

Blood Pressure Measurement Skills with Self-instruction Video in Nursing Students' Distance Education and Influencing Factors

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Abstract

Background: Nursing educators are warned to determine the effects on student outcomes of changes in nursing education during the pandemic process and to be prepared for possible pandemics.

Aim: This study aimed to evaluate the factors that affect the blood pressure skill scores, E-learning styles, and blood pressure measurement skill levels of nursing students in distance education.

Methods: This was a descriptive study. This study was conducted between January and April 2023 with 2nd-year nursing students at a public university. The data were collected using a descriptive information form, the e-learning styles scale, a video recording of students' blood pressure measurement skills, and a blood pressure skill checklist. Mann-Whitney U-test and Kruskal-Wallis test were used to evaluate the difference in blood pressure measurement skill scores.

Results: The mean age of the students was 20.04 \pm 1.53 years. Of them, 82.6% were female and 65.2% preferred YouTube for skill training. The mean scores of blood pressure measurement skill of students were 54.65 \pm 5.04. Students mostly had independent (66.3%), logical (63%), and audiovisual (44.6%) dominant e-learning styles. The blood pressure measurement skill scores of the students, who are female, have 75-100% synchronous course attendance, and have an independent e-learning style were significantly higher. There was difference between students' blood pressure skill scores and independent e-learning styles.

Conclusion: In distance education, nursing students' blood pressure measurement skills are insufficient and should be compensated by face-to-face education. Blood pressure skill self-instruction videos can support laboratory practices in a distance/hybrid nursing education platform.

Keywords: Blood pressure, distance education, nursing students, psychomotor skills, video recording

Introduction

Blood pressure is a basic physiological parameter and blood pressure measurements guide nursing practices and medical decisions.¹ Serious errors in the measurements of systolic and diastolic blood pressure can increase the morbidity and risk of heart and kidney diseases, particularly in patients with undiagnosed hypertension. Therefore, health-care personnel should receive a standard education for blood pressure measurement, and this education should be repeated every year after graduation.^{1,2}

Education for basic skills was given remotely to the nursing students, and the education had limitations because of the COVID-19 pandemic.^{1,4} Blood pressure measurement is a non-invasive skill that can be practiced at home. Self-instruction videos recorded with smartphones can be used to evaluate and give feedback to the nursing students about their blood pressure measurement skill learning in the distance education setting.⁵

Smartphones and the Internet are indispensable tools in the modern world, and thus, video-based applications can be used to strengthen skills.^{3,7} In addition, interactive videos, one-to-one feedback to student self-instruction videos, and mobile applications are used in skills education in the recent years.⁸⁻¹⁰ Self-instruction videos are an effective tool in teaching nursing skills, which allows nursing students to evaluate their strengths and their weaknesses and determine their implementation in clinical practice.

Cite this article as: Takmak S, Biyik M. Blood pressure measurement skills with self-instruction video in nursing students' distance education and influencing factors. *J Educ Res Nurs*. 2023;20(4):353-359.

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Received: April 6, 2022
Accepted: January 13, 2023
Publication Date: December 1, 2023



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