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Nursing Knowledge and Confidence Scale

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Background

Changes in medical practice have led to decreased provider face-to-face time with patients.

Healthcare providers are increasingly reliant on nurses to provide patient education during clinic visits.

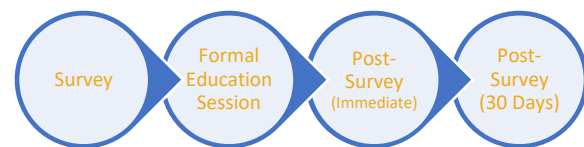
Lack of knowledge and confidence in educating patients is a significant barrier to the utilization of nurses to enhance the delivery of comprehensive health care by providing health education to patients and families.

Objective

The aim of this pilot study was to evaluate the effect of formal contraceptive education on nursing knowledge and confidence in the delivery of patient education.

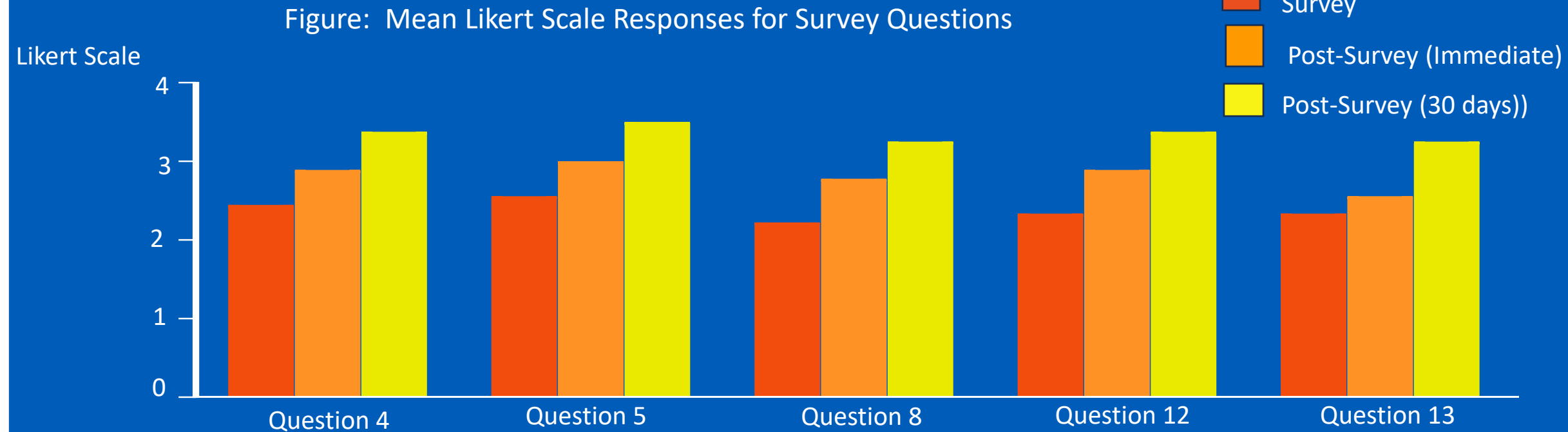
Methods

This study was non-human subjects research and IRB-exempt at our institution. We developed a 1-hour formal educational session delivered by an APRN that included hormonal contraceptive options, instructions on use, and potential side effects. The 20-item PNOPEs survey¹ with established content validity for assessment of pediatric nurses as patient educators (Table 1) was administered to a convenience sample of nurses within the Division of Gynecology as depicted below. Statistical analysis performed using SPSS Version 28.0 (IBM Corp, Armonk, NY). Small sample size precluded inferential statistical analysis.



The Effect of Formal Contraceptive Education on Nursing Knowledge and Confidence in the Delivery of Patient Education: A Quality Improvement Pilot Study

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Question	Mean			SD		
	Survey	Post Survey	Post Survey 30 Day	Survey	Post Survey	Post Survey 30 Day
4. I discuss home going concerns about illness/disease with patients/families	2.444	2.889	3.375	1.333	1.269	1.598
5. I am confident with my ability to teach about illness/diseases.	2.556	3	3.5	1.236	1.225	1.604
8. I am confident with my ability to answer patients/families questions about most illness/disease concepts.	2.222	2.778	3.25	1.093	1.202	1.488
12. I review medications and their adverse effects with the patients/families	2.333	2.889	3.375	1.225	1.269	1.506
13. The acuity of my patient assignment affects my ability to provide patient education.	2.333	2.556	3.25	1.414	1.59	1.488

Please scan QR code for the list of the 20-item PNOPEs survey responses and figure of mean (SD) of all responses.



RESULTS

9 out of 12) (75%) gynecology nurses completed the pre and post surveys; 1 dropped out for the 30-day post survey.

There was an increase in mean Likert scale responses from pre-education to 30-days post education survey responses for all 20 questions.

Questions 4, 5, 8, 12 and 13 had the greatest difference between pre-education and 30-days post mean scores representing increased confidence in nurses' ability to teach about disease, answer patient/family questions about disease concepts, and review medications and adverse effects.

DISCUSSION

This pilot study demonstrates the effectiveness of formal education of nursing confidence levels in providing patient education during clinic visits.

A limitation is the small sample size which undermines the external validity of the study.

Future studies with larger sample sizes are needed to assess the effect of formal education on nursing confidence in the delivery of patient education during clinic encounters.

References

1. Lahl M, Modic MB, Siedlecki S. Perceived knowledge and self-confidence of pediatric nurses as patient educators. *Clinical Nurse Specialist*. 2013 Jul 1;27(4):188-93.