



# **Developing Cultural Competence Learning of the Nursing Students Using Simulation Strategies: An Integrative Review**

**Marivic Ilarde<sup>a,b</sup>, Ma. Theresa Salinda<sup>b,c\*</sup>,  
Vilma S. Vasquez<sup>c</sup>, Daryl Jake S. Fornolles<sup>c</sup>,  
Glenda T. Morano<sup>c</sup>, Francis Vicent L. Acena<sup>a</sup>  
and Jhal B. Espinosa<sup>a</sup>**

<sup>a</sup> Our Lady of Fatima University, Valenzuela, Philippines.

<sup>b</sup> St. Paul University Philippines, Tuguegarao, Philippines.

<sup>c</sup> Far Eastern University, Manila, Philippines.

## **Authors' contributions**

*This work was carried out in collaboration among all authors. All authors read and approved the final manuscript.*

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## **Review Article**

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## **ABSTRACT**

**Background:** Cultural competence serve as foundation and pillar to health care in endeavoring elimination of health disparities. Health care services is essential in providing care. Culturally sensitive and high-quality services plays major role in promoting optimum level of wellness [1]. The process of awareness culturally enables nurses to transform interventions into positive health outcomes (Smith, 2018). Self-awareness plays important role in developing social skills towards promoting quality of care.

\*Corresponding author: Email: [msalinda@feu.edu.ph](mailto:msalinda@feu.edu.ph), [salindatheresa@yahoo.com](mailto:salindatheresa@yahoo.com);

**Purpose:** The objective of this study is to review literature which provide evidence that presents cultural competency among nursing students with the use of simulation activities which is being integrated to nursing program. In addition, it help to understand students experiences in rendering care to the patient addressing cultural diversity.

**Methods:** The researchers conducted integrative literature review which follow process utilizing Ebscohost and Goggle Scholar databases particularly CINAHL,ERIC and Academic research were considered articles published from 2016 up to the present, a total of 12 articles were extracted.

**Results:** Most of the studies are quantitative (n = 12). 1 study is qualitative. 6 of the quantitative studies used a one-group pre-post-test design (n = 5), 1 study used a two-group pre-post design and quasi-experimental design was used, 6 study used post-test design in a form of survey. The empirical studies identified ranged from 8 to 460. The studies were conducted mostly in the USA (n = 10), one in Australia, and one study was done in 2 different countries, USA and Thailand .

**Conclusion:** Nursing as advocate of care plays vital role in promoting care through enhancing knowledge, skills, attitude in rendering care. Cultural competency of nurses serve as aid in understanding cultural differences that will enhance quality of care and services.

*Keywords: Cultural competency; learning; simulation; strategies.*

## 1. INTRODUCTION

Cultural competence serve as foundation and pillar to health care that endeavors to minimize disparities in conveying culturally sensitive and quality services. Health care strategies must enhance through providing training for nurses cultivating sensitivity in caring [1]. Nurses as provider of care must engage with the patient, culturally competent like patient communication will provide positive outcome to patient health [2]. It is an unceasing process of cultural awareness which enables nurses to reform interventions suited to patient (Smith, 2018). Establishing meaningful relationship between patient create a good environment that essential for fast recovery, understanding cultural backgrounds including respecting and recognizing difference design effective nursing care plan [3]. In opposition to indifferent care culturally affects patient status leads to in accurate diagnoses and errors that lead to further disparity in health [4].

Nursing students as one of care provider requires proper training in responding the patient needs. Experiences in cultural issue through learning environment will serve as guide in possessing professional attitude in the delivery of care. The theory will help to gain competence and enhancement of skills and clinical rotation is beneficial in building personal experiences [5]. Patient complexity serve as hindrance in patient-centered approach [6,7,8]. Cultural competency is required in delivering safe care that meets patient's needs [9]. Simulation activities with the use of virtual laboratory in patient monitoring and understanding real patient scenario uplift nursing clinical practice. Literature present the context of learning in responding patient care through

providing cultural competency. Accessible in health care facilities is essential to achieve health equity [10]

Patient-centered care is essential in addressing patient needs, this include promoting patients' rights, developing strategies of organizations and enhancement of curriculum by educators to warrant competency [7]. It addition, learning methods is important in moulding a professional character of student nurses as care provider. [11]. Simulation-based in the clinical education serve as pedagogical approach to nursing students in providing enhancement in creating good decision clinically without compromising patient needs [12]. This method acknowledged as frontline learning of student nurses in patient safety [13]. Simulation is a strategy to enhance clinical competence with diverse patients" that serve as supplement in clinical preparation or for clinical remediation. Advance learning skills with the use of learning technology help to enhance skills and understanding concept of nursing care. Evidence base learning and out outcome-based education promote quality education for nurse in preparation of transition from nursing student to a well-rounded professional nurse [14]. Simulation trainings provides "near-to-reality patient care scenarios" which help nursing student to gain experiences and confidence addressing patient care. Supervision in the interactive environment has been evidence of cultural competency [15].

**Objective:** The purpose of this literature review was to synthesize major integrative framework and research process (conceptual, empirical, interpretive and communicative phases) to identify latest evidence to help nursing students' in further understanding cultural competency

using simulation as a learning method. This aim to explore how the nursing students to learn and develop cultural competence through simulation strategies, to determine the level of cultural competency that being integrated to nursing program and analyze the students experiences in rendering care with the patient with cultural diversity.

## **2. LITERATURE REVIEW**

### **2.1 Description of Studies and Characteristics of Participants**

The studies shows a total of twelve quantitative research (n = 12) hence one study is qualitative research (n=1). Five out six studies in quantitative used a one-group pre-post-test design (n=5), while the other one study(n=1) used a two-group pre-post design and quasi-experimental design. In addition, a total of six (n=6) study used post-test design in a form of survey. The sample sizes of each studies ranged from 8 to 460 a addressing learning strategies in undergraduate nursing students. The setting of this studies were mostly conducted in the USA (n = 10), one in Australia, and one study was done in other country such as Thailand.

### **2.2 Simulation Methods of Student Nurse**

Simulation methods for student nurse includes low and high-fidelity simulations; which serve as practice guide in clinical area for enhancement of skills through simulation based learning experience, virtual simulation, 3d simulation, pre-briefing, cultural, and cross cultural collaborative simulation and role play. A study about pre-briefing simulation indicated that it is a vital tool to gain cultural competence and study away program can introduce students about the richness of cultural diversity, it increases cultural competence, improves self-confidence and promotes reflecting and meaningful learning. In addition simulation-based leaning (SBLE) provides practices in cultural congruence of nurse practitioner assigned in rural are. Studies shows that to prepare future nurse practitioner one must aware of culturally sensitivity, holistic patient care to various culture like non-English speaking Hispanic patient.

Other study shows how cultural simulation provides health professional, students and practitioners with strategies in a way of communicating sensitively with culturally and

linguistically diverse patients. Moreover study about cultural empathy simulations have a significant impact on learners' attitude and behavioral intentions. Virtual simulation demonstrated an impact on knowledge and confidence of undergraduate nursing students from four countries. High fidelity simulation improves critical thinking nd learning retention to nursing students. It provide high level of learning satisfactions and boost professional character. The study shows students retained more knowledge in assessment of new born care using virtual simulation compared to traditional lab based activities. Cultural collaborative simulation significantly increases cross-cultural confidences. Educators should consider planning similar cross-cultural study abroad experiences based on lessons learned. A study about role playing says it contributes to the appropriate assessment of transgender patients where it entails compassionate approach. It also focused on simulation of difficult conversations with colleagues where it improved nursing student comfort.

## **3. MATERIALS AND METHODS**

### **3.1 Data Collection**

The data obtained present evidence regarding how the nursing students learn cultural competency with the use of simulation strategies. Integrative review method was applied to understand conclusion which are reliable. The central point includes problem identification, implication of the methodology used, theories and search literature that provide comprehensive phenomenon [16]. In addition, examining all the articles summarize the learning on health care problem.

### **3.2 Data Evaluation**

In detailed, ILR synthesized literature "with a particular lens defined by the articles objectives" but it does not peruse feature of previous research [17]. The articles collect from Ebscohost and Google scholar particular CINAHL, ERIC, Academic Research. Retrieval of articles which undergo peer review that published 2016 up to the present that significantly contribute to nursing simulation. In addition, panel of expert participate in the selection of article with the use of descriptive synthesis. Researchers search term cultural competency "AND" nursing students, simulation Learning "AND" nursing students.

**Table 1. General characteristics of the reviewed studies**

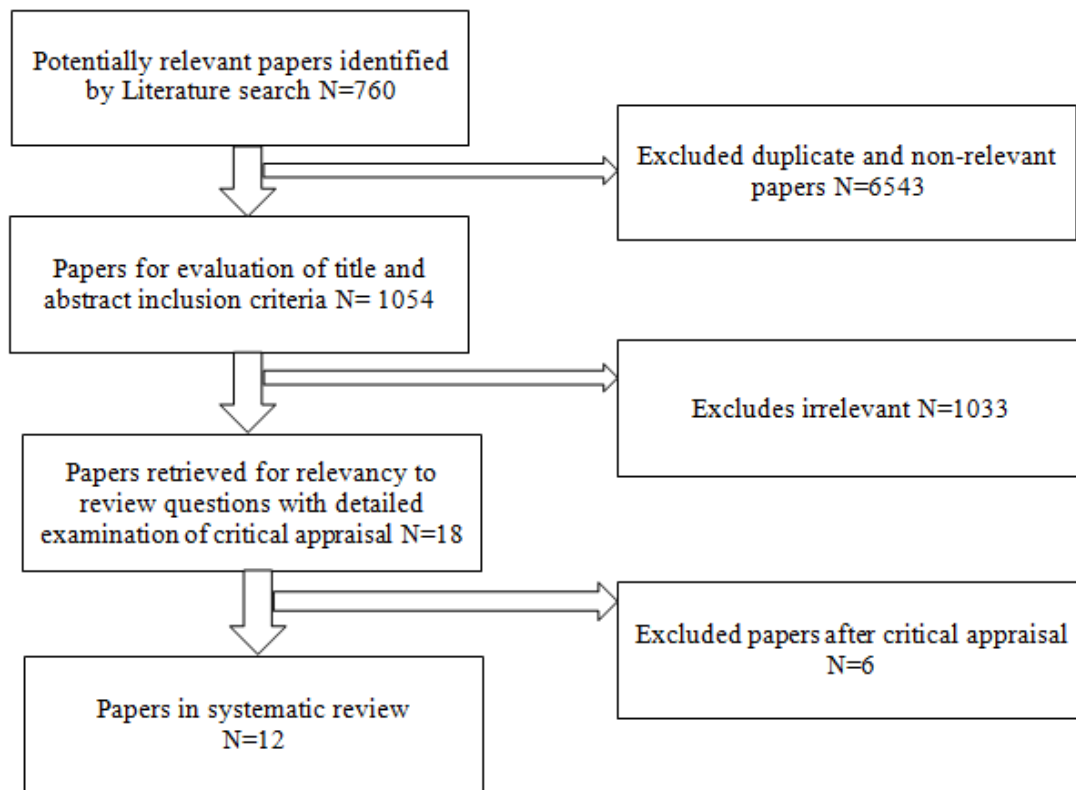
<b>Author &amp; Year</b>	<b>Aim</b>	<b>Setting</b>	<b>Methods/ Designs/ Data Collection</b>	<b>Result</b>
Andrews, I [3]	The study mainly address cultural competency by addressing different gaps that might contribute to patient care like service learning program.	USA	A total of 5 undergraduate social working students and 1 graduate nursing and 2 faculty members engaged in a seven-day immersive experience participating in well-established community-based activities. Pre-briefing sessions and educational module was presented to the nursing students and cultural competence self-assessment tool was provided based on information from Purnell and Giger and Davidhizar's Transcultural Assessment Model.	The results indicated that pre-briefing is a vital tool to gain cultural competence and study away program can introduce students about the richness of cultural diversity. It increases cultural competence, improved self-confidence and promotes reflecting and meaningful learning. The study present the importance of pre-briefing in relation to service training activities in a highly diverse environment.
Behnke, C Et.al. [4]	The aim of this study was to enhance nursing practice in rural area. This mainly providing culture sensitivity, strengthening communication and promoting empathy in caring for Spanish-speaking Hispanic patients and families using a standardized patient SBLE for clinic in the rural area.	USA	25 nursing students took the SBLE training. A single group completed the pretest and posttest surveys. "1 group: pretest–posttest" pre-experimental design. The data obtain mainly to address students participation with the use of simulation based. TSET use to measure self-perceptions of nursing student in relation to cross-cultural competence.	The results provides clear picture how SBLE makes impact in enhancing communication skills in interacting with the patient in diverse group. In addition, models for Nursing Practice help to establish framework to standardize clinical competency. Standardized metrics and evaluation tools help students to address readiness in patient care
Cantey, [8]	This study aims to address the SDH. Strategy facilitating nursing care are important factor in understanding disease condition. Understanding social context with in the society with regards to health inequities helps to improve disparities in health care.	USA	A Total of 18 nursing student as participants in the study. It presents that developing modalities plays great role in developing nursing students on their learning. The study result role play simulations demonstrating nurses assessment in patient care. It shows that resources and support is important in situation of environmental needs.	The result present how simulation work in improving interpersonal skills of the students. This help to design in identifying specific roles that promote cultural awareness. Role playing also use in conducting evaluation of patients personal needs.

Author & Year	Aim	Setting	Methods/ Designs/ Data Collection	Result
Fioravanti et al., [18]	This project is combines cultural competency in education. It tackles one the use of screening and intervention to patients. Referral system with regards to treatment has been discussed	USA	There are 119 Junior-level baccalaureate nursing students participated in the survey pertains to cultural diversity. Scenarios thru simulation in the laboratories reduce the stigma due to indifferent cultures. Evidence based practice is essential in responding intervention.	The results shows self-rating of the student on cultural awareness, sensitivity and competency. Pre simulation has been conducted as well as post simulation to determine the effectivity of the method. Base on the result student were more competent in responding the needs of the patient.
Fuselier et al., [19]	This study describe on the simulation with the use of manikins as part of learning process.	USA	A total of 38 participants were include in the study. The study used qualitative approach. The BSN student were undergo focus group discussion regarding simulations on manikins.	The findings generated four themes include color of manikins, clinical experience with use of manikins, learning skills and basic skills. The different features of manikin which provides student nurse to practice their skills in patient care. It also strengthen student nurse cultural diversity.
Garrido, M & Simon, R [20]	Study aims to determine cultural simulation effect in providing health professional students and practitioners. The strategies shows the importance of communication with sensitivity in rendering patient. Technology based innovation and traditional teaching shows evidence in effective teaching strategy.	South East Florida, USA	A total of 64 student of BSN and MAN in the program that participated in cultural simulations. Different scenarios were also conducted. The tool use IAPCC-R.	It shows after exposure of cultural simulation made improvements in the delivery of health care as future practitioner. In depth analysis has undergo in determining individualistic culture. This also beneficial as generic guide in the assessment in patient belief in nursing care.
Jones, E et al. [21]	It aims to evaluate on cultural empathy with the use of simulation for nursing student. Appraisal of of 3D simulation provide understanding of students attitude and behavioral control.	New South Wales, Australia.	The study accumulate of 460 second year students. Out of 460 a total of 241 were in experimental group and 219 in the control group. The design used was quasi experimental. Random allocation has done before exposure to 3D Simulation. A survey then follow after.	The results present higher score for the experimental group. It was determine that intention is one of the predictor. Potential cultural simulation help student nurses in valuing cultural competency.

Author & Year	Aim	Setting	Methods/ Designs/ Data Collection	Result
Kessler, S [22]	This study focuses on the process of innovation of student came from two university. The learning and research outcome improve confidence and cultural competence across diversity.	USA, Thailand	35 undergraduate students participated in one of the two simulation scenarios. The study designed 26 items questionnaire that pertains to measure confidence, satisfaction, collaboration, role implementation, and communication.  The pre-/post-test has been administer to identify categories.	Student's confidence increase significantly across culture. The findings present collaboration and partnership to increase knowledge cross culturally.
Kock, A et al [23]	This study aims to increase student knowledge and comfort with caring for a transgender individual and confronting colleagues when exhibiting poor cultural intelligence.	USA	72 pre-licensure nursing students role-played a simulation created as an interactive learning strategy to promote culturally sensitive assessment of a transgender patient and their caregiver, including assessing for pronouns and providing patient-centered care. 29 completed the posttest evaluation survey. Mixed methods analysis was used to review the qualitative data and analyze the findings.	The result shows how simulation help to reduce discrimination to health care. The study help nursing student to equip knowledge pertaining to cultural sensitivity. It has been proven that communication serve as aid in providing free risk environment for the patient and for their future encounter in proving patient needs
San, E [24]	The study aimed to determine how students improve in terms of knowledge, skills, and attitudes in responding culturally competent care.	USA	53 nursing students participated in DSPS cultural competence. Transcultural Self-Efficacy Tool (TSET) has been used to identify effect of standardize care with the use of simulation.	The findings shows DSPS has significant impact in student's transcultural self-efficacy perceptions. Regardless of their cultural background, cultural competence has been determine.
Turkelson, C Cooper, D [25]	The aim address the gap of culture diversity. Culture sensitivity and cultural empathy plays role in providing quality care to patient.	USA	A 26 nursing practitioner students participated. The designed used was quasi experimental that present simulation-based learning experience. The Rural Characteristics tool (RCT) was used.	The result shows that nursing practitioner has great respond with the use of simulation base learning experience. The effectivity of this plays significant role in providing supports to patient and facilitating cultural awareness and empathy.

Author & Year	Aim	Setting	Methods/ Designs/ Data Collection	Result
Weideman, Y Et.al 2016	This study aims to design on virtual simulation experiences. Facilitating access for the students helps to enhance skills in providing culturally congruent care.	USA	136 Nursing students participated in Virtual Simulation. Outcomes measurements included Jeffreys' Transcultural Self-Efficacy Test (TSET), a care plan rubric and post survey has been used in this study.	The result shows that appropriate care plan will improved patient status. Clinical cultural competency has been established to students after the study.

Table 1. Included studies



**Fig. 1. Flowchart showing the process of searching and selecting articles for the review**

The following are steps in the evaluation of data (1) relevance of articles (2) main articles reading (3) checklist base on methodology. The selection of articles tackles on the main objective, reading articles will further understand the study with quality assessment and finally checklist methodology understand designed that use, population and sampling, tools in data gathering, data analysis and ethical consideration. The researchers also use code sheet of the articles information related to nursing simulation and cultural competency. The process of selection of articles were performed with the use of PRISMA guide lines which seen in (Fig. 1).

### 3.3 Data Analysis

The data examined using inductive analysis and descriptive synthesis which covers inter-relationship guided by principles analytically of cultural competency in nursing simulation [26]. Critical analysis of research question plays important factor in probing relevant information. The data were further tabulated to deem similarities and differences of articles. In addition, it undergo categorization and name based on its content.

## 4. RESULTS

This integrative literature review quested in determining simulation strategies of nursing students in responding to culture competency in the application of nursing practice.

### 4.1 Concept of Culture/ Cultural Diversity

Cultural diversity is synonymous with multiculturalism, with the diversity of people in the society understanding cultural background is essential in health care. Cultural competency is about giving respect to the patient according to patients needs. Interaction across culture globally plays great impact in rendering patient care but this is life long process on how nurse and patient work together in obtaining optimum level of health. Developing nursing plan that appropriate to one cultures and beliefs contribute to lessening the gap of inequalities. As nurse being appreciative to culture background of patient contribute to strong establishment of inclusivity of environment. Embracing cultural competency is "the process in which the nurse continuously strives to achieve the ability and availability to effectively work within the cultural



context of a client individual, family or community" (Campinha-Bacote, 1998). Continuity in opening doors of understanding patient belief will create strong interaction as partnership in uplifting patient strength in fast recovery.

#### **4.2 Learning Cultural Competence during Simulations**

Learning is most effective when learning is engaged in structured activities, as nursing student active engagement in learning process contribute to the learning. Activities include conceptualization of topics, learning experiences and observation lead to strong foundation of clinical practice. Hence there are so many challenges that nursing student overcome which include barriers in providing safe nursing care, strategies in responding cultural competence.

Simulation enhances learning in understanding real life situation of different cases and how student nurse function in client environment. It fosters the affective, cognitive, psychomotor domains of learning simulation boosts and advances professional nurses and students' self-confidence. Competency in learning promote nursing skills, creating character that attribute in dedication to the profession [19] (Kron et al., 2017, Ozkara San, 2015, Ozkara San, 2019). In addition, interpersonal skills will lead to transformation to conduct self-assessment in acquisition of cultural knowledge in adapting context of culture [10].

#### **4.3 Culturally Competent Communication Skills**

Communication skills implies capacity to function effectively in providing quality of care. The study shows in responding compassionately in the conversation between patient. Interviewing skills is also essential in assessment phase gathering information in creating nursing care plans. Emerging of skills in array includes understanding patient gestures that concerning information of patient health [27] (Foronda et al., 2018). Culturally competent communications provide adequacy in health care services. Strategies in communication is vital also in collaboration, it helps to increase productivity and efficiency in work. Active listening and showing care to the patient establish trust with nurse patient relationship. Acknowledging each differences like beliefs, practices and values promote respect between nurse and patient [27].

#### **4.4 Enhancing Self-awareness towards Cultural Competence**

Cultural self-awareness focal point in understanding owns cultural perspectives. This include own's biases towards other people [28]. As nurse understanding your own self will help to promote patient understanding. It's about acknowledging factors that influence prejudices. The development of character to nursing student is important as provider of care. Self-awareness involve ensuring elimination of preconceived ideas or biases toward other cultures (Weideman et al., 2016). Professional character in addressing patient concern is essential to become competent nurse, it includes conveying empathy to patient situation [10]. In addition, interaction with patient shapes beliefs and values in understanding cultural diversity.

### **5. DISCUSSION**

Cultural competency among nursing students provides experience in rendering quality of care. [15]. Studies shows that learners-centered approach like simulation strategies have great impact in the promotion of health care services as supported by experimental learning theory. Muhammed [29]. In the field of nursing, student must possess critical thinking in responding patient care. Interaction and enhancing communication skills promote patient engagement in health care plan. Through simulations activities, cultural intelligence convey skills to nursing students in further understanding of different scenarios. Providing real life scenarios in field helps nursing student to prepare them in clinical field. Simulation activities provided to students will contribute to lifelong learning process which include measurement of their comprehension, how they function in simulation rooms. Uplifting their confidence to perform such procedure and developing character in decision making.

Simulations serve as aid in learning, it helps to enhance competency in student encounter with their patient. Follow-up activities in measuring comprehension like through reflection process, assessment component of the activity, rather than participation in the simulation itself promote opportunity in understanding global aspect. Simulations promote critical and evaluative thinking because it encourage students to contemplate the implications of a scenario. The situation is beneficial to feels real situation of cases that enhance their confidence to be

productive and competent as provider of care. Creating strong framework for nursing students provide opportunity to develop professional character as future nurse provider [30]. In addition, virtual reality of simulations help to improve nursing skill. The use of web base to promote learning contribute in the dissemination of in the promotion of culture competence. Curriculum pertains to nursing engagement with the use of latest technology rather than traditional teaching methods provides representation on real life scenarios (Carpenter et al., 2015,) assessing the patient needs. Interaction promotes trust between nurse and patient. Study shows that this promote respect from one another between nurse and patient. This is also essential in collaboration in creating nursing care plan of the patient base on their values, beliefs and practices. Challenges like barriers in communication must eliminate. It is essential that cultural knowledge in communication either verbal and non-verbal must strengthen. Hence self-awareness is important to all health care providers which must does not reflect their assumptions of different cultures. Elimination of biases help also to understand patient cultural backgrounds. It necessary for nurses or even student nurses provides culturally sensitive care in the promotion of satisfaction in caring [31-36].

Overall, the studies present how student nurse to function in the clinical field. In order for the student to prepare in the nursing practice, it is important to possess competency in all area. Understanding cultural diversity and learning from owns cultural background serve as aid in providing quality of care. Cultural barriers must eliminate, through that learning how to listen to patient needs is a great move. As provider of health is also important to promote self-awareness to create strong foundation of moral judgement in administer care. It is also important for higher education in looking continuous strategies and solutions to prepare nursing students in the clinical field. Evidence shows that self-confidence is great tools in administering patient care. The more student exposed in the clinical field and the more exposure to simulation activities provide knowledge, skills and attitude in delivering health care services. Teaching methods whether traditional or with the use of technology plays impact in students professional growth. In detail, educators must encourage student nurses to sustained professional development and ensure quality care given to the patient. Program enhancement in nursing lead to

development of cultural competency among nursing students [37-41].

## 6. CONCLUSION

Nursing as advocate of care plays vital role in promoting care through enhancing knowledge, skills, attitude in rendering care. Cultural competency is essential in daily nursing practice which main responsibility is formulating care plans to meet the individual needs. Developing cultural competency among student nurses help to understand cultural differences that will enhance quality of care and services. It also allows student nurse to prepare in clinical field which enhance productivity and efficiency in health care delivery. Health disparities and inequities must eliminate through strengthening cultural communication, cultural awareness and cultural competence.

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## COMPETING INTERESTS

Authors have declared that no competing interests exist.

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