

Improvement of Communication Strategies in Medical and Nursing Students in Critical Scenarios

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ABSTRACT

Aim: To evaluate the existence of variations in the vital signs and anxiety levels of performers when they perform in their usual environment compared to the hospital environment.

Methodology: A clinical study was developed with 8 students from the Musical Performance Degrees in the period February-May 2024. Students from the Nursing Degree collected data on vital signs and applied the Hamilton Anxiety Scale (HAS) pre and post musical interpretation in a usual performance environment (general rehearsal in the auditorium of the Faculty of Music and Performing Arts) and a health environment (day hospital of the Rey Juan Carlos University Hospital). Mann Whitney and Wilcoxon U tests were applied for comparisons between environments by time of analysis and between the latter by environment, respectively. Pearson correlation coefficients were calculated. The SPSS v24.0 program was used and a significance level of $p < 0.05$.

Results: The students had an average age of 21.38 ± 0.52 years, 50% men; all with string instruments. No statistically significant differences ($p > 0.05$) were found between environments by analysis time. No statistically significant differences ($p > 0.05$) were found between analysis moments per environment. Only heart rate showed a considerable trend towards improvement in the healthcare environment (pre= 102.33 ± 7.23 bpm; post= 91 bpm). Statistically significant ($p < 0.05$) and positive correlations were found between the subscales and the HAS total score.

Conclusions: There were no statistically significant differences ($p > 0.05$) in the vital signs and anxiety levels of performers when they performed in their usual environment compared to the hospital environment, pre- and post-interpretation, although slight trends towards improvement in frequency heart rate and levels of psychological and somatic anxiety. We will work to obtain a larger sample size.

Keywords: Nursing; Music Therapy; Care; Welfare; Interpreters

Introduction

Effective communication in healthcare settings is essential to ensure the quality and humanization of health services. The importance of clear and compassionate communication has been widely recognized in the literature, showing its positive impact on treatment adherence, patient satisfaction and clinical outcomes.

Objectives

To evaluate communication strategies used by Nursing and Medicine students in palliative care situations. To evaluate communication

strategies used by these students in situations of cardiorespiratory arrest. To evaluate the correlation between the communication strategies of these students and physiological responses in interaction contexts associated with terminal care and/or cardiorespiratory arrests.

Methodology

A systematic literature review will be implemented using the following search strategies:

- Strategy 1: "Students AND Communication AND Palliative Care"

- Strategy 2: "Students AND Communication AND Cardiorespiratory Arrest"
- Strategy 3: "Students AND Communication AND Physiological Responses"

Databases consulted will include PubMed/Medline and Lilacs. The inclusion criteria will cover studies published in Spanish and English in the last five years and related to the objectives of the study.

Selection Criteria

Inclusion:

- Studies published in the last five years in Spanish and/or English.
- Studies that address the themes of the objectives of this project.
- Studies of any methodological type.

Exclusion: Studies without abstract availability.

Expected Results

Search Strategy 1: It is expected to identify studies about the influence of palliative care communication simulations on undergraduate nursing and medical students, analyzing both the qualitative and quantitative responses of the participants.

Search Strategy 2: The aim is to study the effects of training in interprofessional communication on clinical competence during cardiorespiratory arrest situations, evaluating both the technical and non-technical skills of the participants.

Search Strategy 3: The research focuses on how students' physiological responses are affected by communicative strategies in critical contexts, analyzing variables such as heart rate, breathing and cortisol levels.

Discussion

This project will identify the importance of communication strategies in Medicine and Nursing students in critical scenarios. Furthermore, the need to consider physiological variables in both professionals and patients will be highlighted to improve the quality of communication and, consequently, health care [1-4].

Conclusion

Communication strategies are essential in training environments to facilitate health professional-patient-family interaction in critical scenarios. This study will contribute significantly to the existing literature by addressing the relationship between specific health communication training, physiological responses, and communication strategies used by students in critical situations.

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