

Imagery Package and Instructions

Mental imagery is an experience that exists in the absence of a physical stimuli and has been described as seeing in the mind's eye and hearing through the mind's ear and so on. Mental imagery can also evoke feelings akin to those experienced in real life. Some people are likely to be able to use imagery more vividly than others.

Mental imagery does not replace physical practice, but it enhances physically learned skills. Mental imagery does not replace physical practice, but it enhances physically learned skills. Mental imagery is sometimes referred to as visualising, or seeing in the mind's eye, hearing in the head, imagining the feel of, etc. Mental imagery resembles some form of perceptual experience, but it occurs in the absence of the any appropriate external stimuli i.e. there is no physical movement.

The script is set up so can do it anywhere. You do not need to be in university or on placement, you can access the GoogleDrive folder from anywhere. I suspect this is something you can do at home, but it might be a powerful experience to try it on break or during a quiet (safe) time on the ward or clinical area (if you watch the POV film from the file and not YouTube, I would make sure you on WiFi).

The imagery scripts have been created by interviewing student nurses about their experiences of being involved in a cardiac arrest.

Access to the Package

The imagery package will be stored on a shared file on GoogleDrive. You can access this on your smart devise. This should make the items in the imagery package easy to access. The use of the imagery package will last for one month (4 weeks). Here is the sequence of events

The package includes:

- These written instructions on how to perform imagery, these are quick reference
- A screencast to help enhance the instructions of how to undertake
- A glossary of terms to help you define any words or concepts you are not familiar with
- A film of a cardiac arrest that is taken from a first-person perspective. This is in the hope that it will enhance your imagery ability
- A basic audio script, that allows you mentally rehearse CPR skills
- A more advanced CPR script, that allows you to imagine yourself undertaking CPR as part of a cardiac arrest

Instructions

POV Video

- 1) I would like you to watch the film of a cardiac arrest (file name POV cardiac arrest [either via the [YouTube link \(link\)](#) or original video]). This film has been filmed in the 'first-person' or from a 'point of view' (POV) perspective*. This is to try and help you imagine and feel (perform mental imagery) from a first-person perspective. Watch this film as many times as you feel is necessary (perhaps before your first 2 or 3 mental imagery sessions but see what works best for you) as it may help you imagine and feel the scenario. Please keep a note in your diary how many times you needed to watch the film
 - A first-person or POV perspective is when you imagine and feel the scenario from your own eyes, as though you are seeing the scenario yourself. This is opposed to the third person perspective, where you are watching yourself, like on a film

Basic Audio Script

- 2) I would ask that you use the basic audio script (file: Basic Script [insider basic script folder]) to help you imagine and feel the learning of the skill. This will be for the first two weeks of the study **or until you feel comfortable with basic CPR skills**. This will help you to refresh the basics of CPR again and will link to your physical practice from your mandatory training sessions.
- 3) Please try and visualise your learning from the script, from a first-person perspective. As you are using the script to imagine and feel the scenario, I would like you to visualise the scenario in your mind's eye.
- 4) It might be good to get yourself into a standing position as this is how you would experience CPR in practice. However, I would like you to get yourself into a position that you feel most comfortable with.
- 5) You can close your eyes during imagery or can keep your eyes open. Whatever is easier for you to imagine and feel the scenario
- 6) Please spend 10-15 minutes on the imagery, 3 times per week (the completion time might be slightly more if you are watching in the POV film watching phase before you start with imagery). For the basic script you may have to run it 2 to 3 times to help with your learning. If you are struggling to focus or imagine the scenario, please try again at a different time

- 7) Where possible please try to keep to the aforementioned times. However, if for some reason you cannot do 10-15 minutes on an occasion or you cannot do 3 times per week, please do not give up.

Advanced Audio Script

- 8) After 2-weeks of using the basic script, please use the advanced script (**Advanced Script [inside the Advanced Script Folder]**). The advanced script is meant to help you experience what it is like to undertake CPR in a cardiac arrest situation. It is meant to evoke images, emotions and feelings akin to the real thing.
- 9) If you feel it is beneficial to use the basic audio script before you use the advanced one, this is fine.
- 10) Please use this script for 10-15 minutes, 3 times per week also and from a first-person perspective as you did for the basic script.
- 11) If you want to use the script for longer and more frequent periods because you feel that this is better for your own learning, then please do so