

# Title: Understanding caring and empathy through the patient journey with arts-based inquiry and being a standardized patient

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## Introduction

Empathy is the building blocks of nursing students' competency. Empathy comes from emotions, and deep learning can occur if students engage their feelings as well as their intellects and interact with their fellow students and teachers. 1 Although nursing students are required to have empathy towards patients, it has been a challenge to nurture their empathy through existing nursing education. To foster empathy, being a standardized patient in role-play was used. This study aimed to explore nursing students' learning empathy experience by becoming a standardized patient. Their authentic learning experience and student reflection have shown in the arts-based inquiry.

## Finding

Two themes have emerged from the analysis: "Being Present" and "Apply Empathy in Patient sufferings". The first theme is being present. Accordingly, to the in-depth interview, students are feeling lonely if the nurses don't understand the patient's feeling and situation, unfamiliar the nursing procedure without staff nurse explanation, nurses do not spend time with the patient and provide with competently care. The second theme is being able to apply empathy when patient sufferings, "understand them, and feel what they feel". Being able to empathize, the student nurses also felt the importance to meet the holistic needs of a patient. Nurses are using compassion manner when caring the patients, nurse's sensitivity towards the patients' needs with professional knowledge.

## Method

- Semi-structured in-depth interviews were conducted in October 2017. Total fifteen first-year nursing students from a university in Hong Kong who had experience on the patient role-play and artwork reflection were recruited using purposive sampling. The interviews were audio-recorded and transcribed verbatim. Qualitative content analysis was used to analyze the interview scripts.

## Conclusion

Understanding caring and empathy through the patient journey is crucial for student nurses in health professional development. This aesthetic learning opportunity would help nursing students to facilitate the learning in humanistic values. The experience of being a patient with arts-based inquiry can help nurse students to develop a deeper understanding of how to meet patients' need.