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## Transition course in psychiatric nursing as an intervention in facilitating students' perceived preparedness in handling patients with mental illness

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This study investigated the impact of training through a 24 hours transition course as intervention in facilitating nursing students' perceived readiness in handling patients in their psychiatric nursing practicum. A total of 89 senior nursing students across 3 academic years served as participants in the study. Results of self-assessment tests which were given before and after the three-day intensive transition course, showed significant difference in the perceived competence of the students to handle the mental health patients. Feeling of anxiety in doing clinical work significantly decreased after the training and workshop. The students perceived that the 24 hour- transition course was an enormous help in equipping them with the appropriate skills, precise knowledge and sufficient psychological readiness that are necessary in facing up to the challenges of actual clinical practice. Results of the study distinctly underscore the value of training psychiatric nursing students before exposing them to the real-world clinical practice. Practical implication of the result is also discussed.

### Biography

Ana Joy Mendez is a Registered Nurse. She is working as a Division Chair/Assistant Professor of School of Nursing & Health Sciences at University of Guam, USA.

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