

INPLASY

Factors Affecting the Academic Performance of Working Nursing Students: An Integrative Review Protocol

INPLASY202650171

doi: 10.37766/inplasy2026.5.0171

Received: 30 May 2026

Published: 30 May 2026

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ADMINISTRATIVE INFORMATION

Support - Without external funding.

Review Stage at time of this submission - The review has not yet started.

Conflicts of interest - None declared.

INPLASY registration number: INPLASY202650171

Amendments - This protocol was registered with the International Platform of Registered Systematic Review and Meta-Analysis Protocols (INPLASY) on 30 May 2026 and was last updated on 30 May 2026.

INTRODUCTION

Review question / Objective To synthesize the scientific evidence on the factors that influence the academic performance of nursing students who are working.

Background The steady increase in the number of college students who combine their studies with work, driven primarily by rising living costs and contemporary socioeconomic changes, has become a growing concern for institutions of higher education. Various studies conducted in New Zealand and Ireland have identified critical thresholds for work hours, showing that working more than 16 to 20 hours per week is associated with a negative linear relationship with academic performance (AP), significantly affecting performance in clinical practice and the quality of the university experience. In Colombia, approximately 24% of university students juggle the responsibilities of studying and working, primarily driven by the need to finance their living expenses and cover the costs of their education. In

this context, studies conducted at a Colombian public university report that 50.9% of nursing students engage in some form of work, and that those working more than 20 hours per week face a higher risk of failing courses and prolonging their academic career. Similarly, other national studies agree that academic performance is a multifactorial phenomenon, in which the workload limits the time available for studying and forces many students to enter the formal or informal labor market early on to cover tuition, housing, and transportation costs. This reality is particularly concerning in nursing programs, given the high theoretical, practical, and clinical demands that characterize their training process.

Rationale Currently, balancing academic pursuits with paid work has become an increasingly common reality among college students, particularly those from less privileged socioeconomic backgrounds who need to earn an income to support themselves during their education. In this regard, various international organizations note that young people face

significant challenges in accessing, remaining in, and advancing within the labor market while simultaneously meeting the demands of higher education. This dual responsibility can create conditions of vulnerability that negatively impact their educational trajectory, increasing the risk of poor academic performance and even college dropout. Given this situation, it is necessary to identify the factors influencing this dynamic in order to provide evidence that contributes to the design of institutional and educational strategies aimed at promoting the well-being, retention, and academic success of this student population.

METHODS

Strategy of data synthesis Data will be collected from the following electronic databases: EMBASE, MEDLINE (via PubMed), Web of Science, and LILACS. Searches will be conducted with no start date up to May 2026, without language filters. MeSH/Emtree terms will be used, such as: Academic Performance/ Nursing Student/ Baccalaureate Nursing Student/ Work/ Rendimiento académico/ Rendimiento en pruebas académicas/ Estudiante de enfermería/ Alumnos de enfermería/ Trabajo/ Ocupación laboral/ Empleo/ Academic Performances/ Performance, Academic/Nursing Student/ Student,Nursing/ Nursing Students/ Work, using the search operators AND and OR.

Eligibility criteria The search will be conducted with no start date until May 2026 and no language restrictions, with the aim of identifying primary studies that examine the factors influencing the academic performance of working nursing students. Letters to the editor, editorials, case reports, conference abstracts, and duplicate studies will be excluded.

Source of evidence screening and selection Methodological quality will be assessed using the Mixed Methods Appraisal Tool (MMAT) for mixed-methods studies, COREQ for qualitative studies, the Jadad scale for assessing the methodological quality of clinical trials, and the Methodological Quality Scale for Observational Studies (MQSOM) for observational studies (cohort, case-control, or cross-sectional). Finally, the level of evidence of the studies will be assessed in accordance with the considerations or recommendations of the Joanna Briggs Institute (JBI).

Data management The data extracted for the characterization of the studies will include the following variables: author, year, country, sample size, study design, intervention group, control

group, and primary outcomes, all of which will be hosted on the Rayyan platform.

Reporting results / Analysis of the evidence The review is not yet in the development phase.

Language restriction The search will be conducted without language filters.

Country(ies) involved Colombia.

Keywords Academic performance, Nursing student, Work.

Contributions of each author

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