ECU OB/GYN’s Simulation Day!

OB GYN Clerkship
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East Carolina University
2014-2015
Disclosures

- I have no disclosures
Simulation Day
Mission

- To create a Hands-On experience for M3 Students to gain exposure, comfort and awareness about the procedural aspects of the field of OB/GYN
- To incorporate innovation and technology for our Savvy Adult Learners
- To increase personal confidence with procedural skills in a non-threatening environment
Preparing the Students for Simulation Day

Student Email
Sent 1 week prior to Sim Day

A friendly email is sent with Important Details regarding Simulation Day

- Where
- When
- Time
- Attire
- What to bring for Midterm feedback session
- Advised to bring “Technology of Choice”
Hello Cohort X Students,

Just a reminder that Simulation/Midterm Feedback Day is this Friday, March 20th, from 8am until 5pm. There is no Night Float on Thursday, March 19th.

Dress for Simulation/Feedback Day: Scrubs and your White Coat

Location: Simulation Lab (1st Floor Old Laupus Library)

Please bring your Technology of Choice that you can pull up articles/videos/documents on for your Simulation Experience!

Don’t forget all the items you are supposed to bring for your meeting with Dr. Sutton:
* Red books - with 9 or more signed off Red Book topics :)  
* Order sets x 2 - printed out -- Please see Blackboard for Detailed Instructions on this Assignment!
* Self-evaluation form - printed out
* E*value Brody 70 log - up to date and printed out

Please note the attached Midterm Feedback schedule for your time with me. We have a tight schedule. This is weaved into the morning 1/2 of your Simulation Day.

Further details on Simulation Day will be sent to you at 0800 on Friday! Yes, this is meant to keep you all in suspense!

Let me know if you have any questions! I hope you are as excited as I am!

Sincerely,

Dr. Sutton
YOU MADE IT!!!

I hope you brought all the things below for your Meeting with me and your self-paced Journey through Simulation Morning.

The attached file will detail your day.

Sincerely,

Dr. Sutton
• The Students now have a Word Document attached to this email on their "Technology of Choice" Device
• Once the Document is open, they have a roadmap through the stations
• Each station has [LINKS] to Videos and Articles
• They are provided an answer sheet to scribe their answers to station questions
Simulation Day

The Stations

1. Estimated Blood Loss in Obstetric Hemorrhage
2. Replacing Blood Loss after the Hemorrhage
3. Fire in the OR
4. Laparoscopic Simulator 1
5. Laparoscopic Simulator 2
6. IUD placement
7. Endometrial Biopsy
8. Post Operative Nerve Injury – the Importance of Proper Patient Positioning in the OR
9. The Breast Exam
10. Knot Tying
11. Suturing
12. Vaginal Birth and Shoulder Dystocia

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13. Meet with Christie Heubel to go over progress on Red Book Topics/Px/Dx
14. Meet with Dr. Sutton for your Review Self Assessment/Feedback/Review Order Sets

Morning of Sim Day
0800: Orientation to Sim Day
0820: Start Sim Day
1200: Lunch (on your own)
Simulation Day

Afternoon:

1:00pm: Simulated Vaginal Birth with SimMom™, Apgar Scoring and Newborn Resuscitation
2:15pm: Debriefing and Review of Answers to Station Questions
3:15pm: Shoulder Dystocia Lecture by Dr. Sutton
4:00pm: GYN Malignancy Lecture by Dr. Sutton
4:30pm: Wrap Up, Questions and Feedback
Used to mark the halfway point of the clerkship, our students spend the morning in the simulation lab, moving from station to station.
Students have the opportunity to learn more about topics they will encounter, not only if they choose to practice in Ob/Gyn, but in any kind of medical setting.

I provide Midterm Feedback during the day.
Station 1: Estimating Blood Loss

How good are we at estimating blood loss? Turns out – not so good! So the students practice!
Stations 4 & 5: Students Practice their Laparoscopic Skills!

If you can unwrap a Tootsie Roll, you get to eat your prize!
Stations 6 & 7: They learn about IUD insertion and do an endometrial biopsy.
Stations 10 & 11: Knot Tying and Suturing 101
Knot tying and suturing are stations where students can work with their colleagues to learn these necessary skills.
Station 10
Knot Tying

Watch the following Knot Tying Video
http://www.youtube.com/watch?v=_lvQ2YJoRjQ

Perform:
1. Drop and give me 50 Square Knots: 2 handed ties
2. Drop and give me 50 Square Knots: 1 handed ties - right handed
3. Drop and give me 50 Square Knots: 1 handed ties - left handed
Tape them to a sheet of paper with your name on it so I can review it!
Dear Student XYZ

Your dominant hand ROCKs at knot tying!!! Great Job. It is so square and tied down so nicely and tight. No air knots. Your non-dominant hand is okay – that’s always the harder one! There are areas on that one that are square and look great. I think your dominant hand one is a “Framer” and we should send a picture to your parents so they can be proud like me! Thank you for allowing me to give you this feedback!

Sincerely,
Dr. Sutton
Watch Videos on Suturing

Running Locked Suture Video
http://www.youtube.com/watch?v=14lXKG1zpTM
Running Suture Video
http://www.youtube.com/watch?v=ODZtJL_gb4E
Duke Suture Skills Course Video
https://www.youtube.com/watch?v=TFwFMav_cpE

Using our model arms, make two incisions with the scalpel. Repair it as follows:
1. Running locked suture
2. Running suture (unlocked)
Take a photo of your awesome work and send it to Sutton!
(suttonji@ecu.edu)

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I then provide them feedback by individual emails that constructively critique their suturing skills.
Running Locked Suture
Running Suture

Sample Email Critique

Dear Student XYZ,

Wow. Your suturing is outstanding. I would like to save your photo for my slide show that I plan to do on this Simulation Experience! Your locked is really well done and brings the skin edges together very nicely. Glad you enjoyed today!!!

Have a great weekend.

Sincerely,

Dr. Sutton
Sample Email Critique:

Dear Student ABC,

Thank you for sending me your suture pics! Your running suture is great!

Your locked could be a little better. Spacing from bite to bite and then locked down evenly should bring the lock to one side of the suture entirely. I could show you some time!

Thank you for allowing me to give you this feedback! Keep up the great work on our rotation!

Sincerely,

Dr. Sutton
Simulation Day:

A day of testing out the skills you’ve observed and learned about!
### Results

**Feedback provided via Evaluation and Comments**

5 Point Likert Scale

1: Poor  
2: Fair  
3: Good  
4: Very Good  
5: Excellent

<table>
<thead>
<tr>
<th>Cohorts 2, 3, 4, &amp; 5 Evaluations of Simulation Day</th>
<th>Cohort 2</th>
<th>Cohort 3</th>
<th>Cohort 4</th>
<th>Cohort 5</th>
<th>Average</th>
</tr>
</thead>
<tbody>
<tr>
<td>N=9</td>
<td>N=10</td>
<td>N=10</td>
<td>N=9</td>
<td>N=38</td>
<td></td>
</tr>
<tr>
<td>1 What was your impression of the experience?</td>
<td>4.78</td>
<td>4.7</td>
<td>4.90</td>
<td>4.78</td>
<td>4.79</td>
</tr>
<tr>
<td>2 To what degree were educational objectives met?</td>
<td>4.89</td>
<td>4.7</td>
<td>4.90</td>
<td>4.67</td>
<td>4.79</td>
</tr>
<tr>
<td>3 How would you rate faculty teaching skills?</td>
<td>4.78</td>
<td>4.8</td>
<td>4.80</td>
<td>4.78</td>
<td>4.79</td>
</tr>
<tr>
<td>4 To what degree do you think that the simulations assisted your understanding of the clinical cases presented?</td>
<td>4.89</td>
<td>4.7</td>
<td>4.90</td>
<td>4.56</td>
<td>4.76</td>
</tr>
<tr>
<td>5 To what degree do you feel that you gained useful clinical information?</td>
<td>4.89</td>
<td>4.7</td>
<td>5.00</td>
<td>4.67</td>
<td>4.82</td>
</tr>
<tr>
<td>6 To what degree do you feel that you gained useful clinical experience with equipment and procedures?</td>
<td>4.78</td>
<td>4.6</td>
<td>4.90</td>
<td>4.67</td>
<td>4.74</td>
</tr>
<tr>
<td>7 To what degree did the use of a simulator or model enhance your experience?</td>
<td>4.78</td>
<td>4.6</td>
<td>4.80</td>
<td>4.67</td>
<td>4.71</td>
</tr>
<tr>
<td>8 Would you like to participate in future sessions?</td>
<td>All Yes!</td>
<td>All Yes!</td>
<td>All Yes!</td>
<td>All Yes!</td>
<td>ALL Yes!</td>
</tr>
</tbody>
</table>
RESULTS

100% of M3 Students who participated in the OB GYN Simulation Day thus far would like to participate in Future Sessions!
Costs

• No Cost/Already Purchased/Supplied
  • Laparoscopic Simulators x 2
  • Model Arms from old “Implanon” insertion models
  • Expired suture
  • Expired/unused instruments from delivery packs
  • IUD model and IUD insertion trainers
  • Endometrial Biopsy pipelle, model uterus
  • Unused expired delivery pack and chuck and maxipad
  • Breast Model

• Recurring Costs
  • Cheerios: $2.58
  • Tootsie Rolls: $3.98
  • One Attending’s Dedicated Time: Priceless
    • But only ONE is needed... given self-paced nature!
    • Guest Stars are always Welcomed!
Gains

• **Return on Investment**
  • Student Education
  • Student Satisfaction
  • Patient Safety
Comments from our M3 Students

Great. Should move to top 3 days of M3.

My favorite aspect was that it was a very non-intensive, comfortable, non-threatening environment to improve our weaknesses and practice our strengths. It was perfect.

Exactly perfect amount of stations and I thought every station was appropriate and very useful.
Comments from our M3 Students

Excellent organization of useful skills. I enjoyed the “do it on your own” approach. Every cohort/clerkship should adopt this style. Thanks for all you do!

Best sim lab experience we have had since start of med school.

I really liked the Sim Lab today! You guys should definitely keep letting future cohorts participate in this day.
If there was one activity to add, I would take groups of two students to have a simulated vaginal birth. Real time, high pressure. That would be fantastic.
Next Steps

• Taking “Sim Day” to “Boot Camp”
• Moving from Exposure to Skills to Assessment of Skills
• Milestone 1
Our Next Simulation Day:

Come see my Awesome Students in action…

May 15th 2015
0800-1200
to see the Simulation Stations
Special Thanks

My M3 Students from Cohorts 2, 3, 4 & 5
~ For participation and for allowing me to use their pictures!

Christie Heubel, Clerkship Coordinator for M3 OB GYN Students
~ For her assistance with this presentation, photography and continued assistance with our Simulation Day!
References


Knot Tying Video:
   http://www.youtube.com/watch?v=_lvQ2YJoRjQ

Suture Videos:
   Running Locked Suture Video
   How to perform a running locked closure. Andrew Wright. Published on Nov 5, 2012
   http://www.youtube.com/watch?v=14IXKG1zpTM

   Running Suture Video
   http://www.youtube.com/watch?v=ODZtJL_gb4E

   Duke Suture Skills Course Video
   https://www.youtube.com/watch?v=TFwFMav_cpE
Happy Students = Happy Sutton