

## drama out of a crisis: online arts-based resources for student nurses

This is to offer you access to a set of online learning resources for nursing students whose learning has been altered because of COVID-19 response arrangements and social distancing measures. Two learning packs are available, one for students who are going into clinical placements earlier than expected and one for those on the academic pathway. These are being offered free of charge to a small number of nursing departments (please see overleaf for conditions).

Developed by a theatre expert from the Guildhall School of Music & Drama, Dr Alex Mermikides, in collaboration with nursing lecturers at Kingston University, they support non-medical competencies such as personal effectiveness, emotional resilience and self-care using techniques from the performing arts.

### For students going into practice:



'Drama out of a Crisis' is an 18-page pack containing tips, short videos, podcasts and other resources about dealing with unexpected situations. It offers quick and easy-to-use strategies for managing the emotional impact of being in unfamiliar or fast-changing clinical situations.

In this [video](#), composer Milton Mermikides explains how listening to a clinical space as though it were a piece of music can help make sound less disturbing or intrusive.

### For students on the 'theory only' pathway:

'Careful Encounters' offers a 90-minute learning experience about the way in which emotion impacts on communication with patients. Students watch a filmed theatre performance, *Careful*, then answer questions about the characters and situations depicted in it. A clever navigation system allows students to review their answers and link to videos, podcasts and other online resources.

In this [clip](#), Nurse Pip tries to reassure and distract a frightened child and ends up feeling guilty and hurt (both characters played by the same performer).



These resources adapt arts-based learning developed by Alex in collaboration with nursing staff and students at Kingston University. These include the performance, *Careful*, and related workshops that have been delivered as core curriculum as part of the Nursing Practice modules for BSc and MSc Adult Nursing degree since 2017. *Careful* was inspired by the nurses that cared from Alex's brother while he was being treated for life-threatening leukaemia in 2004 and is dedicated to them.

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## Conditions

We need for your help to evaluate the impact of these resources. Please can you identify a member of staff who can act as point of contact with us? Their role would include recruiting nursing lecturers and students to take part in a short interview (conducted by a researcher from Kingston University before October 2020) and reporting on how many students use the resources.

Please do not share these resources beyond the staff and students of your department without prior permission – please disseminate through password-protected virtual learning environment or send through institutional email addresses.

## Further information

These online learning resources were designed by Alex with support from nursing experts Terry Firth and Sally Richardson, and features contributions from performing artists Philippa Hambly, Bex Law and Milton Mermikides.

*Careful* and associated learning resources are products of the Chimera, an arts/research group led by Dr Alex Mermikides. Chimera creates engrossing artworks about medical experience. It draws on director [Dr Alex Mermikides](#)' research expertise in performance and medicine and that of composer [Dr Milton Mermikides](#) in science-engaged music. We collaborate with artists and other experts, including patients, clinicians and scientists, in making our work. We also make impactful learning and research events about performing arts and medicine. *Careful* was supported by Guildhall School of Music & Drama, Kingston University and public funds through Arts Council England.

more on arts-based learning for healthcare professionals: [performanceforcare.com](http://performanceforcare.com)

more on Careful: [performanceforcare.com/careful](http://performanceforcare.com/careful)

more on chimera: [chimeranetwork.org](http://chimeranetwork.org)

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