

# Social Empathy: Pathway to Developing Change Agents and Social Justice Advocates

Brenda Kucirka PhD, RN, PMHCNS-BC, CNE

Doris Vallone PhD, RN, PMHCNS-BC



Widener University

# LEARNING OBJECTIVES

1. Describe the impact of the inside out pedagogy on development of social empathy.
2. Discuss social empathy as a precursor to social justice advocacy in nursing.

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# ACKNOWLEDGEMENTS

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We would like to recognize our students:

**Inside Students:** These men taught us about resilience and redemption as we engaged in crucial conversations to expand worldviews and challenge biases.

**Outside Students:** These nursing students pushed out from their comfort zone and confronted unconscious biases to build bridges across differences.



# NURSING AND SOCIAL JUSTICE

- Bias, prejudice, cultural insensitivity, and low levels of empathy affect a client's care
- Ethical mandate: nurse as advocate and change agent
- Nurses must act “in accordance with fair treatment regardless of economic status, race, ethnicity, age, citizenship, disability or sexual orientation” (AACN)



# INSIDE OUT PEDAGOGY

- Founded by Temple University Professor Lori Pompa
- An immersive pedagogy
- College students attend class taught inside a correctional facility
- Class composed of “inside” (incarcerated) students and “outside” (University) students



# WHY INSIDE OUT PEDAGOGY?

- Affective, experiential domain
- Targets self-awareness and empathy of students to motivate behavioral changes
- Facilitates development of connection and identification of common ground



# RESTROSPECTIVE REVIEW

## PURPOSE:

- Explore the impact of teaching a social justice and advocacy course using the Inside Out pedagogy

## DESIGN:

Qualitative Descriptive



# SAMPLE

N=29 SENIOR BSN STUDENTS

4 males

25 females

1 Asian

8 Black

16 Caucasian

2 Mixed Race

2 Hispanic



# DATA ANALYSIS

- Final outside student course impact papers were reviewed to identify themes.

## THEMES:

- Empathy/connection
- Self-Other awareness
- Transformation
- Macro perspective shifts and insights
- Igniting passion/desire to advocate for social justice



# EMPATHY / CONNECTION

- “if these men could accept who they are, who they were, and grasp the gap between the two, then I can do the same when I encounter remorse or regret for life choices I made”
- “we are all imperfect”
- “we all listened to understand, I did not expect to connect with these men... we grew to respect and care deeply about each other”
- “we learned about one another... we want similar things in life”
- “We inspired them but they inspired us as well. They motivated me to be more positive in life and have a better outlook on the world.”



# SELF-OTHER AWARENESS

- “I learned more about myself from this class than I ever thought was possible”
- “I recognized my unconscious biases and how they impact others”
- “hearing and seeing their (inside students) self-awareness centered me and made me focus on having more awareness for myself”



# TRANSFORMATION

“I realized (during our closing ceremony) that this was one of those moments that takes you by surprise because you’re never expecting to experience them at the beginning of the journey; the moments where you go through something incredibly unique ... that has you left fundamentally changed. Years from now something is going to happen in my life that will bring me back to this experience and a whole new interpretation will arise. Thank you so much for giving me the opportunity to grow during this experience.”



# TRANSFORMATION

- “to say this class and these men have changed my life is an understatement... I have such a different outlook on life... I see I am the one that change should begin with”
- “I have grown more in this class than I have in all my conventional classes put together. I cannot express the impact that these men have had on my life... this class truly made my heart grow as much as my brain.”
- “this class motivated me to be the best version of myself”
- “this course has made me a better individual, better nurse, and a better friend”



# MACRO PERSPECTIVE SHIFTS AND INSIGHTS

- “this course made me more aware of social issues that people pretend don’t exist... this was a waking up experience for me”
- “I have greater insight into my position on the social totem pole & through this understand others and their position”
- “I have come to realize that humans regardless of background can come together and work for a better future”
- “We, as a society lose sight of the most crucial aspects of life, simply how to be human”



# IGNITING PASSION/DESIRE TO ADVOCATE FOR SOCIAL JUSTICE

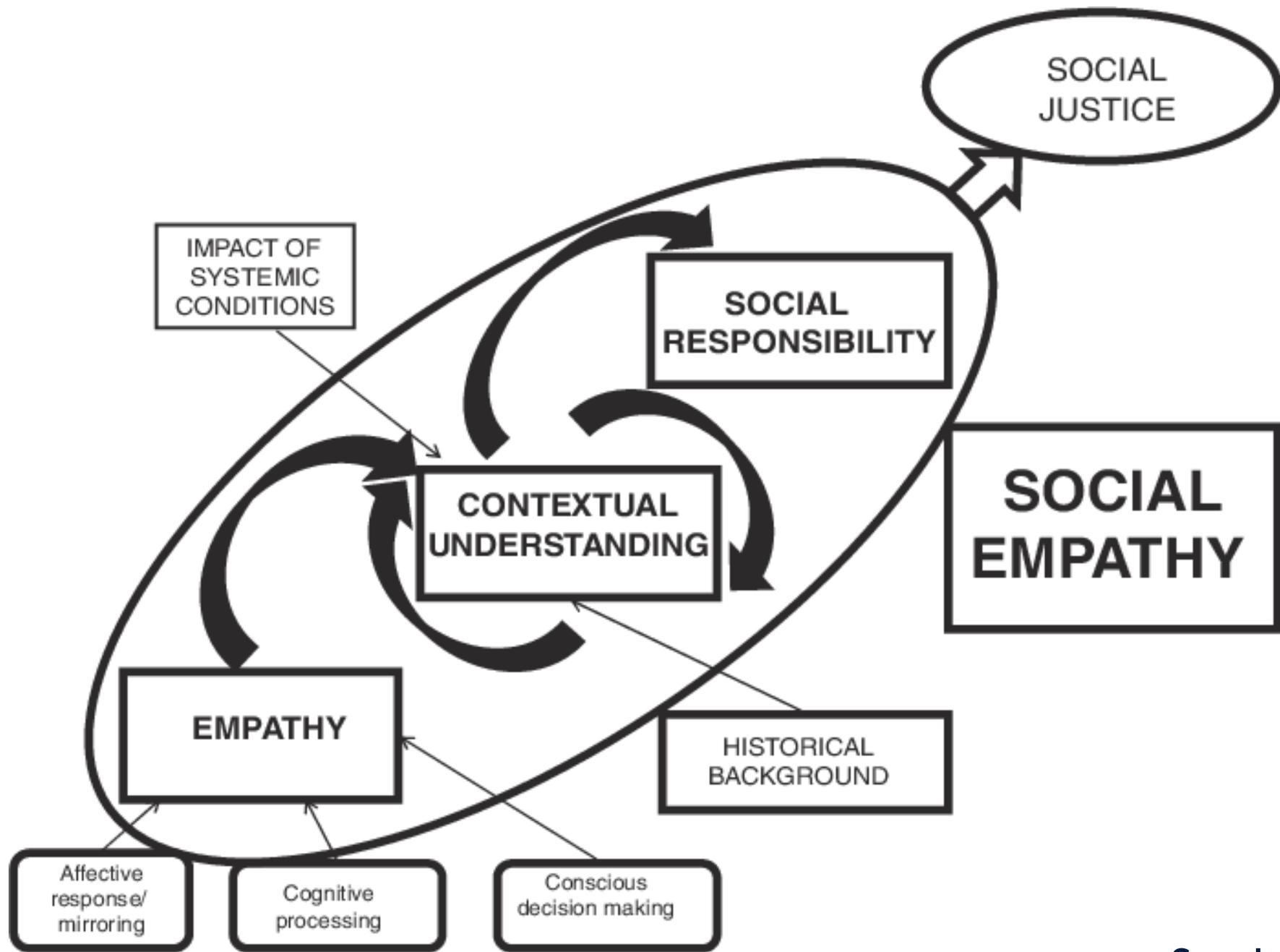
- “I will continue to break the chains of oppression for myself and others who do not have a voice”
- “The drive and passion the inside students had for this course will forever be a reminder for me to do more... this class and these men have inspired me to be more involved and advocate for social justice”
- “this experience will allow me to be more empathic as a nurse toward prisoners... what I learned in this course will make me a more aware nurse and advocate”



# IGNITING PASSION/DESIRE TO ADVOCATE FOR SOCIAL JUSTICE

- “being a bystander is no better than being a perpetrator, by standing by we allow misconceptions to continue...I will speak out”
- “I learned to have compassion for others, to stand up to injustice, to advocate for the rights of the oppressed, and to have respect for people of all backgrounds. I gained skills that will help me in my nursing career and journey through life”
- “This class, has given me the courage to speak up about societal problems... I have the courage and knowledge base to be the change I want to see in the world”
- “This class challenged my assumptions about persons who are incarcerated...This is something I will take with me into my nursing practice.”





# IMPLICATIONS

- Social empathy may foster improved nurse patient relationships and support better health care outcomes
- Increased awareness of social justice supports more compassionate care and treatment of the “other” in society
- Nursing inside out prison exchange courses foster motivation to advocate for social justice and support the ethical mandate for nurses to advocate for social policy



# FUTURE STUDIES

- If social empathy is the precursor to social justice activism, how do nurse educators motivate nursing students to act on these principles when transitioning to practice?
- Explore the impact of a social justice and advocacy inside out course on inside (incarcerated) students
- Longitudinal study to assess impact on nursing practice



# QUESTIONS?

**Thank you for attending our presentation**

Contact information:

Brenda Kucirka PhD, RN, PMHCNS-BC, CNE

Assistant Professor, Widener University School of Nursing

[bkucirka@widener.edu](mailto:bkucirka@widener.edu)

