

## Health & Research Journal

Vol 6, No 1 (2020)

Volume 6 Issue 1 January - March 2020



Volume 6 issue 1 January-March 2020

### EDITORIAL

"Shadowing a nurse" technique

### REVIEW

Post stroke depression and its effects on functional rehabilitation of patients: socio-cultural disability communities

### SPECIAL ARTICLES

The impact of mediterranean diet in perioperative nurses' health

### RESEARCH ARTICLES

Complementary and alternative medicines used by cancer patients to cope with nausea

Musculoskeletal pain management in the Emergency Department

Published in cooperation with the Postgraduate Program "Intensive Care Units", the Hellenic Society of Nursing Research and Education and the Helerga

### "Shadowing a nurse" technique

*Olga Kadda*

doi: [10.12681/healthresj.22509](https://doi.org/10.12681/healthresj.22509)

### To cite this article:

Kadda, O. (2020). "Shadowing a nurse" technique. *Health & Research Journal*, 6(1), 1-2.  
<https://doi.org/10.12681/healthresj.22509>

## EDITORIAL ARTICLE

## "SHADOWING A NURSE" TECHNIQUE

According to World Health Organization, educating healthcare professionals improves knowledge and communication between members of healthcare team. Interprofessional Education (IPE) is a pedagogical approach in which the main domains examined are: values, ethical issues, role and responsibilities, communication skills and teamwork. According to literature, "shadowing" is a research technique in which a researcher (shadower) closely follows a member of an organization (shadowee) over an extended period of time so as to improve IPE.<sup>1,2</sup>

In nursing and medical field, "shadowing a nurse" technique helps nursing students or newly recruited staff nurses to achieve the best clinical practice, learn about the means of communication, and show respect for nurses' knowledge and skills. Moreover, it helps medical students to learn more about nurse's role in patient care and how nurse interact in the team. As medical students follow a nurse-shadowing program, communication between physicians and nurse is improved and professional conflict is diminished.<sup>1-4</sup> Even in more difficult hospital environment, such as intensive care unit, novice nurses are guided from experienced nurses so it is easier for them to effectively transit into the role of ICU nurse. Additionally, shadowing a nurse is a new and evolving process, which appears to be an effective technique to develop nurses' clinical leadership practices.<sup>5,6</sup>

The main outcome of this process is that nursing or medical students, professional nurses or doctors of medicine are able to learn new information, increase students' knowledge, apply theory from the classroom, and follow the experienced nurse in daily work.<sup>7,8</sup>

IPE has been proposed as an important foundation in preparing health professionals for patient care in hospital setting and has a positive impact on health care professionals' attitudes and perception for provided patient care. Teamwork and interprofessional shadowing process may enhance clinical skills. In this way, the learner retrieves an active role in clinical practice; defining the objectives according to his/her needs.<sup>9</sup>

**References**

1. Kusnoor AV, Stelljes LA. Interprofessional learning through shadowing: Insights and lessons learned. *Med Teach* 2016;38(12):1278-1284.
2. Lalleman P, Bouma J, Smid G, Rasiah J, Schuurmans M. Peer-to-peer shadowing as a technique for the development of nurse middle managers clinical leadership. *Leadersh Health Serv (Bradf Engl)* 2017;30(4):475-490.
3. Nolte JA. Physician-nurse relationships after participation in a shadowing program. *Nursing* 2018;48(12):66-69.
4. Jain A, Luo E, Yang J, Purkiss J, White C. Implementing a nurse-shadowing program for first-year medical students to improve interprofessional collaborations on health care teams. *Acad Med* 2012;87(9):1292-5
5. Eades J, Hill K, Craig J. The shadowing experience for nursing students. *Nurs Stand* 2005;20(12):48-51.

6. Messmer PR, Jones SG, Taylor BA. Enhancing knowledge and self-confidence of novice nurses: The "Shadow-A-Nurse" ICU program. *Nurs Educ Perspect* 2004;25(3):131-6.
7. Paskiewicz LS. The shadowing experience: valuing the link between faculty practice and student learning. *J Prof Nurs* 2002;18(4):238-42.
8. Monahan L, Sparbel K, Heinschel J, Rugen KW, Rosenberger K. Medical and pharmacy students shadowing advanced practice nurses to develop interprofessional competencies. *Appl Nurs Res* 2018;39:103-108.
9. Riva JJ, Lam JM, Stanford EC, Moore AE, Endicott AR, Krawchenko IE. Interprofessional education through shadowing experiences in multi-disciplinary clinical settings. *Chiropr Osteopat* 2010;18:31.

**Olga Kadda**

RN, MSc, PhD,

Cardiac Intensive Care Unit,

Onassis Cardiosurgical Center,

Athens, Greece