

Curriculum Development using VR technology to enhance empathetic communication skills in future health care professionals

VET Work Area 3.2: Directed Self-Learning Guide

Learners need to read the papers:

- Hunter, B., & Smith, P. (2007). Emotional labour: Just another buzz word?[Editorial]. International Journal of Nursing Studies, 44(6), 859–861. <u>https://doi.org/10.1016/j.ijnurstu.2006.12.015</u>
- Fasbinder, A, Shidler, K, Caboral-Stevens, M. (2020). A concept analysis: Emotional regulation of nurses. Nurs Forum. 55, 118–127. <u>https://doi.org/10.1111/nuf.12405</u>
- Lomas, T, Medina, JC, Ivtzan, I, Rupprecht, S, Eiroa-Orosa, F. 2018 A Systematic Review of the Impact of Mindfulness on the Well-Being of Healthcare Professionals. J Clin Psychol. 2018; 74: 319– 355. https://doi.org/10.1002/jclp.22515

Learners need to read and familiarize themselves with:

1. The Difficulties in Emotion Regulation Scale – Short form (DERS – SF): <u>Questionnaire_Ders.pdf</u>

IO7A2: Development of the Tutor Guide [HE Work Area 1 – Directed Self-Learning Guide]



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