

ECU OB/GYN'S SIMULATION DAY!

OB GYN CLERKSHIP

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EAST CAROLINA UNIVERSITY

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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”

STUDENT EMAIL

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

SIM DAY

STUDENT EMAIL

SENT MORNING
OF SIM DAY

AT 0800

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

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Morning of Sim Day

0800: Orientation to Sim Day

0820: Start Sim Day

1200: Lunch (on your own)

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  
~~~~~
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

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

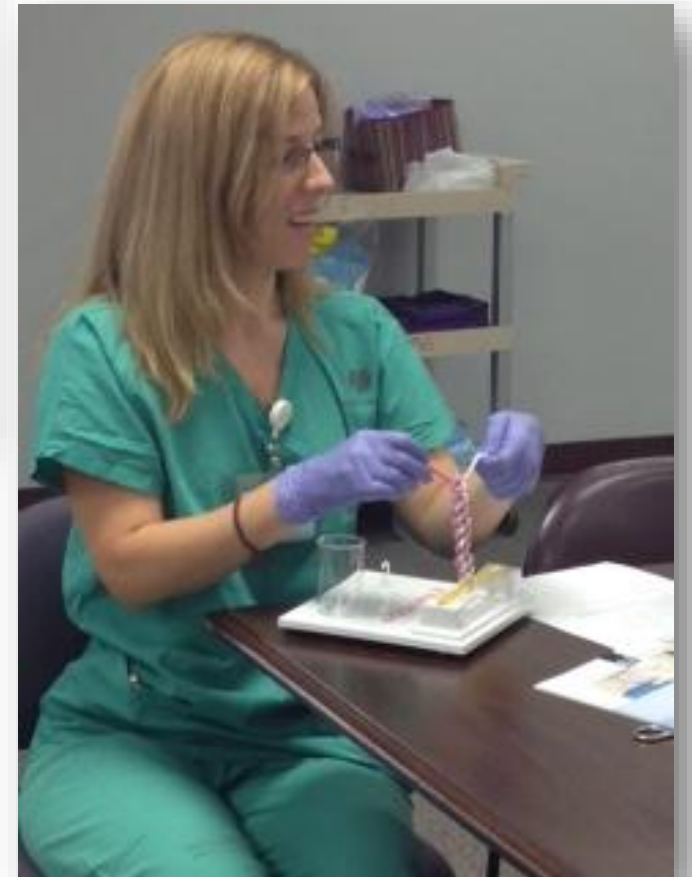
4:30pm: Wrap Up, Questions and Feedback

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!

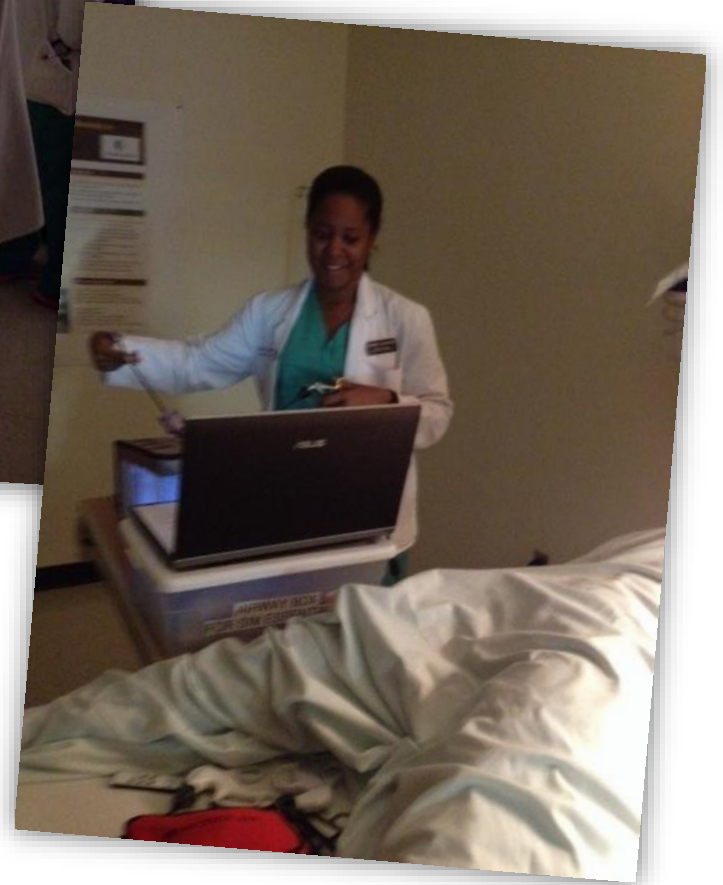


Stations 4 & 5:
Students Practice
their Laparoscopic
Skills!

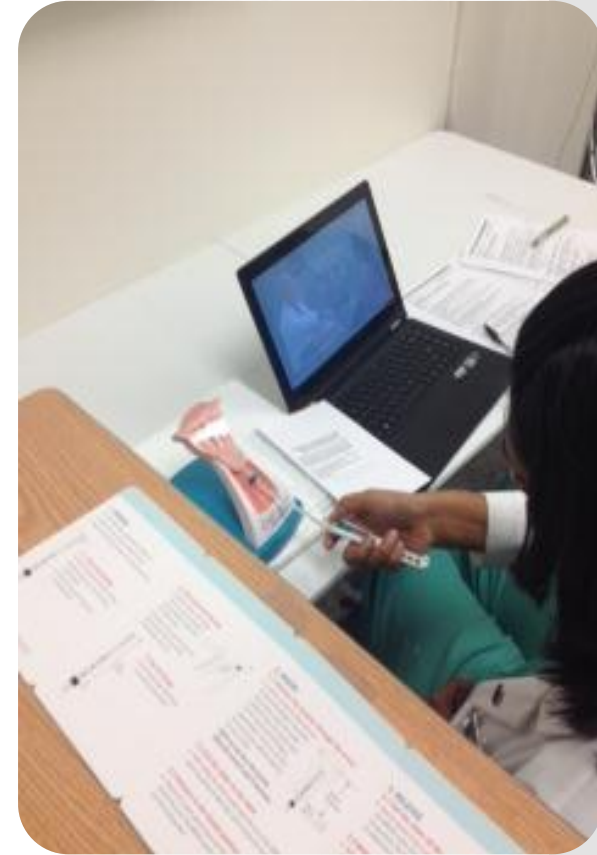


IF YOU CAN
UNWRAP A
TOOTSIE ROLL,
YOU GET TO
EAT YOUR
PRIZE!

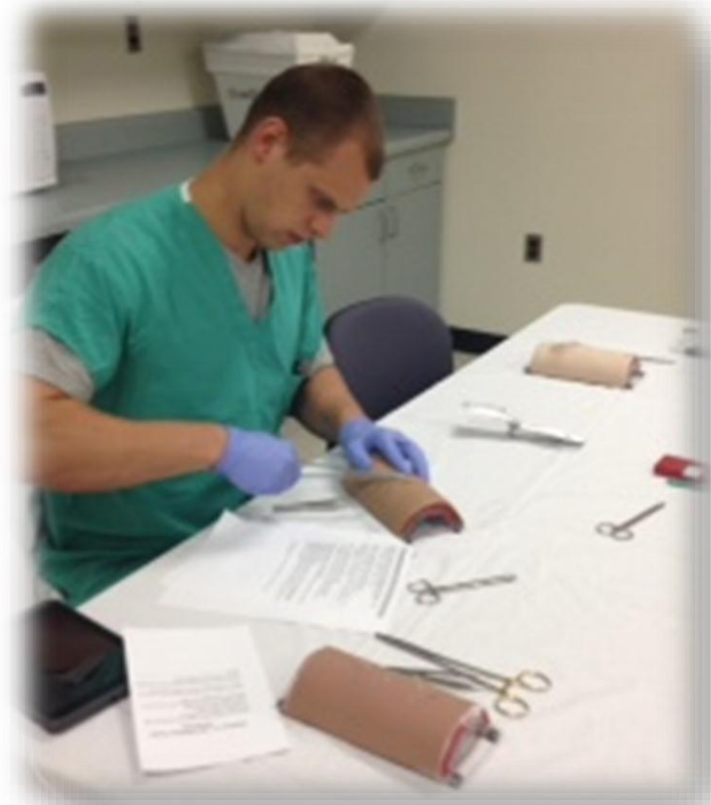




Stations 6 & 7:
They learn about
IUD insertion and
do an endometrial
biopsy.



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!

Knot Tying 101

Student XYZ's Knots



Sample Email Critique

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

Station 11

Suturing

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.

# Suturing 101

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!!!

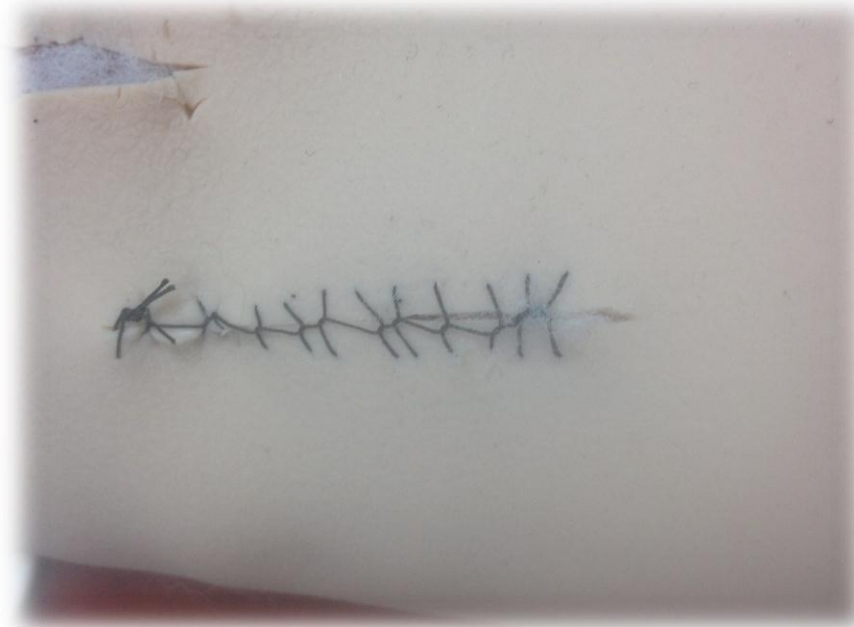
Have a great weekend.

Sincerely,

Dr. Sutton

# Suturing 101

## Running Locked Suture



## 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!

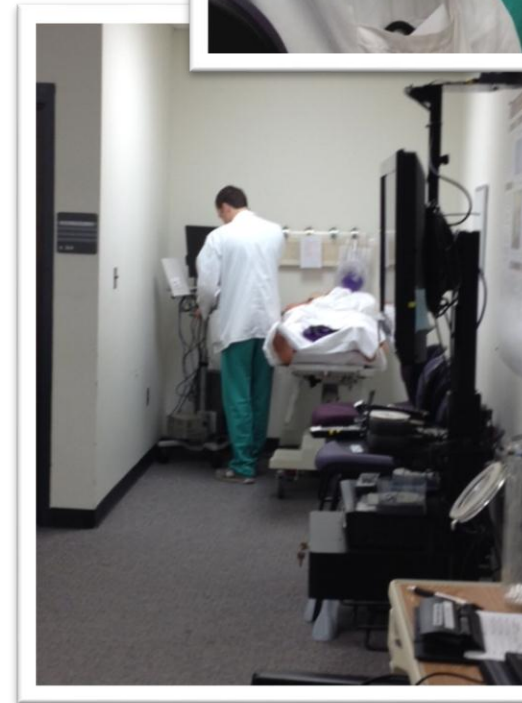
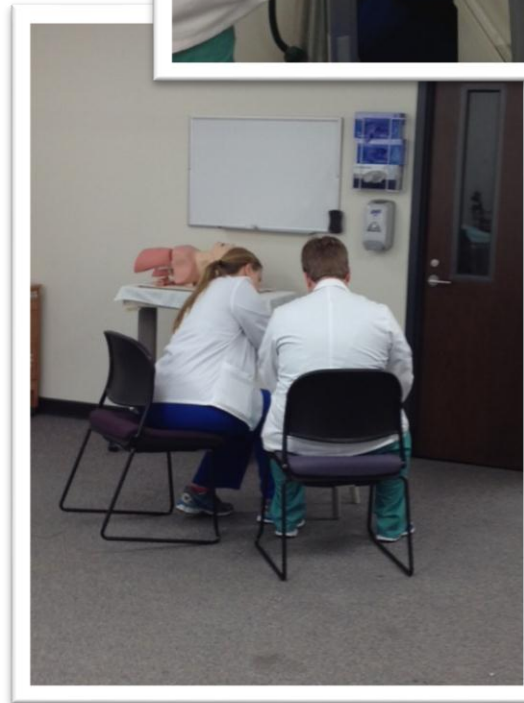
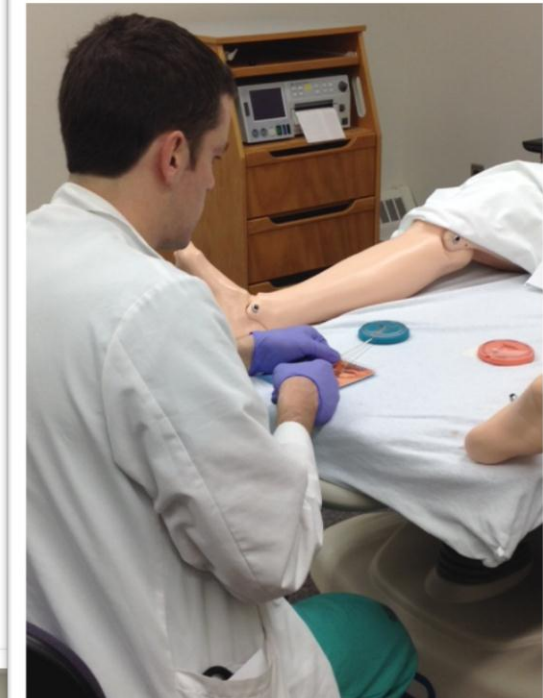
Thank you for allowing me to give you this feedback! Keep up the great work on our rotation!

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

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



# 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.*

COMMENTS  
FROM OUR  
M3  
STUDENTS

*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:

MAY 15<sup>TH</sup> 2015

0800-1200

TO SEE THE  
SIMULATION  
STATIONS

COME SEE MY  
**AWESOME STUDENTS**  
IN ACTION...



# 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

Gardner R., Raemer D. "Simulation in Obstetrics and Gynecology" *Obstet Gynecol Clin N Am.* 35 (2008) 97-127.

[Zuckerwise LC<sup>1</sup>](#), [Pettker CM](#), [Illuzzi J](#), [Raab CR](#), [Lipkind HS](#). Use of a novel visual aid to improve estimation of obstetric blood loss. *Obstet Gynecol.* 2014 May; 123(5):982-6. Full Article accessed via ECU Laupus Health Sciences Library.

Yale Obstetric Blood Loss Estimator:

[http://www.yaleobgyn.org/mfm/information/149\\_185141\\_YaleObstetricBloodLossEstimator.pdf](http://www.yaleobgyn.org/mfm/information/149_185141_YaleObstetricBloodLossEstimator.pdf)

**Knot Tying Video:**

How To Tie Surgical Knots: Two-Handed Knot. Edjeog. Uploaded on Feb 26, 2011

<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=14lXKG1zpTM>

Running Suture Video

SIM SUTURE - 5. Running Simple Sutures. Simvivo. Uploaded on Jul 2, 2011

[http://www.youtube.com/watch?v=ODZtJL\\_gb4E](http://www.youtube.com/watch?v=ODZtJL_gb4E)

Duke Suture Skills Course Video

Duke Suture Skills Course - Learn Suture Techniques. Duke Suture Skills. Published on Nov 19, 2013.

[https://www.youtube.com/watch?v=TFwFMav\\_cpE](https://www.youtube.com/watch?v=TFwFMav_cpE)

Happy Students  
=  
Happy Sutton

