

Empathy Belly CDG Questions

Students will wear the Empathy Belly Pregnancy Simulator for a total of 3 hours. The first 1.5 hours will be with just the Empathy Belly. The final 1.5 hours the student will wear the Empathy Belly with the additional components (bladder weight, chest restrictor, and two ball weights).

Throughout the simulation the student should engage in everyday activities such as cleaning, sleeping (lay down with the Empathy Belly on), drive, go out in public (examples: grocery shopping, out to eat, visit at a friend or family members home), etc. While wearing the Empathy Belly the student will need to take a picture of themselves.

Each student is to answer a set of self-reflection questions and submit them in the online discussion area of the Maternal Section of the Course and attach the photo(s) of themselves wearing the Empathy Belly. The pregnancy simulator is available to sign out from the administrative secretary – and will need to be returned within 24 hours. This assignment counts as 4 hours of simulation time.

1. Describe how you felt physically and emotionally when you put the belly on. What surprised you the most?
2. How did you feel about yourself when you had the belly on?
3. How did others react to you when you had the belly on?
4. Describe what you felt or experienced during the simulation in each of the areas below:
 - a. Weight you felt:
 - b. Weight on bladder:
 - c. Pressure on lungs:
 - d. Change in your posture & center of gravity:
 - e. Fetal movement (movement of weights and/or water):
 - f. Breast enlargement and protruding profile:
5. How complex was it to complete your everyday activities with the belly on?
6. How did your sensitivity, empathy, or understanding of pregnancy change throughout this assignment?