

Understanding of the perceived challenges and personal resilience faced by Singapore Nurse Educators/Instructors in teaching Cardiopulmonary Resuscitation in developing countries versus in Singapore.

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Purpose

The purpose of this study is to understand the perceived challenges and personal resilience of Singapore Nurse Educators/Instructors who are teaching Cardiopulmonary Resuscitation (CPR) in developing countries as compared to teaching CPR locally.

Methods

This was a qualitative descriptive exploratory study using focus group. A purposive sampling of 12 Singapore Nurse Educators who are CPR instructors who taught CPR in Nepal, Indonesia, Cambodia, China and Singapore were interviewed. The focus group interview was audio recorded. The interview continued till data saturation was reached. Each focus group took an average of 45 minute to conduct. Data was transcribed by a research team member and verified by all members and focus group interviewees. Thematic analysis was used according to Braun and Clarke 6-step data analysis.

Results

12 Nurse Educators/Instructors from 4 focus groups were interviewed. Perceived challenges faced are managing large, diverse learner group, different learning styles per culture, language barrier and CPR guideline differences, which are not faced locally. Personal resiliencies that were needed:-

(1) Self-effectiveness, self-mastery

use divide we conquer method, tackling numerous questions from learners in smaller groups with the crowd and time control to manage a large, diverse group;

(2) Ability to captivate and sustain interest in teaching and learning

use show and tell method, observations and social interactions to teach CPR, catering to different learning styles and use interpreters to overcome language barrier; plan content and arrange training equipment/ materials to overseas; teaching CPR in their cultural context such as chest compression counting and call for help for CPR Guideline differences; and

(3) Endurance from challenges encountered

ensure good teamwork and communication with a positive mindset, quick adaptability, flexibility and persistence to overcome challenges.

Conclusion

More personal resiliency is needed to teach CPR in developing countries compared to teaching in Singapore due to the different culture, language and different CPR guidelines. Understanding these perceived challenges and personal resilience may improve teaching and interpersonal skills in a culturally diverse environment.

Perceived Challenges of Nurse Educators/Instructors



"...but the interesting part is really the challenge of teaching hundred over people...talk in their own lingo and so it is a challenge to out talk them."

"I think they like to crowd. The way I teach, come over and observe, so they really want to form a big crowd, so I have to really control the crowd... but they are very keen to learn."

"Yes, Cambodians they speak Khmer, it is their language. None of us in the team knows how to speak Khmer and their level of English proficiency is rather low. It was quite difficult to communicate. Lucky we had interpreters.....that is the biggest challenge I face."

"...They do have their own national standards of CPR guidelines....our guideline was in English, theirs was in Bahasa, so Ok we had to make sure that whatever they had is similar or not and we have to do that comparison and after that we have to make sure that whatever gaps that were, whatever additions we could contribute, we had to do that in Bahasa- that was the challenge."



Self effectiveness, Self mastery:

"I think time control is important because sometimes you got other sessions to go ... while teaching, you also have to look out for the time for the session, how long you will take..."



Ability to captivate and sustain interest in teaching and learning:

"... So these are things we have to understand, the different perspective and the content and knowledge where it is derived from and the theory and knowledge and the language...."

"...so we place 2 mannequins and then 1 person will narrate the steps, the other one will demonstrate on the stage with the participants."



Endurance from challenges encountered:

"...we must be ready to be flexible and able to make do with what is available..."

"...you have to keep repeating on the same thing...till they understand..."

Personal Resilience Needed