

# NUS-Priority Research In Medical Education

## A Mental Rehearsal Strategy to Improve Clinical Performance and Reduce Stress



Mental rehearsal involves deliberate practice of a skill or a task in the mind. It has been effectively used by musicians and athletes to improve their skills. In much recent years, physicians and nurses have used this technique to enhance their clinical skills performance, and it has also been shown as an effective component of stress management training for surgeons. To prepare junior nurses in dealing with stressful events in the actual clinical environment, such as patient deterioration, a mental rehearsal strategy was developed and implemented in a Year 3 nursing simulation programme.

Stress and performance were assessed and a focus group interview was done to evaluate the effectiveness of the developed strategy. Findings suggest that the mental rehearsal strategy for deteriorating patient management improved students' clinical performance. It, however, had no significant effect on stress. Feedback from focus group interviews were positive.

### Dr Jeanette J. IGNACIO

Senior Lecturer

Alice Lee Centre for Nursing Studies, Yong Loo Lin School of Medicine, National University of Singapore, National University Health System

Jeanette is a Senior Lecturer at the Alice Lee Centre for Nursing Studies, Yong Loo Lin School of Medicine. She was trained in Anesthesiology and is presently involved with teaching and research using simulation. She is currently a PhD candidate of the School of Health Sciences, Maastricht University, The Netherlands. Her research focuses on emotional learning in simulations.

## What Does A Scientific Writer Do Anyway?



Ing Wei will talk about what she does at NUS and NUHS, including translating scientific research for laypeople and for a non-specialized audience with a scientific background. She will also discuss her work in developing grant proposals and editing scientific manuscripts.

### Dr KHOR Ing Wei

Senior Manager

Yong Loo Lin School of Medicine, National University of Singapore, National University Health System

Ing Wei's background is in basic science research, specifically virology. After her PhD and a short postdoc, she switched careers and became a medical writer for the pharmaceutical and diagnostics industries in the U.S. for 7 years. In 2013, she moved to Singapore with her husband, where she started working at NUS Medicine.

**Date : 12 October 2015 (Monday)**

**Time : 1.00pm– 1.30pm (Dr Ignacio), 1.30pm-2.00pm (Dr Khor)**

**Venue : Room T12-03, Level 12, NUHS Tower Block, 1E Kent Ridge Road, Singapore 119228**

Lunch will be provided from 12.30pm to 1.00pm. Please RSVP at <https://www.surveymonkey.com/r/NUS-PRIME12Oct2015>\* by 5 Oct for catering purposes.

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