

Improving the Quality of Care of Older Adults through Self-Efficacy: A Pilot Study*

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Background & Framework

- ❖ Faculty utilize evaluative modalities to assess students' mastery of NP competencies but seldom assess students' self-efficacy
- ❖ Bandura's Social Cognitive Theory
 - Self-efficacy important element in assessing one's belief that activities can be performed
- ❖ **Specific aim:** Evaluate NP students' self-efficacy in treating community dwelling older adults and establishing validity of self-efficacy tool developed for NP students.

Two Self-Efficacy Scales Utilized

- ❖ General Self-Efficacy Scale
 - 10-item scale (scored from 10-40*)
 - Frequently used in healthcare research
- ❖ Caring for Community Dwelling Older Adults Self-Efficacy Scale (CCDOASES)
 - 9-item scale (scored from 9-36*)
 - Developed for study

*Higher scores indicate higher perceived self-efficacy

References:
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 Steffen, A.M., McKibbin, C., Zeiss, A.M., Gallagher-Thompson, D., & Bandura, A. (2002). The revised scale for caregiving self-efficacy: Reliability and validity studies. *The Journals of Gerontology*, 57B(1), 74-86.

Methods

- ❖ **Step 1.** Pre-Surveys
Completed both self-efficacy scales prior to distribution of assignment details
- ❖ **Step 2.** Completion of Unfolding Case Study
 - NLN Advancing Care Series "Red" Yoder
- ❖ **Step 3.** Post-Surveys
Completed both self-efficacy scales 1-7 days after submission of unfolding case study assignment

Unfolding Case Study Rubric	Points
Introductory Monologue: Medical Diagnoses	10
Introductory Monologue: Treatment Plan for Medical Diagnoses	15
Introductory Monologue: Psychosocial Issues	10
Introductory Monologue: Treatment Plan for Psychosocial Issues	15
Second Monologue: New Medical Diagnosis	5
Second Monologue: Treatment Plan for New Medical Diagnosis	10
Transitional Plan: Level of Care Identified	5
Transitional Plan: Interprofessional Team Identified	15
Transitional Plan: Indicators that Warrant Changes in Plan	10
APA/Grammar	5
TOTAL	100

Results & Implications

n = 20 students

General Self-Efficacy Scale

- Average score increased from 31.55 to 33.65
- **11 students (55%) had increase in score**
- Most improved individual scale item was "Thanks to my resourcefulness, I know how to handle unforeseen situations."

CCDOASES

- Average score increased from 25.15 to 30.2
- **16 students (80%) had an increase in score**
- Most improved individual scale item was "Increase in confidence developing a transitional treatment plan after hospitalization."

- ❖ **Unfolding Case Study assignment increased the self-efficacy among NP students transitioning into role of health care provider**

