

# DISSERTATION TITLE EXAMPLE

SUBJECT: NURSING



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# WHAT ARE THE FACTORS THAT ACT AS BARRIERS TO THE SUCCESSFUL TRANSITION OF NEWLY QUALIFIED NURSES TO INDEPENDENT PRACTISE, IN THE UK?

## 1. Rationale

Newly qualified nurses (NQN) find the transition to independent practise to be challenging and highly stressful (Frögéli *et al.*, 2018; Halpin, Terry and Curzio, 2017). This acts as a driver for poor retention amongst NQN at a time when the NHS is facing a nurse staffing crisis that threatens the quality, safety and sustainability of care delivery (Halter *et al.*, 2017; NHS, 2019). Identifying barriers to a successful transition to independent practice will be the first step in informing how NQN can be better supported during their transition to independent practice.

## 2. Structure

- **Introduction:** drive to bring more new nurses into practice but, that numbers obtaining registration and then remaining on the register is low, staff turnover is high, and this represents a threat to care quality and safety.
- **Background:** a high proportion of NQN who struggle during transition to practice, high levels of stress, how a poor transition contributes to poor nursing care and low retention – leading rationale for the review.
- **Methods:** review design, research question, search strategy, study selection process, data extraction and analysis methods. Critical Appraisal Skills Programme (CASP, 2020) checklists can be used for appraisal.
- **Results:** present barriers in themes.
- **Discussion:** link findings to the way they answer the research question and how these barriers then fit within the wider evidence base.

- **Conclusion:** recommendations for practice i.e. strengthening mentorship programmes or, extending orientation periods.
- Limitations and strengths of the study would need to be stated but, where these are included is likely to depend on university requirements

### 3. Methodology

A secondary form of research. Critical reviews offer snapshots of the current evidence base.

### 4. Limitations

Critical reviews are limited by not including the entirety of the evidence base – unlike systematic literature reviews. Potential for research bias, as only one researcher will conduct the enquiry.

## References

- Frögéli, E., Rudman, A., Ljótsson, B. and Gustavsson, P. 2018. 'Preventing stress-related ill health among newly registered nurses by supporting engagement in proactive behaviors: development and feasibility testing of a behavior change intervention'. *Pilot and Feasibility Studies*. 4: p. 28.
- Halpin, Y., Terry, L. and Curzio, J. (2017). A longitudinal, mixed methods investigation of newly qualified nurses' workplace stressors and stress experiences during transition. *Journal of Advanced Nursing*, 73(11), pp.2577-2586.
- Halter, M., Pelone, F., Boiko, O., Beighton, C., Harris, R., Gale, J., Gourlay, S. and Drennan, V. 2017. 'Interventions to Reduce Adult Nursing Turnover: A Systematic Review of Systematic Reviews'. *The Open Nursing Journal*. 11(1): pp 108-123.
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