

Winding the clock forward: Experiencing the ageing process through ageing-suit simulation

Enhancing Practice Conference 2022

Concurrent session seven: Person-centred cultures (Interactive)

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Session outline



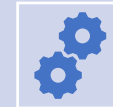
Session
objective



In My Shoes
program



Pre-briefing
discussion



Simulation
activities



Debriefing
discussion



Key learnings

Session objectives

Using an ageing-suit to provide delegates with a unique insight into the ageing process by:

- Enabling delegates to gain ageing knowledge (cognitive)
- Complete activities (psychomotor)
- Connect emotionally (affective) with older people's perspectives



In My Shoes Program

- Experiential learning
- Ageing simulation
- NLN Jeffries Simulation theory
- Affective focus (emotions)
- Empathy towards older people



Pre-briefing discussion

Introductions and ice-breaker

Ways of Working

Learning objectives

Session summary

Environment orientation

Ageing-suit demonstration

Safety instructions

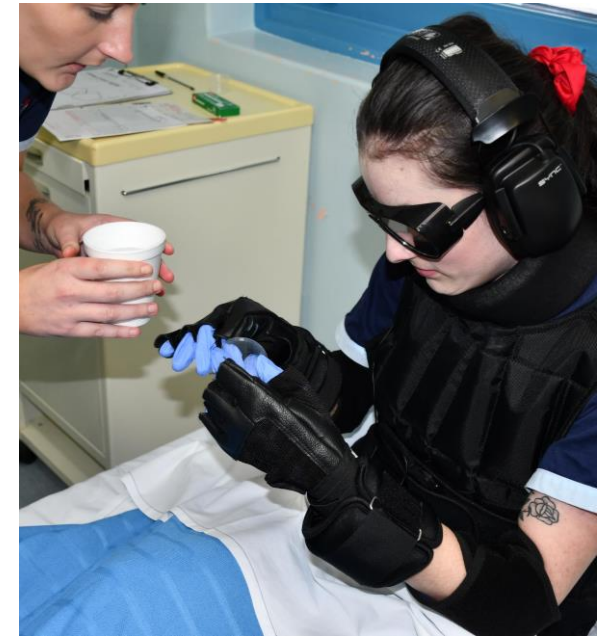
“an information session or orientation session immediately prior to the start of SBE in which instructions or preparatory information is given to the participants. The purpose of prebriefing is to establish a psychologically safe environment for participants”

(INACSL Standards Committee, 2016)

Simulation activities

- 10 to 15 minutes
- Three roles
- Hospital based activities
- Engage learners in ageing-suit donning and doffing



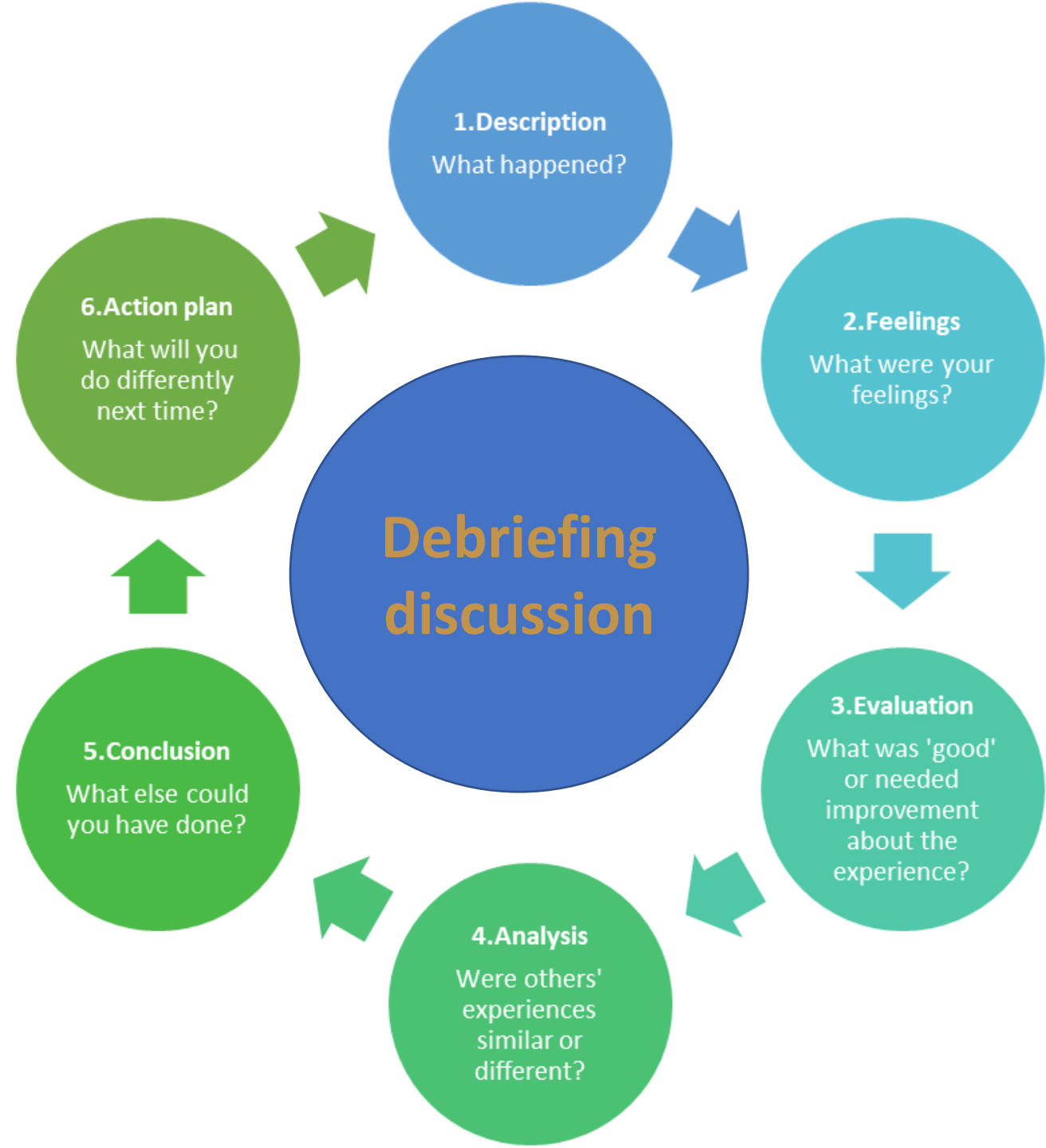


Simulation Activity Demonstration

Time to give it a go!

“a reflective process immediately following the SBE that is led by a trained facilitator using an evidence-based debriefing model. Participants’ reflective thinking is encouraged, and feedback is provided regarding the participants’ performance while various aspects of the completed simulation are discussed...the purpose of debriefing is to move toward assimilation and accommodation to transfer learning to future situations”

(INACSL Standards Committee, 2016)



NEGATIVE	POSITIVE
Alarmed	Calm
Anxious	Comfortable
Awful	Cheerful
Sorry	Confident
Awkward	Safe
Bothered	Fortunate
Embarrassed	In control
Cut off	Included
Defensive	Moved
Dejected	Optimistic
Uncomfortable	Proud
Disheartened	Protected



Debriefing Discussion Demonstration

Key learnings

- Underpinned by experiential learning
- Engages emotions
- Pre-briefing sets physiological and physical safety
- Three simulation roles for different perspectives
- Structured Debrief
- Gibbs reflective cycle
- PD tools: Ice-breaker, ways of working, emotional touch-points



THANK YOU

References

- Dewar, B., Mackay, R., Smith, S., Pullin, S., & Tocher, R. (2009). Use of emotional touchpoints as a method of tapping into the experience of receiving compassionate care in a hospital setting. *Journal of Research in Nursing*, 15(1), 29–41. <https://doi.org/10.1177/1744987109352932>
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