Clinical mentoring, motivation, and empowerment of baccalaureate nursing students in a Nigerian university: A mixed method study

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Mentoring plays a key role in clinical placement for learning experiences in nursing education. Both faculty- and hospital-based mentors are important during students' clinical placements. This study explored and described the perception and clinical mentoring experiences of Baccalaureate nursing students of the University of Calabar Nigeria, in relation to enhancement of attitudes and competencies. The study utilized mixed method design (concurrent triangulation). Sixty students from Level 300 to 500 of the program on clinical placement were purposively recruited. Ethical approval was obtained from the State Health Research Ethics Committee. Focus group discussion and recorded diary (for 4 weeks) were used to explore the perception and mentoring experiences of nursing students. Elicited data were recorded on audio-tapes and field notes, transcribed verbatim, and analyzed through Atlas-ti 7.0. Participants also completed structured questionnaire to verify qualitative data and obtain additional information on benefits and effects of clinical mentoring. Quantitative data were analyzed using SPSS 18.0. Participants reported that clinical mentoring, especially by faculty-based mentors, empowers students to apply theoretical knowledge in practice (93.3%), strengthens professional competence (86.7%); enhances positive attitudes (86.7%); builds confidence (81.7%); and improves clinical efficiency (78.3%). Reported benefits significantly correlated with level of training (p=0.01). Emerging themes were "Enhanced communication"; "Inspiration through mutually defined goals"; "Commitment to the process"; "Motivation through feedback". Results however revealed that hospital-based mentors were too busy to provide adequate mentoring to students. Clinical mentoring is beneficial, and hospital-based strategies should be implemented to enhance mentoring by nurse clinicians.

Biography
Mildred E John is a Professor of Nursing with over thirty years' experience in teaching nurses. She has acquired knowledge, skills and disposition for capacity building and mentoring. She has served as the Head of Department, Dean of Faculty and Member of the Board of the Nursing and Midwifery Council of Nigeria. She is the current President of the Association of University Nursing programs in Nigeria. She has 60 publications in reputed journals.

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