

Building Self-Efficacy Using the CareGiVR Virtual Reality Platform: Early Findings from a Mixed-Methods Study

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Stage in doctoral program: Data Collection and Analysis

Background: The need for dementia education within nursing curricula has been well established. However, as students graduate, they may lack the necessary preparation to care for people with dementia, likely due to low self-efficacy or lack of knowledge. Increased self-efficacy has been linked to the reduction of student stress. This stress affects not only caregivers but clients, employers, and the health system. Self-efficacy is anticipated to improve resiliency in caregivers leading to improved patient-caregiver interactions.

Purpose: The purpose of this study is to explore Practical Nurse Students' perceptions of increased self-efficacy after using CareGiVR to manage aggressive behaviours in caring for clients with dementia by answering the following research questions:

- (1) Has perceived self-efficacy improved for Practical Nurse Students who used the CareGiVR application compared to those who did not, with managing aggressive behaviors in clients with dementia?
- (2) Are there any significant differences between Practical Nurse students' perceived self-efficacy with managing aggressive behaviors in clients with dementia before and after using the CareGiVR application?
- (3) How do Practical Nurse students perceive the use of the CareGiVR application influenced their self-efficacy with managing aggressive behaviors in clients with dementia?

Methodology: This study uses an explanatory sequential mixed methods design to answer the research questions. The first and second research questions will be answered using quantitative survey data collected using the Inventory of Geriatric Nursing Self-Efficacy (IGNSE). Research question three will be answered using qualitative data from focus groups.

Findings: This presentation will focus on presentation of early quantitative findings and discussion of methodological considerations.

Implications: The CareGiVR virtual reality platform has the potential to increase self-efficacy for Practical Nurse students. More broadly this platform may lower healthcare systems expenditures for dementia care through lower disability claims, lower stress-related caregiver hospitalizations, less staff turnover, and lower training costs over time