

Stress management in crisis event simulations for enhancing performance

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Stress Management in Crisis Event Simulations for Enhancing Performance

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1. There is a need for technological and educational strategies to avoid the negative impact of stress on performance (Vicki LeBlanc).
2. Simulation is a safe modality through which the emotional climate of a stressful clinical event can be replicated (Roger Kneebone).
3. Authentic simulations elicit learner emotional responses that are very similar to emotional responses prompted by actual events (Brendan Flanagan, Debra Nestel & Michele Joseph).
4. Some degree of stress is still needed to benefit performance (Samuel DeMaria Jr & Adam Levine).
5. An emotional training strategy that addresses stress and/or anxiety reduction, integrated into simulation programmes, could benefit the health professions' training curricula (This dissertation).
6. The use of standardized patients (SPs) in simulations add authenticity that prepare students for actual clinical practice (This dissertation).
7. Repeated exposures to stressful clinical scenarios in simulation, like patient deterioration, may help in adapting to stress through inoculation (This dissertation).
8. Students felt that using mental rehearsal to train for clinical skills has the potential to enhance their future practice (This dissertation).
9. Measuring stress and performance can be a challenge as both are affected by various factors that may sometimes be inherent in the individual (This dissertation).
10. The learning experiences of students, which could be applied to both skills and the affective components, should be organised in such a way that a cumulative effect results (Ralph Tyler).