

End State Imagery Helps Nursing Students Learn How to Give IM Injections

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Researchers from the Department of Nursing, Pochon CHA University in Kyonggi-Do, Korea, compared the impact of feeling state guided imagery (FSGI – imagery to generally improve mood) and end state guided imagery (ESGI – imagery to imagine successful performance) on stress levels and quality of performance in nursing students learning to give intramuscular (IM) injections.

The subjects were 40 female sophomores (21 for the ESGI, 19 for the FSGI). The instruments used were the Visual Analogue Scale for Stress and the Nursing Skill Performance Check-list on Intramuscular Injection, developed by the researchers. Guided imagery was provided through audiotapes for 8 minutes. A pretest was given before applying the guided imagery; the first posttest was taken after the intervention; and the second posttest was taken before the intramuscular injection. Evaluation of the performance of the intramuscular injection was done immediately afterward.

Investigators found that the level of stress for those who received the ESGI and FSGI was not significant and the level of the nursing skill performance for those who received the ESGI was significantly higher than that of students who received the FSGI. They conclude that end state imagery is effective for students learning psychomotor nursing skills. Further research is needed to learn more about how to impact stress.

Citation: Suk M, Oh W, Kil S. Guided imagery types on stress and performance of an intramuscular injection of nursing students Taehan Kanho Hakhoe Chi. 2006 Oct; 36 (6): pages 976-82. [Article in Korean]