

Outline of the Nurse-SP Training Protocol

for Pregnancy Loss Grief Counseling Simulation

Overview

Trainees: In-service registered nurses with a background in obstetric/gynecological nursing and direct experience in caring for patients with pregnancy loss.

Duration: 1 hour.

Trainer: An experienced simulation instructor.

Overall Objective: To enable Nurse-SPs to consistently, authentically, and safely simulate the emotions, verbal expressions, and non-verbal behaviors of a patient experiencing early pregnancy loss, and to familiarize them with the simulation process and emotional safety protocols.

Pre-Training Preparation

Venue: A quiet simulation classroom

Materials: Simulation case script
Character background and key emotional trigger points.
A list of common sensitive terms

Personnel: All participating Nurse-SPs.

Core Training Modules

Module 1: Role-Playing and Emotional Expression Training

Objective: To master the authentic and natural expression of case-specific emotions and the use of appropriate body language.

Content & Activities

Case Familiarization: The instructor guides Nurse-SPs through the case script to understand the patient's background, psychological state at the moment of diagnosis, and core emotional arc (e.g., shock, grief, anger, helplessness).

Emotional Portrayal Practice:

- ✓ Conduct brief, segmented exercises focusing on core emotions such as "shock," "grief," and "anger."
- ✓ Emphasize the authenticity and layering of emotional expression, avoiding over- or under-acting.

Non-Verbal Behavior Guidance: Discuss and demonstrate body language, eye contact, and posture consistent with the emotional state.

Reaction to Sensitive Terms: Practice how to respond authentically, in line with patient psychology, when trainees use specific medical terminology or ineffective comforting language.

Emphasis on Flexibility Principle: Clearly instruct Nurse-SPs that, while adhering to the core information of the case, they are permitted to deliver natural, individualized emotional responses based on the trainee's communication style and ability, thereby enhancing the interactivity and educational value of the simulation.

Module 2: Simulation Process and Emotional Safety Protocol

Objective: To familiarize Nurse-SPs with the simulation workflow and equip them with proactive tools to safeguard their psychological well-being during role-play.

Content & Activities

Process Briefing: Provide an overview of the workshop structure (based on Kolb's experiential learning cycle), clarifying the Nurse-SP's tasks in each phase ("simulation – learning – re-simulation – debriefing").

Emotional Safety Training – The Safeword Mechanism:

- ✓ Concept Introduction: Stress that protecting the SP's mental health is paramount.
- ✓ Safeword Selection: Choose a word unrelated to the medical context as the safeword (in this study, "pause" was used).

Rule Explanation:

- ✓ The SP can verbalize the safeword at any time during the role-play if they feel overly emotionally engaged, uncomfortable, or fatigued.
- ✓ Upon uttering the safeword, the simulation scenario must be unconditionally and immediately halted.
- ✓ The instructor will promptly intervene to provide support and guide the SP out of role.

Practice and Reinforcement: Use questions or hypothetical scenarios to ensure every Nurse-SP understands and feels empowered to use this mechanism.

Environment Familiarization: Guide Nurse-SPs through the simulation environment, pointing out the location of recording equipment (if any) to reduce anxiety from unknowns.

Post-Training

- ✓ **Q&A**
- ✓ **Summary:** Re-emphasize role consistency, emotional authenticity, and the right to use the safeword.
- ✓ **Material Distribution:** Provide key materials (e.g., case script) to Nurse-SPs for review prior to the workshops.