

# Using Simulation to Enhance Cultural Competency in Nursing Students

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## INTRODUCTION

- **Nurses and nursing students** encounter patients and families from diverse ethnic and cultural backgrounds.
- Nursing students **need to be educated on culturally competent care** so they may **provide quality care and improve patient outcomes** for diverse populations (AACN, 2016; NLN, 2016).

## PURPOSE

- To **present different teaching strategies** to enhance cultural competency in nursing students.
- To **suggest the use of simulation as an innovative strategy** to enhance cultural competency in nursing students.



## CULTURAL COMPETENCY

### CULTURE

- The patterns and lifeways that guide a group of people's worldview and decision-making (Leininger, 2002).

### CULTURAL COMPETENCY

- **Specified as a core competency** in providing patient-centered care (IOM, 2003; QSEN, 2014).
- Encompasses knowledge, skills, awareness, and comfort within diverse cultures (Giger, 2016).
  - **Cultural awareness:** Being aware of one's own thoughts and feelings and reflecting on how it affects interactions with others.
  - **Cultural sensitivity:** Being sensitive and appreciative of the diversity of another culture, expressed through respectful behaviors like intentional choice of certain words.

## STRATEGIES TO IMPROVE CULTURAL COMPETENCY IN NURSING STUDENTS

Teaching Strategies	PROs	CONs
Group Discussions	<ul style="list-style-type: none"> <li>• Active learning</li> <li>• Promote exchange of ideas</li> <li>• Improvement in attitude or knowledge</li> </ul>	<ul style="list-style-type: none"> <li>• Distractions</li> <li>• Unmanaged group dynamics</li> <li>• Lack of long-term behavior changes</li> </ul>
Guest Lectures/Educational Partnerships	<ul style="list-style-type: none"> <li>• Helpful insights</li> <li>• Creates a rich background of understanding</li> </ul>	<ul style="list-style-type: none"> <li>• Availability of guest lectures</li> </ul>
Student Written Reports/Modules	<ul style="list-style-type: none"> <li>• Self- directed</li> </ul>	<ul style="list-style-type: none"> <li>• Productive only for certain learning styles</li> <li>• Limited retention of knowledge</li> </ul>
Clinical Experiences	<ul style="list-style-type: none"> <li>• Real-life experience</li> <li>• Increase student comfort and confidence</li> </ul>	<ul style="list-style-type: none"> <li>• Limited clinical settings</li> </ul>
Lived Immersion/Study Abroad	<ul style="list-style-type: none"> <li>• Decrease anxiety about new culture</li> <li>• Increase second language skills</li> <li>• Promote cultural self-awareness, sensitivity, flexibility</li> </ul>	<ul style="list-style-type: none"> <li>• Cost</li> </ul>

(Long,2012)

## USING SIMULATION TO ENHANCE CULTURAL COMPETENCY

### SIMULATION AND CULTURAL COMPETENCY

- **Simulation** allows students who are in a less diverse environment to experience diverse cultures.
- **Cultural diversity** can be incorporated into simulation scenarios by using culturally specific names, language, interpreter services, clothing, ethnic-oriented jewelry, and mannerisms.
- **Debriefing** allows students to reflect on their performance and examine how they demonstrated cultural awareness and sensitivity.
- By participating in activities that include cultural components, students may improve their ability to **care for diverse patients and apply learned cultural competency to future practice.**



## SIMULATION

- A scenario-based **experiential learning activity** using high-fidelity mannequins or standardized patients to simulate a real patient encounter.
- Students assume the role of primary nurse and **apply the nursing process** to provide holistic patient care.
- Students participate in guided reflection during **debriefing** sessions after all simulation experiences.
- The **NLN Jeffries Simulation Theory** is used to guide the design, implementation, and evaluation of scenarios to ensure high quality learning experiences (Jeffries et al., 2015).



Figure 1. A Nursing Student Performing Health Assessment in a Simulated Environment

## IMPLICATIONS FOR EDUCATORS

- Educators across disciplines may contribute to improving cultural competency of the students by:
  - **Identifying cultural objectives** for student education
  - **Developing simulation scenarios** focused on cultural aspects of human interaction
  - **Pursuing opportunities** for interdisciplinary collaborations
  - **Advocating for** increased cultural awareness and sensitivity