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The Expanding Horizons through Research Program

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**The Expanding Horizons through Research Program
A Research or Creative Experience for Undergraduates (RCEU)
Summer 2017**

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Previous RCEU 2015

Project Summary:

It is an expectation that nurses will engage in self-care. However, it is unknown what nursing students do for self-care management strategies. The RCEU student will work with the mentor to develop research related to nursing students' self-care tactics and strategies. A tool will be used to survey current students enrolled in the UAH College of Nursing regarding approaches for their personal health. The study's purpose is identifying nursing students' self-care management strategies. Study results may provide information for planning interventions to support nursing students in improving personal health habits to develop their ability to provide diligent quality care.

Student Prerequisites:

The student will be a nursing major and currently enrolled in the pre-licensure upper division in the College of Nursing. It is expected the student will have a minimum 3.0 GPA.

Student Duties:

The student will do a literature search regarding nursing and self-care. A survey tool will be selected and/or adapted to send to UAH College of Nursing students. Survey results will be analyzed using appropriate statistical processes. The student will be involved with study development, survey, and analysis of results. Student will be involved with recruiting participants, assisting with survey administration to nursing students, and analyzing results. Upon completion of the study, the student and mentor will disseminate results in multiple venues. Research findings may be used to support program transformations in the College of Nursing and continue research related to nursing education and nurses' self-care.

Mentor Supervision and Interaction:

Student will work and report directly with the study proposer, Rita Ferguson.

Timeline:

IRB will be submitted prior to end of spring 2017 semester

May 22, 2017: Begin date

Mentor and student meet to define study problem and purpose

Student begins literature research

June 5, 2017: Mentor and student finalize survey tool

Student prepares tool in Qualtrics for dissemination to College of Nursing students

June 12, 2017: Student obtains participant list for study

Student and mentor develop email with consent for participation

June 19, 2017: Email with consent and survey sent to College of Nursing students

July 3, 2017: Reminder email sent to College of Nursing students encourage their participation in the study and complete the survey if they have not completed previously

July 10, 2017: Mentor and student review survey results

Mentor and student determine statistical methods

July 17, 2017: Mentor and student analyze data

July 24, 2017: Study results reviewed by mentor and student

July 31, 2017: Student works with mentor to prepare documentation of study results

August 7, 2017: Complete study

Study end date: August 14, 2017

Evaluation will be based on development of research, involvement in conducting the survey, participation in research, and dissemination of results.