

## KEY CONCEPTS

# Simulated participant (SP) well-being and self-care guide

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<h1>SIMULATED PARTICIPANT (SP)</h1>		
<h2>WELL-BEING &amp; SELF-CARE GUIDANCE</h2>		
<p>As a simulated participant (SP), your role is crucial in training healthcare professionals<sup>1</sup>. While your work contributes significantly to the quality of healthcare education, it can sometimes be emotionally and physically demanding<sup>2</sup>. Your role may involve portraying various medical conditions and emotional states, and engaging in scenarios that navigate sensitive or distressing topics<sup>3</sup>.</p> <p>This infographic provides essential self-care tips and resources to support <b>YOUR</b> well-being. Recognising the importance and impact of your role can help you to manage both the emotional and physical demands of the job. Remember, taking care of yourself is also key to keeping yourself and others safe<sup>4</sup>.</p>		<h3>Be Self Aware</h3>  <p>Know your limits and communicate them to academics &amp; faculty. It's important to protect your well-being. Take time to reflect on your experiences.</p>
<h3>Talk About It</h3>  <p>Discuss your experiences and feelings with faculty, other SPs, family or friends. This can provide closure and emotional support.</p>	<h3>Take Care of Yourself</h3>  <p>Ensure you take regular breaks between scenarios where possible to rest and recharge. Drink plenty of water and eat nutritious meals to maintain your energy levels.</p>	<h3>Sleep &amp; Recovery</h3>  <p>Prioritize getting enough sleep to help your body recover from the physical and emotional demands of your role.</p>
<h3>Acknowledge Emotions</h3>  <p>It's normal to feel a range of emotions after a simulation, especially if the scenario was intense. Acknowledge these feelings without judgment.</p>	<h3>Make Time for What You Enjoy</h3>  <p>Exercise can reduce stress and improve well-being. Make activities you enjoy and help you to relax a priority, like hobbies, spending time in nature, or listening to music. This will help you recharge and be resilient for your SP role.</p>	
<b>If you find certain scenarios particularly distressing, consider seeking some support.</b>		
<h3>Reach Out Early</h3>  <p>If you notice persistent stress, anxiety, or distress, don't wait to seek help or support. Stay connected with SP staff or faculty.</p>	<h3>Connect With Others</h3>  <p>It can be a relief to receive support. Sharing with other SPs who have had similar experiences can make challenges easier to manage.</p>	<h3>Talk to Your Doctor</h3>  <p>See your doctor for support and advice.</p>
<b>Remember taking care of yourself is not a luxury; it's a necessity.</b>		
<p><b>REFERENCES</b></p> <p>1. Doyle, 2023. <i>Training simulated participants for role portrayal and feedback practices in communication skills training</i>. Med Teach. 2023;0:1–17.</p> <p>2. Sullivan, 2023. <i>'How can we help the students learn?' A grounded theory study of simulated participants as educators</i>. Med Teach. 2023;1–7.</p> <p>3. Bokken, 2006. <i>The impact of simulation on people who act as simulated patients: A focus group study</i>. Med Educ. 2006;40:781–6.</p> <p>4. Lewis, 2017. <i>ASPE Standards of Best Practice (SOBP)</i>. Adv Simul. 2017;2:1–8</p>		
		