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## The comparison of applied breathing technique before OSCE and its effect on state anxiety level and vital signs on the nursing students

Almost all universities implement an exam that is OSCE (Objective Structured Clinical Exam) to assess the skills that the student learned in the nursing skills laboratory during the educational period. This study has been carried out to determine the effect of breathing technique in reducing state anxiety before OSCE. This study was a randomized controlled study in 60 nursing students, who study in a university in Istanbul. The data were collected before the OSCE held on May 31, 2017. Structured information form and the State Anxiety subscale of the State-Trait Anxiety inventory were used in this study. Before starting the study, ethical approval was obtained from the Non-Interventional Ethics Committee of Istanbul Medipol University. It was conducted on 60 expecting students separated into groups by randomization, of which 30 were treated with breathing technique and remaining 30 constituted the control group. Breathing technique was applied for 20 minutes. At the end of this technique, each student was taken to OSCE without waiting. In this study, the average age of the students is 19.3 and 85% of the students are women. According to the results of the study, it was found that the breathing technique applied in nursing students before the OSCE exam reduces the state anxiety point average ( $Z=-3.124$ ,  $p<0,005$ ) but it was found to have no effect on vital signs. It has been shown that this breathing technique, which is easy and safe, can reduce the exam anxiety.

### Biography

Gulsah Korpe obtained her BSc in Department of Nursing from Hacettepe University. She subsequently obtained her MSc in Department of Nursing from Gazi University in 2017. She is a PhD student in the Field of Mental Health and Psychiatric Nursing in Istanbul University in Turkey. She worked more than three years as a Nurse in Emergency Department. She is working for 2 years in Istanbul Medipol University as a Research Assistant. Her research interests include creativity, problem solving, spirituality, breath therapy and women mental health.

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