

# A Cross Sectional Study to Assess Transition Shock and Co- Worker Support Among Newly Registered Nurses at NMCH, Rohtas, Bihar

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**Abstract:** *Introduction: Transition shock is highly prevalent among newly graduated registered nurses in their early career. Preceptors are widely used to support them in acquiring clinical nursing competencies and to promote their successful transition to practice. However, the mechanism by which transition shock and co-worker are linked to nursing competency among newly graduated registered nurses remains unknown*

*AIM: To explore transition shock, and co-worker support among newly registered nurses working NMCH, Rohtas, Bihar*

*Methodology: Quantitative approach was used. Sampling technique convenient and sample size is 60. Setting of the study is NMCH, Jamuhar Rohtas. Permission was taken from the concern higher authority. Data was collected and analysed*

*Result: Majority of the sample 80% (48) are belongs to age group 18-25 year. Majority of the sample sample (47%) having GNM Educational qualification. Majority of the sample sample (45%) having 6-12 month of year registration. Majority of sample (75%) are unmarried. Majority area of work (100%) in ward. Majority number of patients assigned / day (100) in 1-2 shift. Half of (50%) of participants are having high transition shock. Majority 31(51%) participants have gained medium co-worker support. No association was found with socio-demographic variables. No Correlation was found between transition shock & co-worker support*

*Conclusion: Among the available sample, majority of the sample depicted 80% (48) are belongs to age group 18-25 year. Half of (50%) of participants are having high transition shock. Majority 31(51%) participants have gained medium co-worker support*

**Keywords:** Transition shock, co-worker support and Newly registered Nurses.

## I. INTRODUCTION

Considering the increasing complexity of healthcare services, there is increased attention on effective and safe nursing practice with a high demand on nursing competency (World Health Organization,2019). Nursing competency, which refers to an integration of ional role of a knowledge, skills, abilities, values, and attitudes in performing the professregistered nurse (McM), is viewed as the core component of and patient safety (Fakuda,2018). NGRNs are expected to demonstrate crucial competencies (e.g., abilities of clinical care, leadership, interpersonal relationship, legal/ethical practice, professional development, teaching-coaching, critical thinking, and research aptitude) in their professional role (Lin et.,2007) However, the nursing competency levels among newly graduated nurses were perceived as being marginally acceptable by nurse managers and nurse preceptors, with the lowest performing competencies being technical skills, critical thinking, communication, and professionalism (Gregg,2020). Transition shock is highly prevalent among newly graduated registered nurses in their early career. Preceptors are widely used to support them in acquiring clinical nursing competencies and to promote their successful transition to practice. However, the mechanism by which transition shock and co-worker are linked to nursing competency among newly graduated registered nurses remains unknown.

Similarly, in a self-assessed nursing competency study in acute care hospital settings, Willman et al. (2020). identified the weak areas, requiring further training, in direct clinical practice and patient safety among National Geodetic Reference System (NGRNs). Inadequate nursing competency was likely to leave National Geodetic Reference System struggling in their nursing practice, with problems of low confidence and high levels of burnout, anxiety, and stress (Hu et al.,2017; Woo and Newman,2019) leading to an inability to fulfill their role-related obligations and responsibilities as well as affecting their commitment to the organization (Karami et al.,2017).

**AIM:** To explore transition shock, and co-worker support among newly registered nurses working NMCH, Rohtas, Bihar.

## II. OBJECTIVES

### Primary objective:

1. To explore transition shock among newly registered nurses working in NMCH, Rohtas Bihar.
2. To explore co-worker among newly registered nurses working in NMCH ,Rohtas, Bihar.

### Secondary objective:

1. To find the association of transition shock with selected sociodemographic variable.
2. To find the association of co-worker support with selected sociodemographic variable
3. To find out co-relation between transition shock and co-worker support among newly registered nurses working in NMCH, Rohtas, Bihar.

## III. METHODOLOGY

Quantitative approach was used. Sampling technique convenient and sample size is 60. Setting of the study is NMCH, Jamuhar Rohtas. Permission was taken from the concern higher authority. Data was collected and analysed This chapter deals with research approach, research design, variable under study, setting of the study, population of the study, sample of the study, sampling technique, development of tool, description of tool, content validity of tool, presenting of tool, reliability of tool, pilot study, data collection, plan for data analysis, ethical consideration.

**Result:** Majority of the sample 80% (48) are belongs to age group 18-25 year. Majority of the sample sample (47%) having GNM Educational qualification. Majority of the sample sample (45%) having 6-12 month of year registration. Majority of sample (75%) are unmarried. Majority area of work (100%) in ward. Majority number of patients assigned / day (100) in 1-2 shift. Half of (50%) of participants are having high transition shock. Majority 31(51%) participants have gained medium co-worker support. No association was found with socio-demographic variables.

No Correlation was found between transition shock & co-worker support

### Section I: Analysis of socio-demographic data

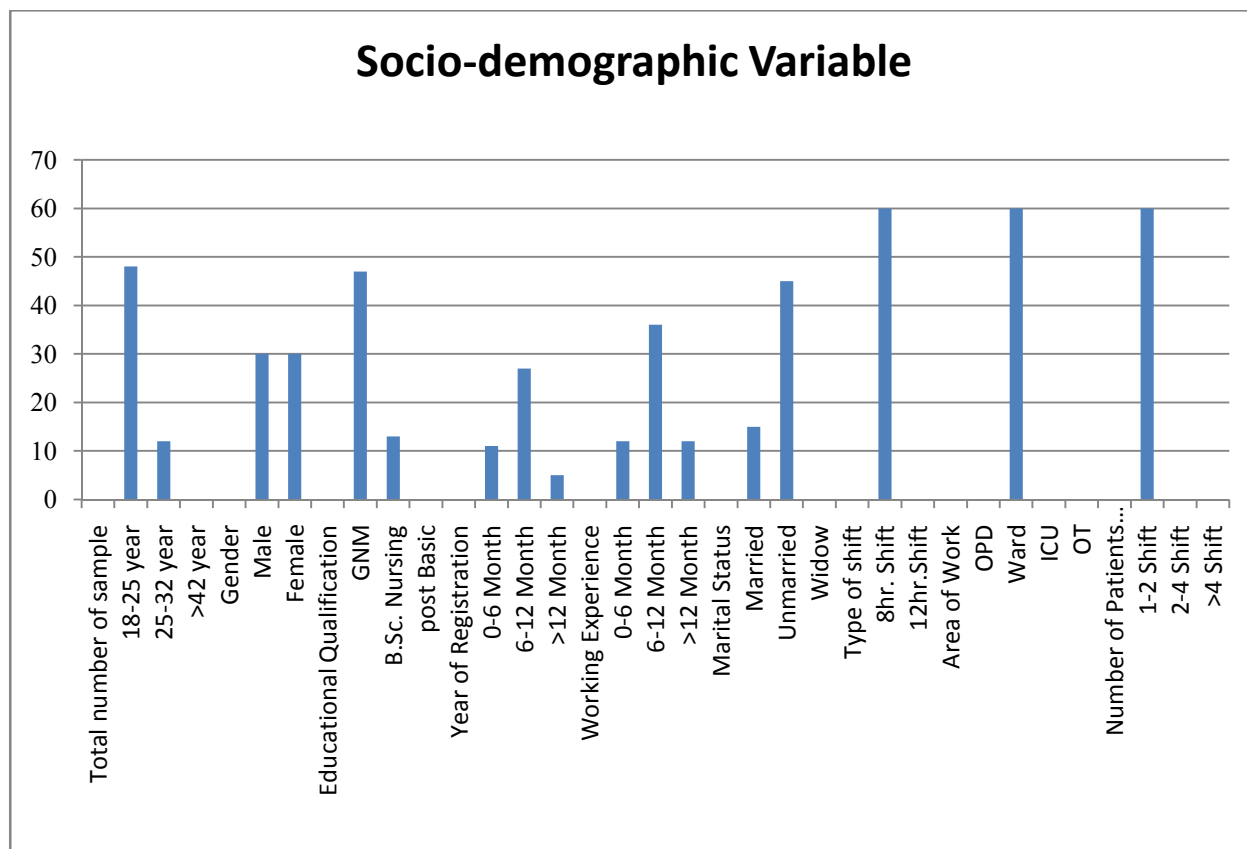
Table 1

Table 1 representing frequency and percentage of newly registered nurses NMCH

Sociodemographic Variables	Frequency (f)	Percentage (%)
AGE		
a) 18-25	48	80%
b) 25-32	12	20%
c) >42 year	0	0%
GENDER		
a) Male	30	50%
b) Female	30	50%

EDUCATIONAL QUALIFICATION		
a)	GNM	47 78%
b)	B.Sc Nursing	13 22%
c)	Post Basic	0 0%
YEAR OF REGISTRATION		
a)	0-6 Month	11 18.3%
b)	6-12Month	27 45%
c)	>12Month	22 36.7%
WORKING EXPERIENCE		
a)	0-6Month	12 20%
b)	6-12Month	36 60%
c)	>12Month	12 20%
MARITAL STATUS		
a)	Married	15 25%
b)	Unmarried	45 75%
c)	Widow	0 0%
TYPE OF SHIFT		
a)	8hr.shift	60 100%
b)	12hr.shift	0 0%
AREA OF WORK		
a)	OPD	0 0%
b)	Ward	60 100%
c)	ICU	0 0%
d)	OT	0 0%
NUMBER OF PATIENTS ASSIGNED/ DAY		
a)	1-2 shift	60 100%
b)	2-4 shift	0 0%
c)	>4 shift	0 0%

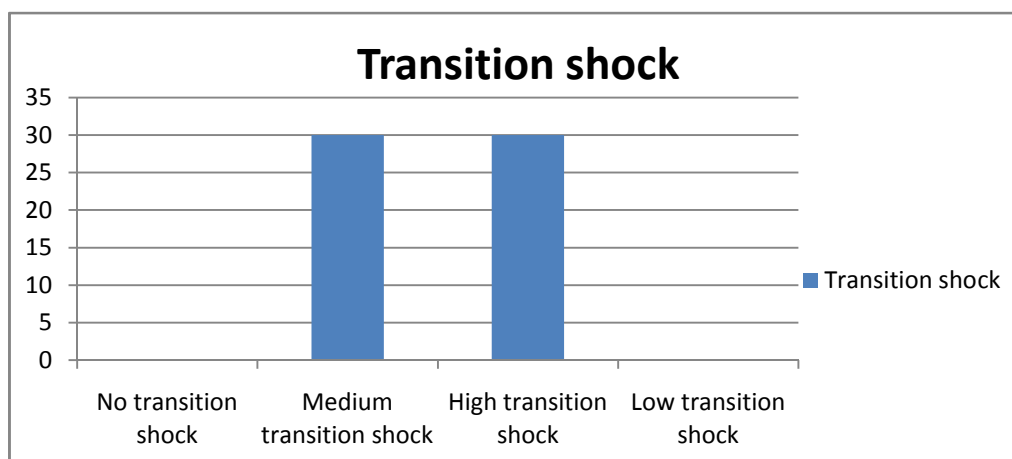
Table 1 describes data related to socio demographic data. Majority of the participants 80% (48) are belongs to age group 18-25 years and 20% (12) participant belongs to age group 25-32 years of age and 0% (0). Both male and female are in equal number 50% (30) Majority of sample 78% (47) belongs to B.sc nursing, 21% (13) majority of 45% (27) have 6-12 month of registration >12 month 8% (5) majority of 0-6 month 20% (12) have 6-12 month 60% (36) month of working experience >12 month 20% (12) majority of 75% (45) belonging to married 25% (15) majority of 8hr. shift 100% (60) all the population 100% (60) are from Ward.



**SECTION 2: Analysis of Transition shock scale. The Transition shock scale was developed to measure the degree to which situations in one's life appraised as stressful.**

S.NO	Level of transition shock	Frequency(f)	Percentage (%)
1	Medium transition shock	30	50%
2	High transition shock	30	50%

This table 2 represents that in the present study half of (50%) of participants are having high transition shock and (50%) of participant are having sample (0%)Medium

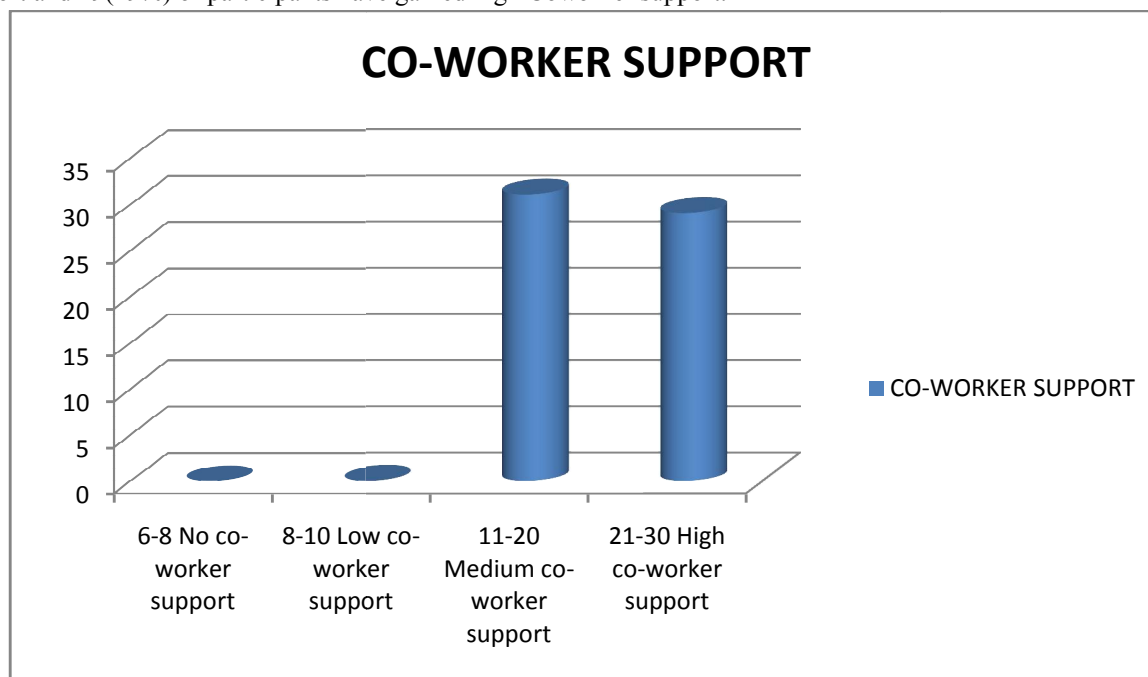


**FIG 2:** Frequency distribution of level of transition shock.

### SECTION III : Analysis of co-worker

S.NO	Level of Co-worker support	Frequency(f)	Percentage (%)
3	Medium co-worker support	31	51%
4	High co-worker support	29	49%

This table 3 represents that in the present study majority 31(51%) of participants have gained Medium Co-worker support and 29(49%) of participants have gained high Coworker support.



**FIG 3:** Frequency and distribution of level of Co-worker support.

### IV. CONCLUSION

Among the available sample, majority of the sample depicted 80% (48) are belongs to age group 18-25 year. Half of (50%) of participants are having high transition shock. Majority 31(51%) participants have gained medium co-worker support Researcher have made following recommendation

- The findings of the present study can be used as a guide of future research
- Interventional study can be undertaken to reduce the work transition shock.
- A study can be conducted in preventing aspect of transition shock.
- To make the recommendation to the government to arrange compulsory medical check-up on the yearly basis for the nursing personnel

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