

# Transition to Clinical Practice: An Interpretative Phenomenological Analysis: Experience of Transition

Niamh Coakley

Dept. of Medicine and Medical Education Unit

School of Medicine

University College Cork.



# Transition to Clinical Practice

- Qualitative Study
- Interpretative Phenomenological Analysis
- 14 participants recruited purposively
- Semi structured interview prior to practice
- Audio-diaries throughout the year
- **Semi structured interview at the end of the first year**

# Experience of Transition

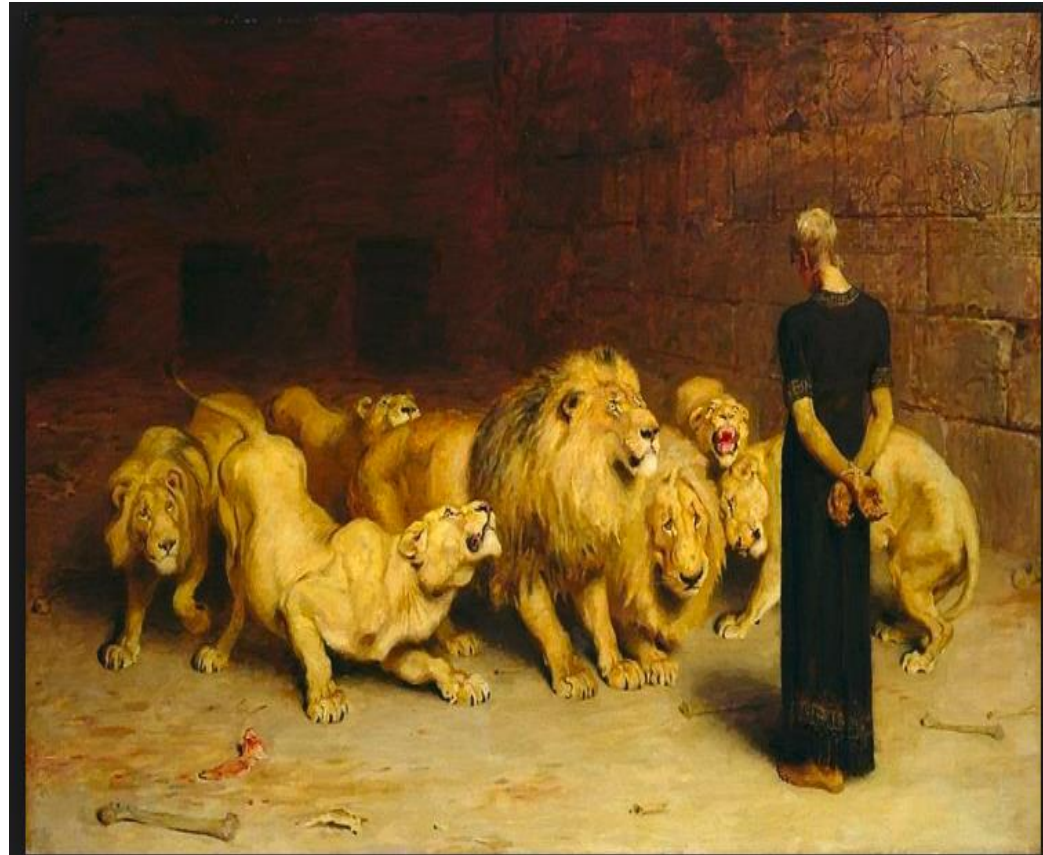
- Exposure
- Vulnerability
- Metamorphosis
- Perspective



# The Lion's Den...

## Exposure

- Fear
- Inadequacy
- Compensation
- Dependence



# Exposure - Fear

- 'I suppose it was **terrifying** really, the first week was **absolutely terrifying** and **everything was a challenge** at that point, from taking bloods, to cannulas, to prescribing, to being called called to a sick patient ... **everything was hard** at the start' Jane

# Exposure - Inadequacy

- *'at the beginning there was probably a lot of doubt. I don't know if it was just personal to me, but **in the initial weeks I probably was doubting whether I'd be able for it'*** Helen

# Exposure - Compensation

- *'coming in earlier and getting it done so you wouldn't be delaying the surgeons'* Claire
- *'I was **staying a bit longer** to make sure everything had been done'* Helen
- *'at the start of the year, **I used to like not eat during the day ... because I would be like, I had so much to do**'* Mark

# Exposure - Dependence

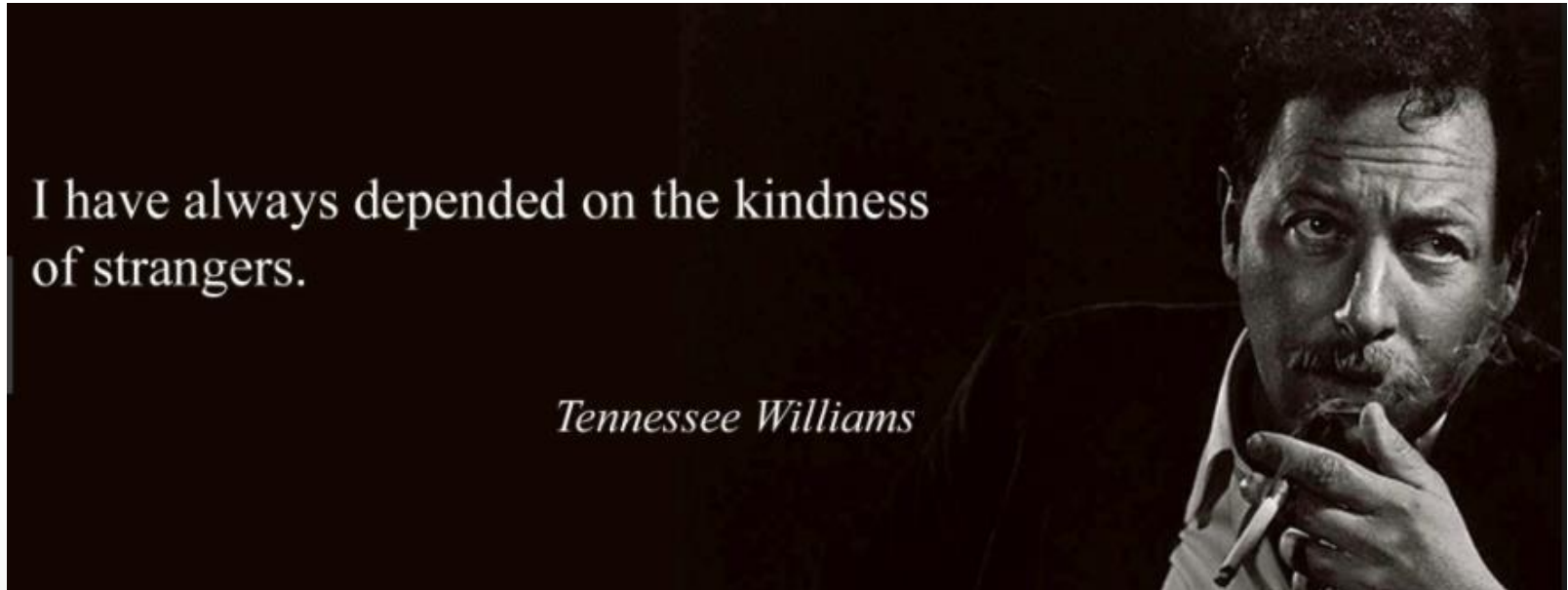
- Workplace relationships
- Team structure
- Solidarity of interns
- Nursing Colleagues



# Exposure - Dependence

I have always depended on the kindness  
of strangers.

*Tennessee Williams*



# Exposure - Dependence

- *'I think at the beginning as I said, they are your **best allies** and I think you lack confidence in yourself so you do whatever they say. **If they say jump, you're just, ok how high'*** Faye

# Exposure - Dependence

- *'I couldn't actually get the Reg so it actually took the nurses to **escalate it up through their lines** to get the Reg up'* Deirdre
- *'many nurses would be **very nice** to you on call, you know, when you have **that look** on your face. Actually that's the kind of thing that would get you emotional. It's not the pressure; it's **when someone is nice to you in a pressurising situation. That's the thing that makes you cry you know'*** Helen

# Vulnerability

- Isolation
- Overburdened
- Power interactions

# Vulnerability - Isolation

*'there was one night that I think will always **haunt me** ... we had a really sick patient ... And I rang the surgical reg ... **You end up pleading like, please, I'm the only person** .. I remember feeling **oh god**, and I called the medical reg ... And I ended up ringing anaesthetics and they came and got everyone in line .. And I remember thinking that night, **god it's just me** .. He ended up having to be taken to ICU .. And I just remember that, because I think **I kind of cried after that**, ... thinking, god, is this what it's going to be like every night'* Claire

# Vulnerability - Isolation

- **‘Panic and stress initially and then feeling quite frustrated .. *It is not fair on the patient that they shouldn’t be left in a situation where they are sick and I don’t know what to do and the person who should know what to do isn’t going to come and see them. Frustrated for myself as well because you are told in medical school, oh don’t worry, you won’t ever be left in a situation [like that]’*** Jane

# Vulnerability - Overburdened



# Vulnerable - Overburdened

- *'you just have to put your foot down sometimes and say look I am at the end of my tether here .. I remember once it actually got ridiculous. I said oh urgent and this word urgent lost all its meaning really because everything was urgent'* Brian



# Vulnerable - Overburdened

- *'You're **exhausted** at the end of the day, you go home, **you're starving, you eat and you collapse**, it's very hard to do any thing with the rest of your day because you're **just so tired**'* Noel

# Vulnerability– Power Interactions



# Vulnerability- Power Interactions

- *one of the interns was **brought to tears** by a Radiologist, ... **interns generally get the brunt of that kind of thing** I suppose which is **unfortunate*** Mark
- *'I think it's just like almost **demoralising** in a way ... you're kind of being **spoken down to** and you're kind of like **'I'm a person too'** and I also have a medical degree'* Claire

# Vulnerable - Power Interactions

- *‘some of them were less than professional. You know swearing at you, you know, telling you to **‘get the f’ out of their room, that sort of stuff’** Noel*
- *‘just the fact that you know, the fact that **they do this sort of thing all the time, they get away with it, it’s never really challenged properly’** Noel*

# Vulnerable - Power interactions

- ***'I think you have to let it wash over you, everyone has bad days, radiology ... deal with an awful lot of nonsense, so it is reasonable to assume that they think you are coming at them with another stupid request'*** Gerard

# Metamorphosis

- Learning
- Confidence
- Reclaiming autonomy



# Metamorphosis - Learning

- *'it was a little bit overwhelming at times, ... but I, actually, I think I prefer it like that because you just get, like more efficient with dealing with things, and learning to do things quickly'* Irene

# Metamorphosis - Confidence

- *'The **arrest bleep** has gone off here in xxxx now ... It **doesn't faze me** when it goes off I just go'* Brian



# Metamorphosis-Reclaiming Autonomy

- *'At the beginning I would have done, **whatever [the nurses] said I did** because I wouldn't have known, whereas now **you are questioning them** a bit more and it is a little bit more of a challenge'* Deirdre

# Metamorphosis-Reclaiming Autonomy

- *'I was on call, I was **getting calls** to discharge somebody **every 5 minutes for about an hour**, bleep going off, ... that's when **things start to get a bit tense** you know, because **it just really tries your patience** .. They're getting **angry** with you because the patient is getting angry with them, but you physically **just don't have time**' Noel*

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# Metamorphosis- Reclaiming Autonomy

- *Division*
- *there is nearly a sense of **they're all about defending themselves, and all about, bleeped doctor never came you know'*** Faye
- *'I told the nurses, she's fine .. What annoyed me was that she **went over my head and rang the SHO'*** Irene

# Perspective

- Reflection
- Respect
- Preparedness



# Perspective

- *'It is a fantastic year ... **it is a brilliant year** and I had a great year, and I could write a book about how much stuff I have learnt'*  
Faye
- *'yeah I enjoyed it, **yeah I liked it and survived it'*** Mark

# Perspective - Respect

- *'interns, we are the **bottom rung** of the ladder'* Jane
- *'I am really **looking forward** to the change over in July because I won't be the first person called for that kind of thing anymore, ... , **it is kind of crap for somebody else to kind of do it**, but maybe not so bad when you are starting off'* Brian

# Perspective - Preparedness

- *'I don't think anything can prepare you for the Intern year, except the Intern year'*  
Irene
- *'It isn't that I didn't feel that well prepared, I think it's **impossible**, you know it's just practice'* Andrew

# Implications for Practice

- **Undergraduate**

- Experiential learning/Graded responsibility
- Hidden curriculum-
  - Support
  - Intimidation and harassment
- Resilience
- Inter-Professional Education



# Implications for practice

- **Postgraduate**
  - Support
  - Inter-Professional Teamwork
  - Nurses' role in orientation/informal learning in the workplace
  - 'Service Jobs'

# Acknowledgements

- Intern colleagues who gave of their time so generously.
- Dr Deirdre Bennett
- Prof Paula O'Leary