980)
- A process, the goal of which is to make reasonable decisions about what to believe in and what to do. (Ennis, 1996)

Paul, Binker, Adamson, and Martin (1989)

The art of thinking about your thinking while you are thinking in order to make your thinking better: more clear, more accurate, or more defensible.

Critical Thinking Steps Peter Facione 1998

- Interpretation
- Analysis
- Inference
- Explanation
- Evaluation
- Self regulation

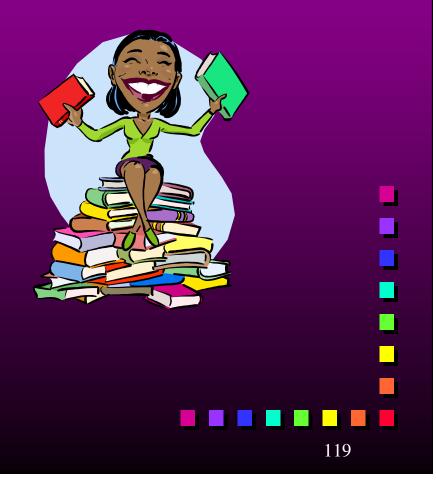


Interpretation

Components
 Categorizing
 Decoding
 Clarifying meaning

Interpretation

- Distinguish facts, assumptions, and inferences
- Knowledge component
- Interpret data



Interpretation

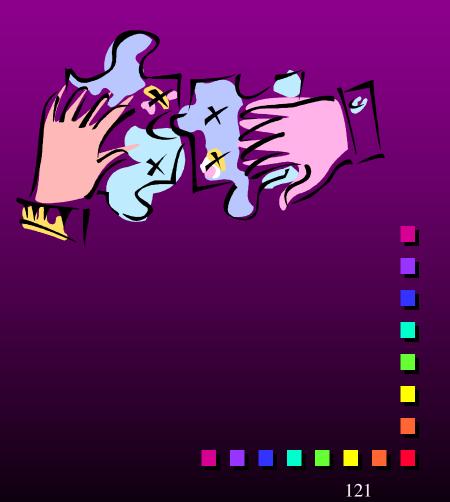
BP 160/98 Reports elevated BP Question to ask Tell me what you know about this drug, diagnosis, procedure, treatment?





Analysis

- Components
 - Prioritizing
 - Making relationships
 - Making connections
 - Defining various courses of action



Analysis

- Recognize the existence of problems
 Distinguish between relevant and irrelevant information
- Begin to analyze nursing problems and define the possible courses of action

Analysis

Questions to ask
What lab work would you want to monitor while the patient is on this drug?
What are the elements in the patient's admission assessment findings that relate to the admitting diagnosis?
What should you do first for this patient?

Case Study

A MVA patient, age 13, had an open reduction of a right tibial fracture three days ago and is also in pelvic traction. She is complaining of pain in her right leg. She states that her pain level is an 8/10 and that it is worse than yesterday. The patient has Vicodin and MS ordered for pain. The preceptee prepares to medicate the patient with morphine.

Inference

 Components
 Drawing conclusions based on evidence/data

> Comprehending the meaning of subjective and objective data



Inference

- Weighing risks and benefits of various courses of actions
- Identifying gaps in information
- Making sound decisions



Inference

- Based on these symptoms, what conclusions can you draw?
- New nurses have a tendency to go for the obvious.

Case Study

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 Components
 Explaining
 Providing rationales for conclusions



Explaining in verbal or written format, sound reasons for actions taken or conclusions drawn

Explaining relationships between data

Questions to ask

- Why would you want to do this treatment first?
- Why is this drug not used for this patient when it was prescribed for a patient with the same diagnosis?
- Why is the pain getting worse?

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Why?
So what?
What if?
What's next?



Case Study

The patient is admitted for atrial fibrillation, has CHF and is on bed rest. The patient's medications include Heparin SQ bid and Digoxin daily.

In discussing the patient's medications with the preceptee, she tells you that heparin is given because the patient is on bed rest.

Evaluation

Components
 Continuously assessing the data for relevancy to the situation
 Ensuring that the data supports the conclusion

Evaluation

- Questioning the data, signs and symptoms for relevancy
- Evaluating appropriateness of care
- Cost-effectiveness
- Anticipating, thinking ahead
- Looking at the big picture

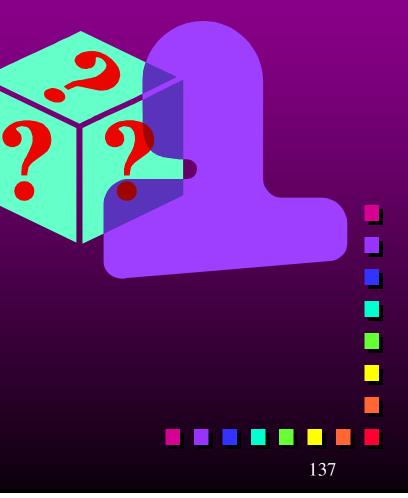




Evaluation

Questions to ask
 What would indicate to you that this medication has been effective?
 If a patient is developing an infection, what symptoms would you expect to see?

 Components
 Continuously questioning, examining and monitoring one's thinking for accuracy



Asking questions
Comparing and contrasting situations
Seeking further data to support and validate conclusions

Last week you took care of a patient with a similar diagnosis.

What symptoms are the same?What differences do you notice?

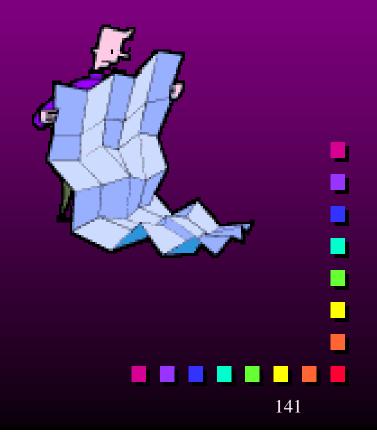
Questions to ask:

- Did an attitude or perception influence my conclusion?
- What is interfering or coloring the way I am looking at this situation?

Am I drawing the wrong conclusion?

Could I be overlooking something?

What am I missing?



Putting It Together

Frame the Question

- Use the critical thinking components.
- Pose questions that encourage problem solving.
- Encourage the preceptee to come to you with questions/problems but also possible solutions.
- Why? What if? So what? What now?

Use Case Scenarios

The physician leaves the following order for the patient who is one day post-op appendectomy:

1. DAT

2. d/c IV fluids when taking fluids well

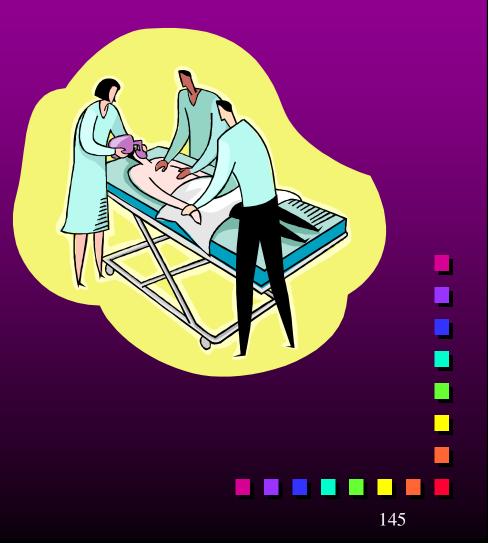
- What are the facts?
- What are the alternatives/choices?
- What other assessments should be made?
- What factors will influence the choice?
- How will know if I made the correct choice?
- What am I overlooking?

Build Confidence

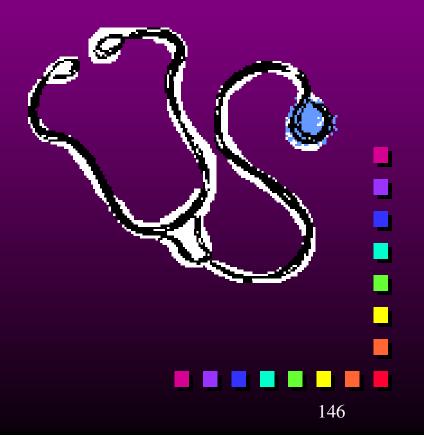
- Give feedback that tells the preceptee that you trust their ability
- "I think you can handle this, but I am right here if you need me."



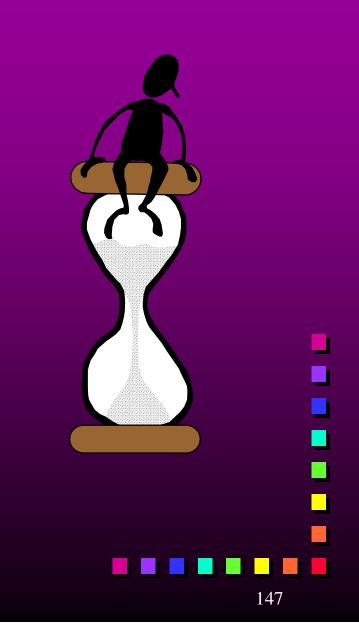
- Acknowledge when the preceptee has made an appropriate decision.
- "I would have done the same thing."
- "I couldn't have done it better."



Validate the preceptee's assessments/findings/ conclusions
 "That's exactly what I heard in the lungs."



- Collaborate with the preceptee in making out assignments.
- "Where do you think we should start today?"



- When setbacks or "bad" days occur, remind preceptee of their progress and successes.
- "Remember the first time you recorded a code how everyone complimented you."



Practice Time



Conflict - Definition

When what you have and what you want are different.

A pattern of energy

Nature's primary motivation for change

Conflict Management

Conflicts for
 Preceptee
 Preceptor
 Staff
 Manager

Causes of Conflict

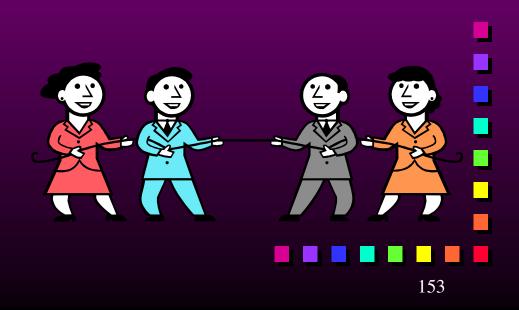
Personality differences
Difference in values
Difference in perspective
Difference in goals
Cultural differences

Conflict Myths

Conflict is negative

Conflict is a contest

A sign of poor management



Conflict Myths (continued)

If left alone, conflict will take care of itself

Conflict must be resolved



Activity

Face your partner. Place your hands against the other person's hands. Person One face the screen. Person Two face away from the screen.

Person One

When I say "go" push against your partner's hands.

Change positions so Person Two is now facing the screen.

Person Two

When I say "Go", push against your partner's hands. Don't back down.

New Directions Person Two

When I say "go" push against your partner's hands.

Change positions so Person One is now facing the screen.

Person One

When I say "Go", give no resistance when your partner pushes your hands.

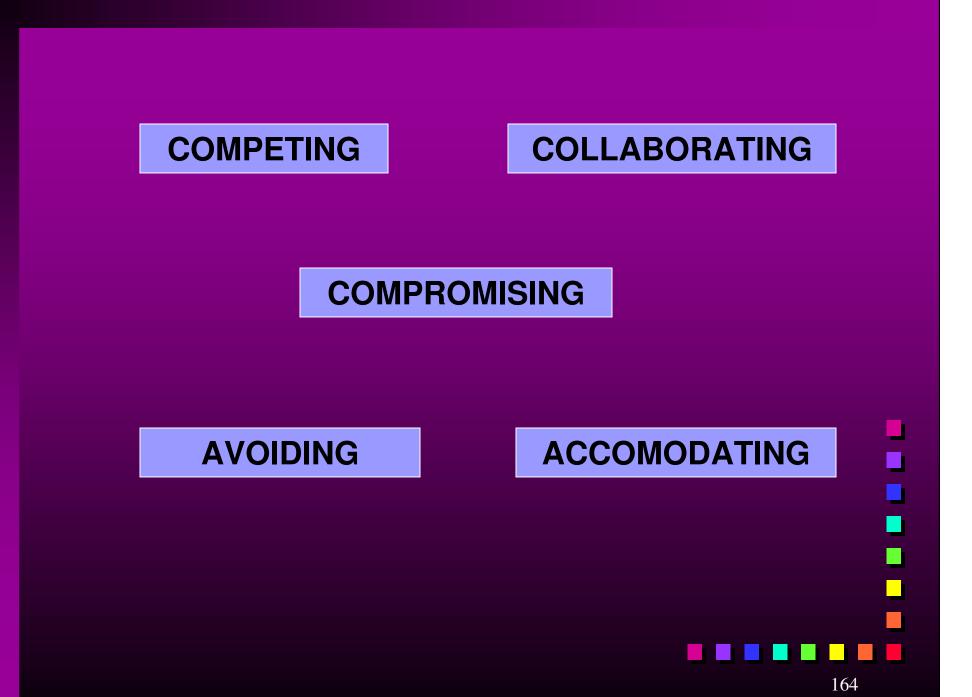
Conflict Mode Instrument

Consider conflict situations.
How do you usually respond?
If neither response is typical, choose the one you would be more likely to use.



Conflict-Handling Modes

Competing
Collaborating
Compromising
Avoiding
Accomodating



Competing

 Forcing
 Assertive and uncooperative
 Power-oriented



- Useful for:
 - Standing up for rights
 - Defending an important position
 - Trying to win



Accommodating

Smoothing
 Unassertive and cooperative
 Involves self-sacrifice



Useful for:

- Charitable causes/generosity
- Obeying orders
- Yielding to another point of view



Avoiding

Withdrawing
 Unassertive and uncooperative
 Does not address conflict



- Useful for:
 - Diplomatic sidestepping
 - Avoiding until a better time
 - Withdrawing form a threatening situation

Collaborating

Problem Solving
 Assertive and cooperative
 Seeks to satisfy both sides



- Useful for:
 - Gaining additional insights
 - Avoiding negative competition for resources
 - Solving interpersonal problems



Compromising

- Sharing
 Somewhat assertive and somewhat cooperative
 - Solutions are mutually satisfying; acceptable to all

- Useful for:
 - Splitting the difference
 - Making concessions
 - Finding a quick middle-ground position

TKI Profile

Were you surprised?
Compare with others
No wrong answers
Are there strategies you want to explore?
Which strategies work in which situations?

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Module Five

Evaluator



Evaluation

Observable and measurable
Learning can only be inferred
Change in behavior
Based on standards of performance

Evaluation Process

Formative evaluation
Summative evaluation
Documentation Tools



Performance Evaluation

Participative
Using Goals
Long Term Goals

Communication is the Key

Body LanguagePerceptions



Effective Communication

- Who?
- What?
- When?
- Where?
- How?
- Why?







Old Woman...Or Young Girl? hint:The old woman's nose is the young girls chin.



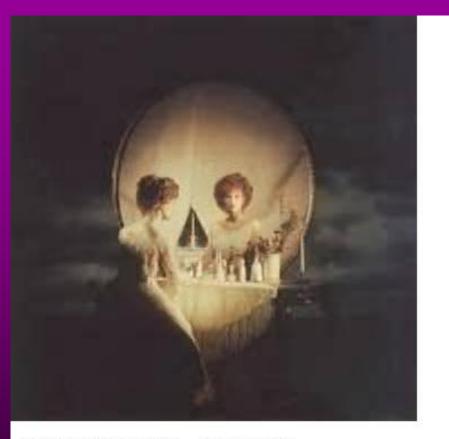


A Face Of A Native American... Or An Eskimo?

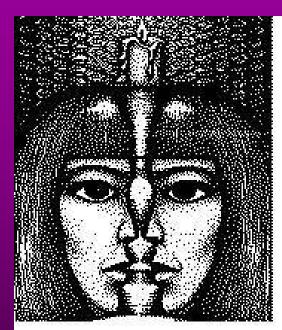




Man Playing Horn... Or Woman Sillhouette? (hint: woman's right eye is the black speck in front of horn handle)



Woman In Vanity... Or Skull? hint: move farther a bit from the screen and blink to see the skull or the woman (looking at the mirror)



Two Faces... Or One?

(hint: two faces side profile…or one face front view)

Assertive Communication

Changing the message:
I think...
I feel...
I want...
I'm concerned that...



Coaching the Preceptee

Definition
Coaching Conversations
Feedback
Problem Solving
Developmental

Coaching the Preceptee

Constructive Feedback
 Provides information to improve performance.

Is a vehicle to promote constructive relationships.

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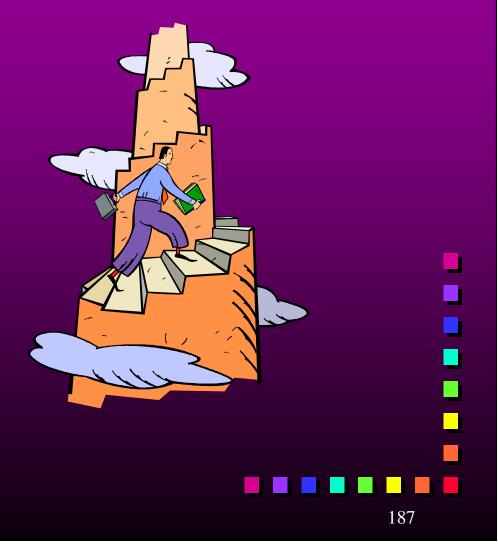
Promotes an environment of openness and mutual respect.

Constructive Feedback

- Provides a way to monitor how things are going.
- Creates a way for issues to come to the forefront before they become major problems.
- Keeps lines of communication open.
- Assists staff in owning problems and creating solutions.

Constructive Feedback Steps

- EngageEmpathizeEducate
- Enlist



What to do when....

- Preceptees you might encounter
- Discussion
- Role play



Evaluating Performance

- Satisfactory/Remediation
- Ongoing and written
- Criteria
 - Consistent demonstration
 - Demonstration with minimal prompt
 - Demonstration with repeated prompts

Formative Evaluation

Ongoing process and documentation
 Weekly updates with preceptee
 Multiple preceptors must communicate
 Written goals and follow-up
 No surprises at end of orientation

Summative Evaluation Collaboration with Manager

- Meet with manager before preceptorship begins
- Decide what data must be collected.
- Develop methods to collect the data.

Final Evaluation

Manager's responsibility
Clarify preceptor role
Analyze and interpret the data
Write the evaluation report
Share the evaluation results with preceptee

Putting it all together

Tools
Conducting the Program

Focus
Daily tasks (goals)
Evaluate

Documentation

Preceptor Support

- Ideas for recognition, incentives, rewards
- Resources for preceptors
- Support Groups
- Advanced training

Beyond Preceptoring

Letting go
Mentoring
Changing the relationship
Support rather than judge





