



Transitioning from Student to Clinician

Presenter: Alix Babic, RRT

December 1, 6:30 PM Eastern

Session Abstract

The transition from Student Respiratory Therapist (SRT) to Registered Respiratory Therapist (RRT) can be an exciting, overwhelming, and at times frustrating experience. Respiratory Therapy (RT) graduates can be faced with situations they may not have experienced during their clinical placements, as well as the many added responsibilities that accompany their new role as clinician. The new RT has become the sole individual accountable for their actions, and is no longer under direct supervision by a preceptor.

New graduates can experience a wide range of emotions throughout their first year of practice as they are exposed to new clinical situations and patient populations, allowing them to gain knowledge and confidence in the process.

This presentation will describe various stages that newly graduated health care professionals, such as RTs, may experience throughout their first year of practice, and how movement among these stages can affect their mental health both positively and negatively. This presentation will discuss coping skills and strategies gained through personal experience, interviews with new RT graduates working in the hospital setting, and review of relevant literature. Internal and external factors that may reduce the stress/anxiety caused by this transition will be explored as well. The purpose of this presentation is to provide guidance to SRTs who are nearing their transition to the workforce, as well as recent RT graduates who are beginning their careers. This presentation will also provide education to current RTs and clinical educators, who may not be aware of the possible effects that this transition may have on their students/new staff.

Session Objectives

1. To describe how new Respiratory Therapy (RT) graduates experience various stages, similar to other health care professionals, throughout their first year of practice.
2. To discuss how the transition from Student Respiratory Therapist (SRT) to Registered Respiratory Therapist (RRT) may affect the mental health of new graduates through literature review, sharing of personal experiences, as well as interviews with new graduates working in the hospital setting.
3. To discuss coping skills and strategies gained via personal experience as well as through interviews and literature review.
4. To share internal and external factors that may ease the transition from SRT to RRT.
5. To educate SRTs, newly graduated RTs, and preceptors/clinical educators about the effects of transitioning to a career as an RRT.

Speaker Biography

Alix graduated from the Fanshawe College Respiratory Therapy program in London, Ontario in June 2019. She previously received her Bachelor of Health Sciences from Western University in 2016. She is from Sault Ste. Marie, Ontario and is employed at VitalAire Canada.