

Welcome!

Welcome to our Simulation Newsletter!

This month's topic is orientation. Over the course of a health-care career, a provider will orient to many different things: a new po-

sition, a new protocol, or a new team. Before a provider starts something new on an actual patient, we at the Life Support Learning Center believe they should practice on a pretend patient. This applies to all

types of providers: physicians, nurses, techs, registration staff, and so on.

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

Traditional Orientation Simulations

Traditionally, simulation use in orientation has been for emergencies such as cardiac arrest or deteriorating patients.

These patients are the sickest ones who need the most interventions the fastest. In real-life situations, it's very hard to have time to help a new provider understand what is occurring and what they need to do.

A new provider can feel lost and useless.

Simulations are very useful as a way to orient providers to these patients. The simulation process allows time to think about the situation ahead of time, perform in it, and then discuss and process what happened. With the deliberate practice model, providers can even re-run the same situation to

help ensure their new knowledge and skills are locked in.

These simulations are valuable and we encourage them. We believe that everyone's first experience in treating a cardiac arrest should be with a plastic patient — and we have plastic patients who want to help!

Other Orientation Simulations

There are other simulations that can be used during orientations. Not all manikins code. And some simulations don't even use manikins.

For providers who have not been with patients on their own, simulations could include Standardized Patients to allow practicing the basics of provider-patient interaction.

Slightly more advanced would be similar Standardized Patient simulations in which the "patient" is diffi-

cult, rude, or unwilling to be cared for. Or, in a "normal" simulation, an ally could be inserted as a family member who is overly assertive or blocking care in some way. Versions of this could be helpful for patient access providers.

A variation of this would be a "how to deliver bad news" simulation, again with a Standardized Patient.

We're aware of health systems that do simulation training with their housekeepers — how do I clean

in a room with a patient in it?

We use multiple patient monitors to do "Flash Simulations" (a 12 hour shift in 6 minutes) to practice watching multiple patients for deterioration..

Tabletop exercises can help new providers see the flow of patients through their area.

It all comes down to the question we routinely ask: What do you want your people to see?

Inside this issue:

<i>Welcome!</i>	1
<i>Traditional Orientation Simulations</i>	1
<i>Other Orientation Simulations</i>	1
<i>Examples of Orientation Simulations</i>	2
<i>Other Orientations</i>	2
<i>Journal Article Spotlight</i>	2
<i>Yet More Orientations</i>	2

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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One of our new interns at the Internal Medicine Orientation Simulations!

Yet More Orientations

In addition to orientations for new patients, there are orientations to new processes, such as new medication types or new interventions.

In 2014, the LSLC helped STICU with their rollout of the proning process for certain patients. STICU patients can be very sick with multiple tubes and

lines: ET tubes, IV lines, central lines, Foleys, and so on. Turning such a patient over to prone them is complicated. STICU chose to have all of their staff practice a routine proning, and an emergency un-proning, on a plastic patient instead of a real one.

When the Surgical Inter-

mediate Unit started to accept patients on certain vasopressors, LSLC helped with simulations designed to help nurses see when a patient might need a vasopressor and how to start one in an emergency.

There are lots of different things simulations can help with. What do you want your people to see?

Examples of Orientation Simulations

We do a lot of orientation simulations with the Emergency Department, including Standardized Patient simulations (described on the front page), pediatric simulations, and critical patients. As a provider's first cardiac arrest should be with a plastic patient, so should a provider's first patient who ends up intubated on three drips.

For many years, we have done similar simulations with STICU that ran for nearly an hour each, with a patient that kept deteriorating and needing more interventions. It helped their new providers realize how sick STICU patients could be, and also helped them practice how they could stay focused and critically think while that deterioration occurred.

We've done procedural sedation simulations with both PICU and the Emergency Department to fulfill orientation requirements.

We have done orientation "boot camps" for both Internal Medicine and Anesthesiology interns. The boot camps are a way to help bring together all of the aspects of being a physician for these new residents. For the Internal Medicine interns, it's also a way of practicing how to work with a nurse.

There are a lot of different simulations possible. What do you want your people to see?

Other Orientations

There are other orientations for which simulations can help, as well. For instance, we've helped with new patient type orientations, such as the opening for 4Central Transplant as well as running simulations for NPDS' Progressive Care Core Curriculum (education for intermediate-unit care).

Journal Article Spotlight

This month's article discusses using simulation to help nursing staff recognize patient deterioration earlier and have the confidence to intervene.

The article is Lee, C., et al. (2019). The Impact of Hospital-Based In Situ Simulation on Nurses' Recognition and Intervention of Patient Deterioration. *Journal for Nurses in Professional Development*, 35(1). The following link should work from a UVa computer (and possibly any computer):

<https://ovidsp.ovid.com/ovidweb.cgi?T=JS&CSC=Y&NEWS=N&PAGE=fulltext&AN=01709760-201901000-00005&LSLINK=80&D=ovft>.



Another picture from the Internal Medicine Orientation Simulations!