



Impacting newborn care through simulation-based education

The Neonatal Resuscitation Programme (NRP) is mandatory for all healthcare providers involved with newborn and neonatal care. CIME in collaboration with the Department of Paediatrics and Child Health organised NRP to improve the competence and performance of NICU staff.

For the first time, the use of the high-fidelity 'Super Tory'

was integrated into the programme with great effect. Participants learned to recognise the common problems in the NICU set up when receiving a baby, trouble shoot when the baby is in distress, recognise when there is no improvement and take corrective steps, work in a team and communicate effectively, using the knowledge gained to think critically and manage a sick newborn baby.

Happy Healthcare Simulation Week 2019



CIME joined the global simulation community to celebrate Healthcare Simulation Week 2019, from 16-20 September. The aim was to generate awareness of the importance of simulation in improving the safety, effectiveness, and efficiency of healthcare delivery. CIME organised the following activities:

1. Room of Errors
2. Hands-only CPR

The room of errors was to help participants to be more observant of hazards in the home and to develop their situational awareness. Participants were given 30 seconds to enter the simulated room, Virtual Reality or Actual; make a mental note of their assessment then withdraw and list the hazards they witnessed. A BIG congratulations to Aryn Deedar Ali, Nurse Instructor, Nephrology Urology, Rozina Rashid, Nurse, Home Health Programme, and Shafi Ullah, Nursing Student BScN Year II for winning this competition.

The CPR simulation activity was held at the Sports Centre to generate awareness among the general public about

how they can save lives through hands-only CPR. Volunteers were taught about the emergency measures to be taken and how to perform a hands-only CPR. Mr qaSIM had fun with students throughout the week. After spending his precious time with students at CIME, he finally had a chance to tour our campus. He went out of CIME to celebrate healthcare simulation week, students got a chance to take selfies with him and he did enjoy Karachi's lovely weather!!! He toured AKU in the campus shuttle. Let's watch his tour video.



Clinical Simulation Educators Programme

This programme offered by CIME and its champions, is now recognised internationally. We have attracted international candidates and in the past 10 months have 'graduated' 63 participants. The week-long course is focused on student-centred, hands-on learning, the outcomes of which are transferrable to any faculty wishing to teach with technology in a reflective, clinically focused way. It appeals to novice and expert teachers alike. Find out for yourself why it's so popular – register for our next course!

Registration is open for our next educators programme which will be held on December 9, 2019.

Online registration:
www.aku.edu/cime/Pages/course-registration.aspx
Detailed information:
www.aku.edu/cime/Pages/educators-programme.aspx



Common respiratory disorders diagnosed through simulation

Respiratory disorders impose a major health burden globally and are a major cause of morbidity and mortality in Pakistan. This simulation course provided experiential learning for general practitioners to brush up on their skills in the assessment, diagnosis and management of common respiratory disorders, and to help them distinguish between everyday symptoms and those that warrant further investigation.

Through expert facilitation with realistic scenarios and hands-on practice with simulators the general practitioners were able to assess, diagnose and classify respiratory disorders and manage patients with acute asthma and pneumothorax, and crucially to identify when, and when not to refer a patient to a tertiary hospital.



An interprofessional, physiotherapy led approach to mobilising orthopaedic patients



Back injury permanently disables and cuts short the career of thousands of nurses and other healthcare workers every year. It is completely avoidable – but requires a ban on manually lifting patients. How is this possible? With smart techniques and the appropriate use of moving and handling aids.

This course offered by The Physiotherapy Department and Nursing Education Services, in collaboration with CIME, helps learners to be aware of their own physical health while helping patients to avoid complications of bed-rest and preventable injuries through incorrect moving and

handling technique.

This simulation-based workshop for nurses and physiotherapists enabled them to become knowledgeable and competent in the optimal handling and ambulation of post-procedure orthopaedic patients. By definition these patients will have compromised ambulation and requires some assistance. It encouraged learners to work with improved co-ordination that would be transferrable from simulated to real world situations, thereby improving efficiency and effectiveness that should result in improved patient outcomes.

Empowering bedside nurses in advanced hemodynamic monitoring

Monitoring the hemodynamic status of critically ill patient is an integral part of critical care nursing. It is essential that nurses should have a working knowledge of how to obtain accurate data and analyse it with their critical thinking. The first clinical simulation programme was conducted by the internal medicine service line to empower bedside nurses for advanced hemodynamic monitoring. The programme was designed for registered nurses working in critical care areas of internal medicine. The purpose was to provide aspiring nurses a combination of theory with hands-on simulation session.

A total of 19 nurses participated, the programme began with pre-test followed by a detailed theoretical session on advanced hemodynamic monitoring. In addition to that, medical and nursing management along with complication of delayed interventions was also thoroughly discussed with high focus on advanced hemodynamic parameters and its relation to septic shock patient. After that, they were divided into 4 groups for hands-on simulation where they experience realistic clinical scenarios. After the simulation, learners viewed their performance in a debriefing session which explored the element of patient safety, communication, team work and early identification of sepsis.



Pre-Congress Workshops in CIME for the 40th Annual Congress of Ophthalmology 2019

International speakers and participants from across Pakistan attended this, the 40th “KarOphth” Congress in August, with preceding workshops on Neuro-Ophthalmic Emergencies, Fundoscopy Simulation, Refractive Surgery with simulator, and with wet-lab.

Recent advances in ophthalmology were highlighted by our world class faculty, international & national speakers and the whole event was well evaluated by participants.



Basic and intermediate laparoscopy workshop



This one-day workshop was arranged by CIME, in partnership with the Department of Gynaecology, to address the basic and intermediate skills in gynaecology laparoscopy. Participants learned the correct position of the patient for laparoscopy and practiced hands-on simulation on LapSim, high fidelity simulator. The workshop encompassed the basic laparoscopic anatomy, positioning, entry technique, use of diathermy and complications associated with surgery.

Simulating the continuum of care



Transitions of care in any context carry risk: none more-so than when an emergency happens at home and the patient needs to be transferred to hospital. Simulating the continuum of health care between home and hospital allows the analysis of the system and how to manage the risks involved, and if possible, how to improve the process and improve the outcomes. This video shows how simulating the continuum of care for an obstetrics patient having a complicated delivery can help identify areas for improvement such as ambulance response time, paramedic training, lady health visitor training and protocols. Identifying all variables through simulation can help in the analysis of such healthcare processes and is a novel application of clinical simulation.