

A cross-disciplinary approach to learning medical physiology and behavioural skills involving drama students performing as simulated patients

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1	A Cross-Disciplinary Approach to Learning Medical Physiology and Behavioural Skills Involving
2	Drama Students Performing as Simulated Patients
3	
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23	ABBREVIATED TITLE: Drama-Enhanced Medical Physiology Tutorials
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ABSTRACT

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Early year's physiology education in medical curricula provides unique challenges. As well as inculcating concepts that are seen as difficult, modern curricula require that students learn in context in Case Based Learning courses. Additionally, regulating bodies stress that the soft skills of compassion, communication and empathy are embedded throughout curricula. This has driven work in our organisation involving drama and final year medicine students during which they collaborate in realistic simulations of doctor/patient interactions. We adapted this transdisciplinary approach to second year physiology tutorials. This emphasised the holistic importance of physiology to patient care, while also embedding "human factors" skills from the very earliest stages of the curriculum. After preparing by attending acting classes based on aspects of Konstantin Stanislavski's "System" the authors supervised tutorials in which drama students participated in a "physiology of hypofertility" session for second year medical students, playing a 34-year-old woman with premature menopause (or their partner). Opinion (from all students) was evaluated by Likert questionnaires (which included open questions). A focus group of drama students was also interviewed, and the conversation recorded for thematic analysis. Positive Likert scores were recorded for the authenticity of the tutorials, skills development, fostering empathy and motivating students to improve. All participants evaluated the tutorial as highly enjoyable. These scores are reflected in positive open commentary on the questionnaires and in the focus group interviews. The results suggest that even basic science tutorials give opportunities for interdisciplinary study and enhancement of behavioural skills while gaining enthusiastic student acceptance.

NEW AND NOTEWORTHY

This work details how physiology tutorials for early years medical students are transformed by taking the clinical case off the 2-dimensional page and instead having the case scenario acted by drama students. This adds context and authenticity. Benefits are twofold; emphasising the importance of physiology to the budding clinician and embedding empathy and compassion from the earliest points in a clinicians career.

INTRODUCTION

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Delivery of fundamental science as part of early Medical Education presents unique challenges. The need to provide a firm scientific foundation supporting clinical practice is enshrined in the documentation produced by accrediting bodies in the UK (1) and US (2). In the past 10-20 years, however, there has been a move towards integrated medical curricula (3) to provide a clinical context when teaching basic medical sciences, as this is a more effective means of promoting deep learning and effective retention of the material (4). In addition to this, there has been a recognition by educators and accrediting bodies that the "soft" behavioural skills of compassion, communication, sharing and empathy have just as much an impact on clinical outcomes as the clinical skills (1,5,6). In addition to the subject specific challenges, the typical pre-clinical medical student population considers these basic sciences "hard" to learn (7). The sheer volume of work in early medical curricula results in a student body that learns strategically, often to the test (8), and, after third year has noticeably displayed an alarming reduction in empathy (9). In summary, fundamental science education in medical degrees is essential but difficult (7), should promote integrated learning in context (4) as well as compassion (5,6). Basic science classes should be taken seriously, but are often treated strategically (8). Pre-clinical years culminate in a tired student population depleted of the empathy and passion that carried them into the profession in the first place. Clearly, innovative and effective educational practices are needed during this crucial formative phase to make the first years of a clinician's career meaningful, productive and fun. In modern pre-clinical and bioscience education many strategies have been suggested to address these early year medical education challenges. Integrating the fundamental sciences with clinical practice in simulation classes has been proposed by many authors (10,11,12). Stephen Di Carlo in the 2009 Claude Bernard distinguished lecture (13) suggests that, "how we teach is more important than what we teach" and stresses that teaching should be meaningful, enriching and fun above all else. This is echoed by Dee Silverthorn (14), who emphasises moving away from merely "covering content". Ian Turner (15) extends this, suggesting that we make classrooms more theatrical and full of spectacle to keep students engaged. This resonates with earlier work by Yucha (16) who suggests, that students themselves should be encouraged to "act out" physiology concepts such as muscle contraction, the reflex arc and capillary filtration using improvisation techniques and basic props such as rope, candy and chalk. This approach garnered great student enthusiasm, suiting a wide variety of learners and learning styles.

In our own institution, the drive towards making learning more meaningful has led to a collaboration
between medicine and drama in a final year patient safety course. During this course, medical and
drama students collaborate in realistic and emotionally charged simulations of doctor patient
interactions (17). In the present study, we adapted this transdisciplinary, high fidelity simulation
approach to second year fundamental science (physiology) tutorials. These lend themselves well to
the application of basic science skills to clinical (and behavioural) contexts (7). Benefits are manifold:
emphasising the holistic importance of physiology (and by extension the fundamental clinical
sciences) to patient care, supporting students in the conveyance of physiologically relevant scientific
information, while also embedding "human factors" skills of compassion, empathy and
communication at the earliest stage of the students' career. This could potentially act to counter the
drop in empathy typically observed during the pre-clinical years (9). The tutorial chosen for the trial
was on "hypofertility in a 34-year-old woman" where instead of reading the case detail from a script $\frac{1}{2}$
to answer questions, medical students took a case history from a drama student playing the female
(or her partner allowing male drama students to engage in the simulation). The drama students had
previously familiarised themselves with the patient's background medical history and the general
details of the clinical scenario to develop the "given circumstances" of the role (18).
Following the tutorial, we sought to assess medicine and drama student responses to their
experience by seeking feedback in questionnaires completed immediately post class and in focus
groups completed a week afterwards. Extensive constructive feedback was also exchanged between
staff, drama students and the medical students participating in the tutorial immediately after it.
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METHODS

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Cohort Studied and Ethical Approval

Second year students (257 in number) participating in the Queen's University Belfast (QUB) medical module "Physiological Basis of Clinical Practice" participated in the study. The drama students were drawn from the final year drama module "Drama, Health and Social Care", 12 of whom provided support for the physiology tutorial. Four staff members from the Centre for Biomedical Sciences Education (CBMSE) in QUB facilitated the tutorial. Staff were selected for wide experience in small group teaching to ensure that learning objectives would be met. Ethical approval for the study design, distribution of questionnaires and conduction of focus groups was granted by the QUB School of Medicine, Dentistry and Biomedical Science Research Ethics Committee.

"Drama Enhanced" Tutorial

Initial preparation for the study saw the authors attending acting classes based on aspects of Konstantin Stanislavski's "System" (18). Students were also invited to these "Healtheatre Club" sessions with the aim being to foster an appreciation of the actors craft among current academic and future clinical professionals. The chosen tutorial "Physiology of Hypofertility" was one of six discipline specific tutorials undertaken as part of the second year physiology course. The remit of these classes is to focus students on the clinical application of the basic science studied. The scenario chosen for the drama collaboration involves a 34-year-old woman who has been amenorrheic for a number of months. This was chosen because the clinical signs and symptoms can be directly related to measured physiologic variables providing an excellent context for understanding the basic science and how it applies to medicine. In addition to this, conversations around sex can prove difficult for this young cohort, particularly those centring on the signs described in this case of idiopathic premature menopause. This tutorial was therefore an ideal behavioural skills challenge. Drama students familiarised themselves with the patient's background medical history and general details of the clinical scenario to play the part of the 34-year-old woman (or their partner, enabling male drama students to participate) in addition to the traditional tutorial support material provided for medical students. Additional preparation was facilitated by educators for the Drama students to enable them to work up the "given circumstance" (18) of the case. Symptoms and signs were described for them in detail and the kinds of questions that patients typically ask in these scenarios along with the kinds of internet resources that people may have accessed before going in to see a medical practitioner. They were completely free to develop the role as they saw fit. The aim was to make each interaction as unpredictable and authentic as

possible. Drama students were encouraged to relay the information contained in the case both verbally and behaviourally, so heightening the verisimilitude of the session beyond merely an embodied case study. This would take the scenario from the two dimensions of the page to three dimensions of a high-fidelity simulation (17). Medical students were also prepared for the tutorial, being given a "primer" on potential patient conversations, doctors observations and additional information not in the case but potentially implied in the questions that the case asked. While this cohort typically prepares well for tutorial classes, the authors were keen to ensure that this was a true tutorial session where prior knowledge could be applied, not obtained for the first time. For each tutor group of 20-25 medical students there were 2 drama students present, taking part.

Drama student feedback to medical students

After the tutorial, debriefing sessions were held in which the drama students provided feedback to the medical students on how they felt the interaction went, how their queries were met and on the students' effectiveness in communicating the complex information about their condition. Staff were present during this session too, to ensure that the physiology learning objectives of the class were met and to respond to any queries remaining at the end of the class. All students (both drama and medicine) were invited to email relevant academics with queries and impressions arising from the tutorial in the weeks after it.

Questionnaires

At the end of the tutorial, questionnaires were distributed to all students (drama/medicine) and educators (example in Fig. 1). They were informed that any results would be used for educational research only and were in no way a means of student assessment. It was also made clear that students were under no obligation whatsoever to complete questionnaires, giving them the automatic right to withdraw. The questionnaires were completely anonymous. Submission of a completed questionnaire by an individual was accepted as implied consent. Opinion on the drama enhanced session was evaluated by questions in which the Likert scale was employed (5 - strongly agree to 0 - strongly disagree). Questions focused on students' affective response to the experience, and to its effectiveness in authentically contextualising professional/biomedical knowledge and showing its value. Final questions focused on the utility of the tutorial in enhancing communication skills, empathy and professionalism (the so-called "non-technical", "behavioural", "soft" skills). Scores were then averaged to give mean response out of 5 ±SEM. In addition to the Likert questions, students were given space to write open commentary on what they liked/disliked about the class as well as suggestions for future improvements.

172	Focus Group
173	One week after the tutorial series was completed a focus group interview of drama students was
174	conducted, recorded and transcribed for thematic analysis.
175	Thematic Analysis
176	Thematic analysis (19) was used to discover, interpret and report meaningful patterns within the
177	data. This involved systematically working through the transcribed dialogue from the focus group
178	and statements from the open commentary to identify topics that were gradually integrated into
179	higher-order key themes that informed discussion of the results.
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RESULTS

182	Response	Rates

Questionnaires were distributed to medical students of which 207 out of 257 were completed and returned (80% return). A number of the drama students (12) supported the tutorial more than once and submitted a questionnaire for each iteration (N=20) with all drama students returning at least 1 questionnaire (100% return). The focus group was attended by 6 of the 12 drama students.

General description of results.

Table 1 gives mean (\pm SEM) Likert Scores /5 in response to statements on the tutorials. For all students the tutorial was deemed enjoyable, challenging and meaningful. It provided motivation to excel both as actors and future clinicians. There was a difference between the 2 groups on how authentic the interaction was with medical students being very impressed (mean Likert response to question on authenticity 4.1 \pm 0.06). However, as is explored in the open commentary (see below) drama students were more critical of the interaction's fidelity citing concerns about medical student:drama student ratio (mean Likert response to question on authenticity 3.6 \pm 0.2).

Themes explored in open commentary.

Tables 2 and 3 summarise responses from medicine and drama students in open commentary with themes identified (paraphrased), and the number of times a statement was made in support of the theme in the open commentary section of the questionnaire.

Theme 1; Authenticity

As requested by the authors, the drama students added an authentic, unpredictable element to each of the tutorial sessions. While some played the patient as withdrawn and shy, and some allowed their "partner" to speak for them, others acted extremely confidently in asking the medical students graphic questions about how the condition might affect their sex lives. As a result, in terms of realism and simulating patient encounters in a safe way, medical students highly rated the tutorial as providing an authentic experience of the clinical application of physiology (Likert score 4.1±0.06) with 65 students mentioning this in open commentary. Students (in 65 responses) commented that the simulations were more realistic than family placement with specially chosen "ideal" and "well behaved" patients. They remarked that "badly behaved" and "bolshie" simulated patients added to the challenge of the occasion. Selected quotes from the open commentary included "Drama students provided a very realistic portrayal of potential issues we may encounter in later life" and "drama students were realistic in how the general population talk about sex". Drama students were

more critical of the realism of the class (Likert score 3.6±0.2) saying that the ratio of medical student:drama student (11:1) compromised the authenticity of the encounter (all drama students mentioned this).

Theme 2; Empathy/Communication/Behavioural Skills

The tutorial gave both medical and drama students an opportunity to demonstrate empathy (Likert Score 4.5±0.04). Medical students lauded the "safe space" for discussing sensitive and personal issues with 18 mentions of this in open commentary. Selected quotes from medical students illustrating this; "practicing empathy and stressful encounters in a safe environment" and "was a little bit nervous at first to approach such a sensitive topic with a large group, but worth it for the experience". A similar impression was relayed by overseeing educators "the feedback from drama students was fantastic – told them (the medical students) how their anxiety around asking personal questions made her uncomfortable". In feedback, the drama students lauded the medical students' professionalism, compassion and attempts at sensitivity, but did cite awkwardness on the part of the students. This was also apparent from the phrases used by medical students during their interactions with drama students where the atrophic vaginitis associated with the condition was alluded to by the medical students as "trouble south of the border" and "how are things......down there".

Theme 3; Physiology in Context

Medical students (51 in number) directly commented that the tutorial helped them contextualise physiology and its application to real life situations (Likert Score 4.1±0.06) with many mentions of the link between communication skills and scientific knowledge. A typical quote illustrating this; "having the patient interaction made the topic of infertility more real and helped me understand the effects of physiology on the patient". There were, however, some students less enthusiastic about this aspect with 12 reporting that they found it less useful for learning physiology than subject specific classes.

DISCUSSION

Salient Results

The findings suggest that the collaborative drama tutorial was a success across many modalities, being considered authentic, facilitating both the application of basic sciences to clinical practice and the development of essential soft skills of communication and empathy. This was evidenced by both drama and medical students in Likert Scores and open commentary. Limitations (observed particularly by drama students) were that more student actors were needed to improve fidelity of the interactions (ratio of student doctors to patients was considered too high). The opportunity to interact with students in other faculties was also seen positively by both cohorts of students.

Integrated Medical Education in the Basic Sciences

It has long been accepted that clinical science teaching in medicine is more effective if made appropriate to the clinical context. Koens and colleagues (4) write of three dimensions of context in clinical education; physical (authentic physical surroundings and equipment used), semantic (application of the knowledge gained) and commitment (motivation to learn, willingness to invest effort). Strategies for enhancing these three dimensions of context have included repurposing clinical devices for the basic science classroom (20) and integrated simulation classes with manikin devices or computer programmes (10,11,12). These simulation experiences have been shown to enhance the learning of basic science phenomena, self-reported measures of learning and clinical self-confidence (10,11), especially when followed by a debrief (12). They are seen as an effective means of demonstrating the relationship between scientific fundamentals and patient care in early year's medical education. While these strategies effectively address Koen's dimensions of context, it could be argued that the unpredictable dimension of the living communicating human is lacking in these interactions, despite their undoubted value.

In devising the subject material for our tutorial, we drew together elements of anatomy, physiology, laboratory testing and clinical signs to fully contextualise the scientific basis of the material and develop an integrated case. To this, we added the drama students to provide the final unpredictable context of dealing with a potentially distressed human being. At the same time, students were challenged to understand the science sufficiently to relay it to the patient (something regularly mentioned in open commentary was that the physiology understanding helped them teach the patients about their own condition and realise the importance of a deep understanding of basic science). In addition to this, feedback is offered in the basic science context by the academic

facilitating and in the communication/compassion context by the drama student, allowing reflection in all aspects of the material covered.

The value of drama education in early year's medical curricula

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The utility of drama collaborations in medical education is being increasingly recognised in recent years. These have manifested in many forms including unpredictable high fidelity simulations involving drama students (17,21), theatrical performances (22), staged consultations and feedback with an actress created patient character (23) and training in specific drama techniques such as "being-in-role", "working with masks" and "body awareness drills" (24,25,26). Observing dramatic performances on AIDS and ovarian cancer increased self-reported empathy and insight towards patients in a self-selected group of students, doctors and university staff (22). These, however, were passive observers of the one person shows being staged as part of the study. In Alraek and Baerheim's work (23), an actress-created patient character interacted with 36 medical students (stage of training not defined) in two sessions; "dealing with a withdrawn patient" and "breaking bad news". Time outs during which the students asked questions of the actress "in role" were incorporated in the training. Reflection on this training was seen to enhance student ability in handling difficult conversations. Realistic interactions between drama students and medical students/personnel have previously resulted in increases in improved self-perceived knowledge and increased clinical team scores (17), as well as improved communication skills (21). It is interesting that a comparable acting collaboration to ours from Hardmann and Schonmann (21) explored similarly sensitive topics (menstrual periods, teenage smoking and contraceptive pill use with revelations of early sexual abuse) and resulted in talk of similarly transformative emergent phenomena from the interactions as in the present work. Drama workshops in specific techniques have also been used in clinical education and shown to increase independent scores of empathy (the Jefferson Scale of Physician Empathy (JSPE)), clinical skills (Observed Structured Clinical Examination (OSCE)), and communication skills (Behaviour Change Counselling Index (BECCI)) (24). Work by Macneill and colleagues (25,26) during drama workshops staged for medical personnel using masks and body awareness drills has drawn attention to the parallels between theatre and medicine and proposed that "training as an actor offers the capacity to be simultaneously empathetic and analytic".

It is evident from these studies that drama collaboration provides a useful tool developing empathy and communication skills and may have a role in providing authentic context to clinical scenarios. The studies mentioned above, however, focus on final year medical students or already qualified doctors and healthcare workers. It is apparent that this kind of communication focused context

driven education needs to happen much earlier in the students' career given the dramatic fall off in empathy after third year (9). It is important to build up reserves of meaning, enthusiasm and resilience in the pre-clinical years to offset this reduction. Given the increasing importance placed on behavioural skills by the licencing bodies (1,2) it is vital that they are threaded through the entire curriculum from the earliest years of medical education, even in discipline specific tutorials in the fundamental clinical sciences.

Limitations and potential solutions

While the benefits of the drama collaboration are manifold, negative commentary focused on the paucity of drama students available which compromised the authenticity of the interaction. This could perhaps be offset by the kind of drama training described previously (24,25,26) enabling the medical students themselves to act "in role" as patients. It may also be useful in future collaborations to measure increases in independent (JSPE) (24) scores of empathy before and after the interventions.

Hidden benefits; fun and the value of interdisciplinarity across cultures

Universal enthusiastic commentary was made on how enervating, enriching and fun it was to participate in the collaborations and meet students from different faculties in the university.

Observing how people from different cultures deal with difficult personal topics centring on identity and sexuality, and attempting to accommodate these differences in lived experiences has many applications in personal development and may contribute to the decolonisation of undergraduate medical curricula (27).

Concluding comments.

The collaborative programme was enthusiastically enjoyed, seen as authentic, relevant and useful both in giving context to basic science and training in interpersonal skills. The opportunity to work with students in different faculties was welcomed, despite the limitation in numbers of drama students available. Given this paucity of drama students, it may be useful to develop a model where future clinicians learn to perform the role of the patient. Collaborations with drama departments may see training enabling medical students to "become" their own patients in the future. This has obvious profound implications for behavioural skills, compassion and empathy in the "role" of the doctor.

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388	Figure Legend
389	Fig.1. Questionnaire distributed to medical students immediately after participating in the drama
390	enhanced medical tutorial. Drama students filled in a similar questionnaire.
391	
392	Table Legends
393	Table 1. Mean (± SEM) Likert scores in response to statements about the tutorial. Medical student
394	responses (n=207) are given in the upper panel and those from drama students (n=20) in the lower
395	panel.
396	Table 2. Summary of responses in "open commentary" section of questionnaires completed by
397	medical students (207 feedback sheets returned). Statement (paraphrased) is given along with the
398	number of times it was made.
399	Table 3. Summary of responses in "open commentary" section of questionnaires completed by
400	drama students (20 feedback sheets returned). Statement (paraphrased) is given along with the
401	number of times it was made.
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Questionnaire evaluating the "drama enhanced" physiology tutorial

Tick the relevant boxes to indicate your level of agreement with the following statements: Strongly agree (SA); Agree (A); Neither Agree nor Disagree (NA); Disagree (D); Strongly Disagree (SD)

Working with drama students	SA	A	NA	D	SD
I. I was nervous working with the drama students					
2. I was confident in my abilities to deal with the drama students					_
3. I felt embarrassed discussing "personal" issues with the drama student as patient					
Value of the "drama enhanced" tutorial					
4. This tutorial provided an authentic experience of clinical application of physiology					
5. This tutorial tested my physiologic knowledge/diagnostic skills					
6. This tutorial provided an opportunity to practice/demonstrate empathy					
7. This tutorial provided an opportunity to practice professionalism					
8. This tutorial tested my communication skills					
9. This tutorial was a poor learning experience					
Disadvantage of the "drama enhanced" tutorial					
10. Physiology is best taught in isolation to other skills					
11. This tutorial wastes valuable time that could be used to address academic issues					
General opinions					
12. I enjoyed this tutorial					
13. This tutorial motivated me to know my physiology better					
What did you like about collaboration with drama students in physiology tutorials?	(Continu	e over th	ie page if	necessa	ry)
What did you dislike about collaboration with drama students in physiology tutorial	s? (Cont	inue ove	r the pag	e if nece	ssary)

Have you any further comments/opinions/suggestions for improvements for the collaboration. (Continue over if necessary)

Table 1.

	Medica	Students (80%	Return)			
This tutorial provided an authentic experience of the clinical application of physiology	This tutorial tested my physiologic knowledge/diagnostic skills	This tutorial provided an opportunity to practice/demonstrate empathy	This tutorial motivated me to know my physiology better	I enjoyed this tutorial		
4.1 ± 0.06	4.1 ± 0.06	4.5± 0.04	4.1 ± 0.06	4.2 ± 0.05		
	Drama Students (100% Return)					
This tutorial provided an authentic experience of the Dr/patient relationship	This tutorial tested my acting skills	I challenged the medical students in a useful way	This tutorial motivated me to become a better actor	I enjoyed this tutorial		
3.6 ± 0.2	4.5 ± 0.1	4.1 ± 0.1	4.6 ± 0.5	4.7 ± 0.1		

Table 2.

	Statement	Number of times said
Like	Realistic, authentic, some going as far as to say that it felt more real than placement and certainly than Clinical Skills Education Centre work	65
	Contextualises physiology and its application to real life situations	51
	Shows the importance of and enhances soft skills training (communication, empathy, history taking	41
	Fun, interesting, a change, can we have more please?	26
	Safe space to practice dealing with sensitive "personal" issues	18
	Drama student being difficult/badly behaved is a real authentic challenge for sure	10
	It's OK to mess up here with no consequences	5
	Feedback from Drama student useful	2
	Need to work with humanities more/Science isn't the be all and end all of everything in medicine	2
Dislike	Too few drama students in each group. Definitely needs a changed ratio	40
	Covered in clinical Skills, family attachment, placement classes already	14
	Made the tutorial very rushed	13
	Not good for learning physiology	12
	Scary, tough daunting	3
	Male drama student made it inauthentic	3
	Was artificial, slightly inauthentic	2
	Patient aggressive and didn't respond in an expected way	1
	The drama students didn't know the answers about their own condition because they weren't actually patients	1
Suggestions	We need more preparation time so we can investigate the disease symptoms and treatments	14
	The topic was too sensitive, try a less controversial one so we will be less stressed	4

Table 3.

	Statement	Number of times said
Like	Upskilling our acting skills in a non-traditional way/cross disciplinary work	11
	Sense of worth gained through helping future clinicians	3
	Authentic emotional experience	2
	Interaction with whole group	2
	Professional application of skill	1
	Fun	1
	Enhances Confidence	1
Dislike	Too many medical students for each drama student, reduces authenticity, allows some students to sit back	12
	Awkward in places	1
Suggestions	Worthwhile, thoroughly enjoyable	4
	Was a great opportunity to get feedback from end users	1