

# SimLa Innovations

**Project:** Mood Lighting / Third Shift (Nite-lite)

**Materials:** Built in Overbed Lights and/or store bought night lights.

**Cost:** \$2.00 (each for night lights)

**Time:** 15 minutes

**Details:** (This technique works best with live, embedded patients). Turn off the overhead fluorescent lights in your simlab and use only the lights from the head-wall units (Image 'A'). It adds an element of realism, keeps students calmer (anecdotal observation), and visitors comment that it makes the simlab look as if it is a clinic. Add nightlights to each bed (use light-sensing devices so you don't have to turn them on and off) (Images 'B' & 'C'). If you darken exterior windows, you can re-create a third shift experience by using med cart lighting, pen lighting, and the night lights.

When students arrive for report at the start of shift, give report in a hushed tone, use a penlight for reading charts, and observe the 'nurse' to see when they bring up the head-wall lights during a scenario. Patients can turn off the lights for comfort (e.g. Migraine headache scenario).

