

Project Belly: A Creative Solution to Developing Empathy.

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Significance and Scope

Empathy

- “action of understanding, being aware of, being sensitive to, & experiencing the feelings, thoughts, & experiences of another” (“Empathy”, 2015)
- Essential to a quality supportive relationship between nurse & patient
- Is a learned behavior developed through practice & education



Figure 1. Nurse showing empathy (Pillitteri, 2013).



Description of Problem

Nursing students

- Instructed on importance of empathy but not how to develop this skill
- Empathy discussed in nursing lectures for terminal conditions, elderly, etc. but not obstetrics
- Lack of empathy for the pregnant woman was noted with prelicensure nursing students



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Literature Review

Databases

- CINAHL, Academic Search Complete, PubMed

Search terms

- Empathy, nursing, nursing education, nursing students, self-guided learning, self-guided simulation, simulation, simulation activities, student-directed simulation

Inclusion & exclusion criteria

- Academic journals, English language, peer-reviewed journals, publication dates 2015-2020

Total of 22 Articles identified

Simulation identified as an effective strategy in teaching & development of empathy, self-guided (student as patient) simulations as the most beneficial strategy

- Additional benefits of simulation- safe environment, development of clinical judgment, etc.



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Purpose

To implement and evaluate the impact of a low fidelity self-guided simulated experience with prelicensure nursing students' empathy toward pregnant persons.



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Methods

Design

- Pre-test post-test, post-test crossover

Sampling

- Convenience sample, randomly assigned
 - **Inclusion**
 - First year prelicensure nursing students
 - Signed informed consent
 - **Exclusion**
 - Unable to participate in assignment (asthma, pregnancy, etc.)



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Methods Cont.

Data Collection

- Modified Comprehensive State Empathy Scale (CSES)
- Demographics
 - Age, gender, education, personal experience with pregnancy

Analysis

- SPSS 26
- Demographics- frequencies, %, means, & SD
- Cronbach's alpha
- Repeated Measures ANOVA



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Intervention

Experimental group

- Pre CSES
- “The Empathy Belly®”
- Post CSES 1
- Case Study
- Post CSES 2

Control group

- Pre CSES
- Case Study
- Post CSES 1
- “The Empathy Belly®”
- Post CSES 2



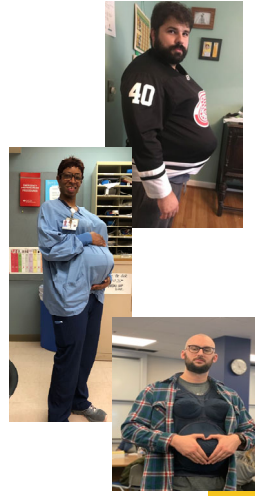
“The Empathy Belly®”



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Results

- N= 37
- Gender
 - 76% female, 24% male
- Age
 - 21-39, average of 25.86 years
- Highest Education
 - 95% Bachelors, 5% Masters
- Experienced a pregnancy
 - 89% no, 11% yes



Results

Cronbach's alpha

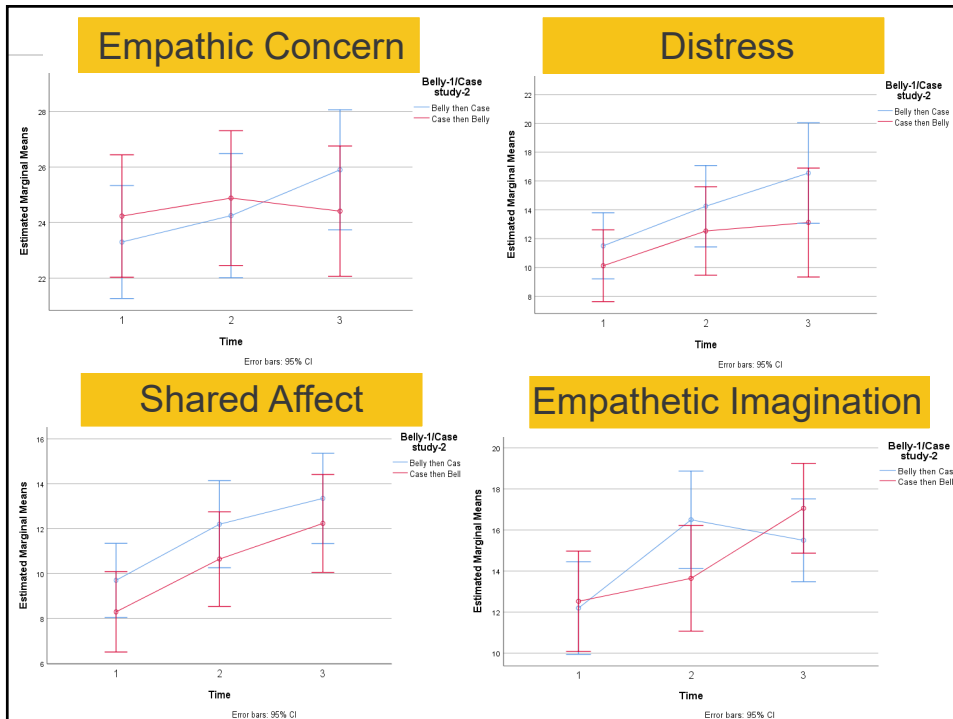
- Empathic concern- α 0.89
- Distress- α 0.90
- Shared affect- α 0.88
- Empathetic imagination- α 0.87
- Helping motivation- α 0.88
- Cognitive empathy- α 0.87

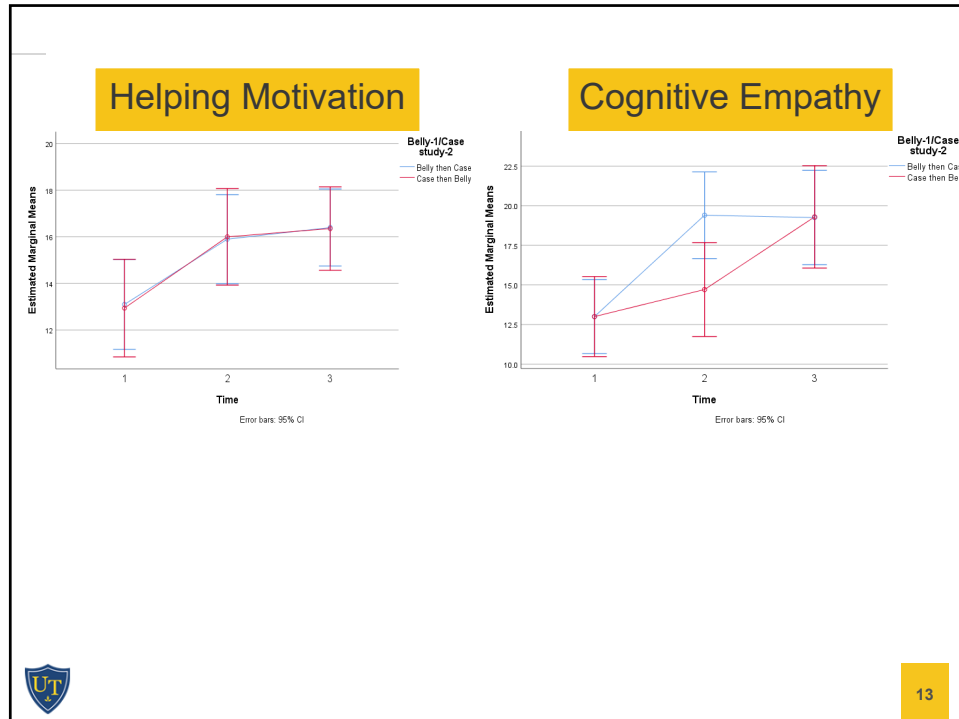


Results

	Experimental Group (Belly 1 st)			Control Group (Case Study 1 st)		
	Pre	Post 1	Post 2	Pre	Post 1	Post 2
Empathic Concern	23.3±1.00	24.25±1.10	25.9±1.07*	24.24±1.08	24.88±1.19	24.41±1.16
Distress	11.50±1.13	14.25±1.39*	16.55±1.71*	10.12±1.23	12.53±1.51	13.12±1.86
Shared Affect	9.7±.81	12.2±.96*	13.35±.99	8.29±.88	10.65±1.04*	12.24±1.07*
Empathetic Imagination	12.2±1.11	16.5±1.17*	15.5±.99	12.53±1.2	13.65±1.27	17.06±1.08*
Helping Motivation	13.1±.95	15.9±.94	16.4±.81	12.94±1.03	16.0±1.02	16.35±.88
Cognitive Empathy	13.0±1.15	19.4±1.35*	19.25±1.47	13.0±1.25	14.71±1.46	19.29±1.59*

*Significant change within the group over time.





Discussion

Self-guided simulation

- Case study first group positively impacted empathy in 1/6 dimensions, 3/6 after wearing the belly
- Belly first group positively impacted empathy in 4/6 dimensions; further increased in 2/6 dimensions after completing the case study

Limitations

- Small convenience sample

Implications

- Effective teaching learning method to teach & develop empathy



Aids in development of clinical judgment

Next Steps

- Publication of results
- Future research

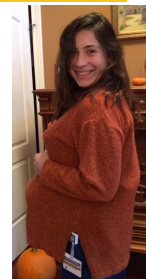


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Questions

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