

Welcome!

Welcome to our simulation newsletter!

Last month, we gave a brief overview of the entire simulation process. You can find a list of the steps in the lower right corner of this page.

In this and future months, we will start walking through the process step by step. We'll discuss the priorities at each step and

occasionally some of the common pitfalls.

This month's theme is Goals. Why do we need goals? What are the goals of the simulation? How to we decide what those goals should be?

Please send us your feedback! Our contact information is in the top left corner of the second page.



Manikin in transit with equipment on it, February 2020.

Goals: Why?

Why do we need goals for a simulation?

Simulations take time and money to create. At the Life Support Learning Center, we have enough practice and props that we don't charge for simulations, but it's still a consideration.

We also want a good re-

turn on the investment of the participants' time and effort. You take a class such as ACLS because you expect to get something useful from it. The same should be true of a simulation.

So, we need to know why we are going to run a simulation before we do any-

thing else. The goals will drive everything else in the simulation process. If we don't know our goals for the simulation, there's no point in running a simulation.

So, step one is: why are we doing this?

Goals: What?

What could our goals be?

There's a great variety in the possible answers for this. Let's look at a common simulation request as an example: We want to run a mock code.

So, why do we want a mock code? Is it:

-So a floor's nursing staff can practice starting a code

before the Code Team arrives? [Skills]

-So the Code Team can practice the handoff from the floor staff?

[Communication]

-So people can practice their ACLS algorithms?

[Knowledge]

-So we can find problems in our systems on a plastic

patient instead of a real one? [Systems testing]

-So we can practice our emergency response in a new area? [Process practice]

There's a wide variety in what the goals could be. Simulation isn't just "let's practice codes". Let your imagination roam!

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Steps of a Simulation:

- Goals
- Creation
- Preparation
- Running the Simulation
 - Briefing
 - Run
 - Debriefing
- Reset
- Assessment

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We create simulation-based experiences for current staff and students to maintain and improve their clinical judgment and teamwork skills during medical emergencies.

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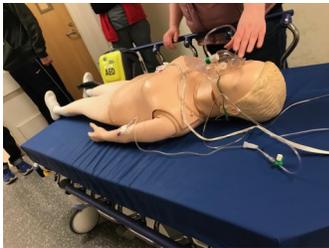
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Hyperbaric Chamber simulation with MET,
February 2020

Meet Our Staff!

Jon Howard is our first full-time simulationist. He has been in the position since November 2012. While he does simulations, he also teaches classes and performs other duties as assigned.

Jon has a long history in health care, earning his first Emergency Medical Technician certificate while in college in 1989. On the EMS

side, he is currently a paramedic who volunteers with the Charlottesville-Albemarle Rescue Squad.

He earned his RN (in the final class of the UVa second-degree BSN program) in 2006. In addition to being an RN Administrative Coordinator for the LSLC, he works part-time in UVa's Emergency Department.

He has earned his Certified Healthcare Simulation Educator certificate from the Society for Simulation in Healthcare.

Jon is happy to help you create simulation experiences for your participants! He is happiest to work with full-team simulations, where the entire health care team is practicing together!



Goals: How?

How can you figure out what your goals are for a simulation?

One way is to ask our LSLC staff who can guide you in asking the right questions; however, they cannot answer the question for you.

Some methods include:

- A formal needs assessment. Many places, such as Nursing Professional Development Services, use these when developing classes.
- A survey (formal or informal) of the people who would be participants, to see what they feel they need.
- Looking at prior patient outcomes, to see where problems or potential problems are.
- Wanting to practice new processes or procedures before using them on actual patients.

What do your participants need?

Goals: Whoops!

There are some common pitfalls for goals:

-Wanting to do a simulation because it's really cool.

-Wanting something too general: "Practice codes."

-Mission creep — allowing too many goals into a simulation.

Make sure you know what you want your participants to get from the simulation!

Journal Article Spotlight

This month's journal article is a good example of setting goals for a simulation. The most relevant pages are on 325 and 326.

Our article is Hebbbar, K. B., et al. (2018). A Quality Initiative: A System-Wide Reduction in Serious Medication Events Through Targeted Simulation Training. *Simulation in Healthcare*, 13(5), 324-330. From a UVa Health computer, the following link should get you the entire article: <http://re5qy4sb7x.search.serialssolutions.com/?sid=Entrez:PubMed&id=pmid:29727348>. Click on "Article as PDF" on the second article in the list.