

# CIME

CENTRE FOR INNOVATION IN MEDICAL EDUCATION



آغا خان یونیورسٹی

THE AGA KHAN UNIVERSITY

Newsletter of the year 2021



Dear Readers,

CIME has achieved a lot in the last few years and will strive to accomplish more in future. Our team is constantly innovating to bring different solutions to the challenge of providing first class education to students, faculty, staff, our partners and our global healthcare simulation community.

2020 will always be remembered for Covid-19. Despite turbulent times, we at CIME have persisted in maintaining the high standards we have set upon ourselves in simulation-based education. We responded to requests to equip our healthcare heroes with the latest skills and techniques to fight the growing threat of the pandemic; working in partnership we extended training to healthcare staff in both government and private sectors. In addition, with reference to our own Risk Register where a national

emergency such as COVID had been anticipated, we offered the resources of CIME to the Hospital to utilise as a patient care facility. 2020 was also the year which saw the formalised creation of the 'One CIME Three Locations' concept, building on informal work that had commenced several years earlier, by invitation of both the Deans in East Africa. The objective is to disseminate the expertise in all aspects of Simulation Based Education that has amassed in Karachi in the past few years, to give a kick start to the new centres in East Africa.

2020 was a year of doom and gloom at worst and uncertainty at best, nevertheless, we remain positive and hopeful for a better future!

Professor Charles Docherty  
Global Director, CIME

# Reflecting on 2020

## January - March



2020 began on a high note for CIME as it received accreditation from the US based Society for Simulation in Healthcare (SSH) establishing us as the first South Asian simulation-based education institution to hold that title. The accreditation gives CIME the opportunity to join the global SSH community of 170 centres spaced over 19 countries to usher the latest advances in healthcare practices to Pakistan. “Accreditation isn’t the end, it isn’t the beginning of the end. It is the end of the beginning,” as quoted by Prof. Docherty. Here’s to CIME reaching even greater heights in the future!

Weblink: [https://www.aku.edu/news/Pages/News\\_Details.aspx?nid=NEWS-002029](https://www.aku.edu/news/Pages/News_Details.aspx?nid=NEWS-002029)



Emergency skills workshop for students

An emergency skills workshop was held for our undergraduate students. This was carried out due to the application of theoretical knowledge in real-life can prove to be a difficult challenge.

In order to overcome this impediment, this workshop was organised where medical and nursing students were presented with various situations and had to apply what they had learnt in order to tackle the situation best.

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Strengthening midwifery education

We have had the pleasure of working with the School of Nursing and Midwifery (SONAM) and Nursing Education Services (NES) to support the continuing education of midwives.

A simulation-based workshop was developed and delivered with the goal of enabling midwifery educators to provide effective teaching and learning opportunities to the midwives joining AKUH.

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Management of patients with upper GI bleeding

20 general physicians from across Pakistan participated in a workshop entitled: ‘Management of Patients with Upper GI Bleeding’. Here learners applied their skills and knowledge through simulation scenarios where patients with upper GI bleed present to the emergency room. They practiced taking patient history, performed physical examination, investigated and managed all aspects of different presentations of a upper GI bleed.

Weblink: [https://www.aku.edu/news/Pages/News\\_Details.aspx?nid=NEWS-002166](https://www.aku.edu/news/Pages/News_Details.aspx?nid=NEWS-002166)



Community health nursing simulation in CIMEABAD!

The CIME courtyard was transformed into the setting of a local village in order to simulate a real-life dwelling of individuals from rural areas. It was organised for the post-RN BScN nursing students. The idea behind “CIMEABAD” was born when it became evident that the traditional classroom teaching would not provide the entire experience of the harsh discomforts that accompany rural

life. Hence, CIMEABAD came into existence. Here students acquainted with the hardships of being a community health nurse and got their first taste of what the experience in the field would be for the future.

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Training of Trainers

We arranged a ‘Train the Trainers’ programme for 20 pulmonologists and internal medicine specialists from all over Pakistan. This provided updates in the management of community-acquired pneumonia, ventilator-acquired pneumonia, hospital-acquired pneumonia, and diseases mimicking pneumonia.

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Promoting safe injection practices

Residents and emergency medical practitioners were provided a platform to refresh their knowledge of safe injection practices and procedures with the aim of reducing the chances of medical error. 40 participants from tertiary hospitals in different parts of Pakistan, were selected for this training.

Weblink: [https://www.aku.edu/news/Pages/News\\_Details.aspx?nid=NEWS-002165](https://www.aku.edu/news/Pages/News_Details.aspx?nid=NEWS-002165)



CIME responds to challenges posed by pandemic

The first wave of COVID-19 to hit Pakistan led to the need of for many more trained professionals to help care for the rising number of infected patients.

To assist, we partnered with the University Hospital's internal medicine and infection control teams to prepare frontline staff to deal with coronavirus affected patients

through simulation-based education and practice. Two types of workshops were organised: COVID-19 diagnostic testing via nasopharyngeal, nose, and oropharyngeal, throat, swabbing; and managing Code Blue situations in a COVID-19 infected patient.

Weblink: <https://bit.ly/3cMhOTP>



## April - July



We continued to help our colleagues manage the pandemic through organising many webinars and simulation-based courses and through producing educational resources (videos) for healthcare professionals across the country.

This aimed to improve skills in nasopharyngeal swabbing, pronation of ventilated patients, and code blue management as examples. These collaborative activities reached many hundreds of participants, and received funding and support from external agencies.

We also resumed training courses with colleagues in AKU Hospital to allow American Heart Association licensing to be maintained.

Weblinks:

<https://www.facebook.com/AKUCIME/posts/1390038691190532>

<https://www.facebook.com/AKUCIME/photos/a.643105919217150/1399175246943543>

<https://www.facebook.com/AKUCIME/posts/1404565249737876>





CIME training helps nurses care for coronavirus patients

The month of May saw a collaboration between CIME and the Nursing Education Services (NES) featuring a four-day training for AKUH nurses and trainee nurse interns to take care of acutely ill coronavirus patients admitted in ICUs.

The aim was to prepare more nursing staff, as not all trained nursing staff have experience in ICU settings.

Weblink: [https://www.aku.edu/news/Pages/News\\_Details.aspx?nid=NEWS-002223](https://www.aku.edu/news/Pages/News_Details.aspx?nid=NEWS-002223)



Nurses in AKU support colleagues in the public sector

During the month of June, a five-day COVID-19 online training programme was conducted to public sector nurses organised at CIME.

A host of technologies were incorporated in the form of virtual games and videos which helped make the sessions interactive and contributed to its overall success.

Weblink: [https://www.aku.edu/news/Pages/News\\_Details.aspx?nid=NEWS-002217](https://www.aku.edu/news/Pages/News_Details.aspx?nid=NEWS-002217)



AKU students help educate schoolchildren about COVID-19

Medical and nursing students from AKU's Society for Promoting Innovation in Education's community wing along with CIME designed a course to educate school kids about day-to-day life during COVID-19 pandemic.

The one-and-a-half-hour online course included knowledge about symptoms, prevention tips, self-screening advice, and guidelines for self-isolation and quarantine.

Weblink: [https://www.aku.edu/news/Pages/News\\_Details.aspx?nid=NEWS-002243](https://www.aku.edu/news/Pages/News_Details.aspx?nid=NEWS-002243)



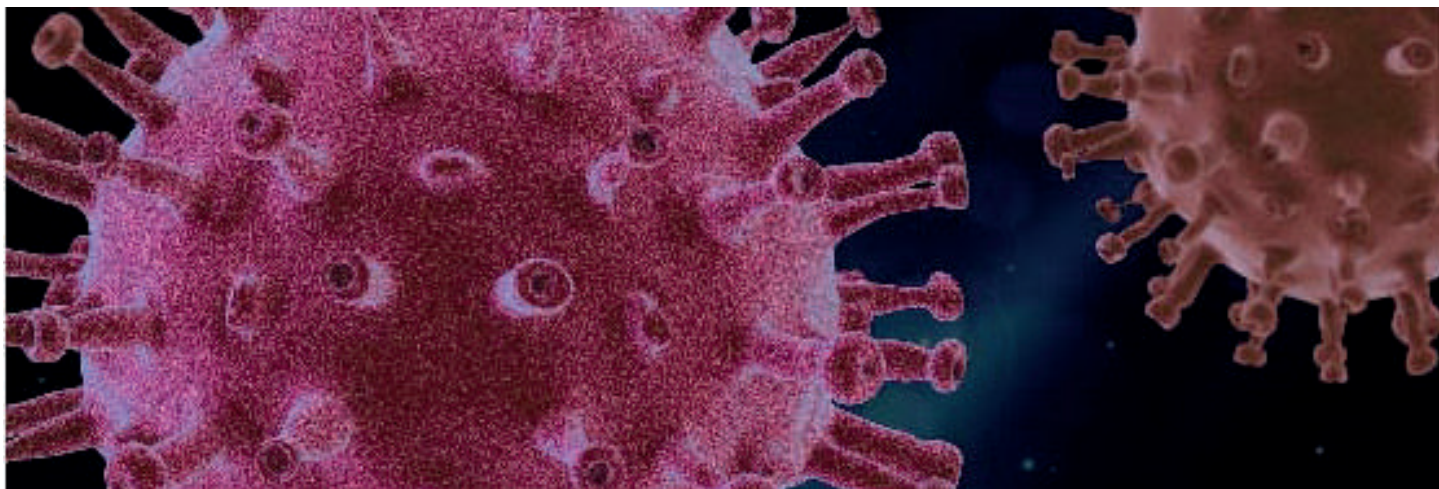
Simulation helps frontline staff to save COVID-19 patients' lives

At this time, we partnered with the Department of Physiotherapy to design a workshop for interprofessional staff from ICU to be trained on the process of 'proning' coronavirus patients and safely adjusting head positions while intubated.

A comprehensive checklist was designed to ensure clinical teams had a consistent approach while practicing on the patient simulator Mega Code Kelly as a precursor to practicing on coronavirus patients in ICU.

Weblink: [https://www.aku.edu/news/Pages/News\\_Details.aspx?nid=NEWS-002257](https://www.aku.edu/news/Pages/News_Details.aspx?nid=NEWS-002257)

## August - September



Our medical and nursing students from SPIE - Society for Promoting Innovation in Education sifted through the volumes of information and disinformation on COVID-19 and compiled a user-friendly, comprehensive booklet for schools and students across Pakistan. It provides evidence-based information about symptoms, prevention, self-screening advice and guidelines for self-isolation and quarantine. This initiative was designed to supplement the

efforts of schools, colleges and universities in preventing the spread of COVID-19 by promoting understanding and social responsibility. This was hoped to reduce the pressure on frontline staff and the country's healthcare facilities.

You can access the booklet copy by clicking on this link: <https://www.aku.edu/cime/Documents/covid-booklet.pdf>



This time of the year saw our undergraduate students resume their simulation sessions under new guidelines and SOPs. To illustrate how students made this return to CIME after covid lockdown ended, we highlighted their first simulation session. Medicine Year V students participated in simulation-based Advanced Cardiac Life Support and practiced provision of Primary Trauma Care to a patient with RTA. The simulation activity was planned and executed carefully following the SOPs.

Weblink: [https://www.aku.edu/news/pages/News\\_Details.aspx?nid=NEWS-002345](https://www.aku.edu/news/pages/News_Details.aspx?nid=NEWS-002345)



A Phlebotomy Workshop was designed to refresh and enhance the skills and knowledge of nursing technicians in technical and procedural aspects, including venipuncture, collection of blood specimens, drawing of sample in tubes and its transportation to laboratory.

Weblink: [https://www.aku.edu/news/pages/News\\_Details.aspx?nid=NEWS-002347](https://www.aku.edu/news/pages/News_Details.aspx?nid=NEWS-002347)



In September, we celebrated Healthcare Simulation Week 2020 with the global healthcare simulation community to raise awareness about our profession and the work we do to advance students' learning and patient care. This year we approached electronic media; Express News, Geo TV, and Samaa TV, to promote the importance of healthcare simulation in improving the safety, effectiveness, and efficiency of health delivery and outcomes. The CIME

team was interviewed in Expresso Morning Show, Geo Pakistan, Samaa Health and Naya Din Samaa TV Morning Show.

**Weblinks**

Express TV Show: <https://www.youtube.com/watch?v=jgb1kmdSPuA>

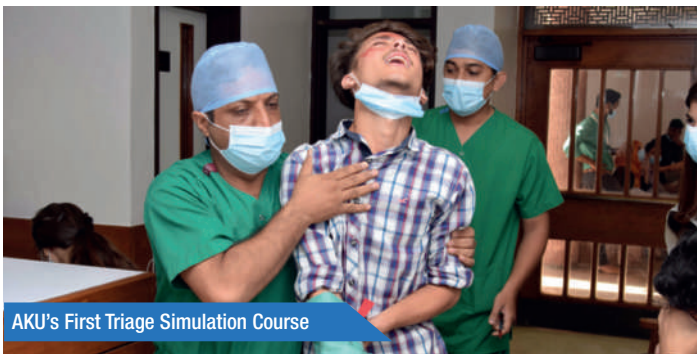
Geo Pakistan: <https://www.youtube.com/watch?v=XgnLDziv1vw>

Express News: <https://www.facebook.com/watch/?v=1218926041821743>

Samaa TV: <https://www.youtube.com/watch?v=WOqqCPX1U1E>

Samaa Health: <https://www.facebook.com/healthsamaa/videos/346615219824329>

## October - December



AKU's first-ever simulation-based Triage Management course was arranged for nurses and technicians working in the hospital triage area. A total of 20 participated in this course. It improved learners' clinical decision-making and equipped them with the knowledge and skills to deal with critical situations.

Weblink: [https://www.aku.edu/news/pages/News\\_Details.aspx?nid=NEWS-002353](https://www.aku.edu/news/pages/News_Details.aspx?nid=NEWS-002353)



AKU's first Paediatric Boot Camp was organised to provide simulation-based hands-on training to improve novice airway providers' skills and confidence in a challenging but safe learning environment. A total of 17 paediatric residents, fellows and nurses participated.

Weblink: [https://www.aku.edu/news/pages/News\\_Details.aspx?nid=NEWS-002375](https://www.aku.edu/news/pages/News_Details.aspx?nid=NEWS-002375)





AKU's First Lactation Champions Simulation

The Breastfeeding Champions Course was conducted by the International Breastfeeding Lactation consultants in partnership with CIME for the very first time for AKU nurses and midwives working in the service line 4 and 5, and secondary hospitals. The aim was to prepare learners

with basic lactation skills so that they could assist postnatal mothers in lactation and improve breastfeeding outcomes in the hospital.

Weblink: [https://www.aku.edu/news/pages/News\\_Details.aspx?nid=NEWS-002385](https://www.aku.edu/news/pages/News_Details.aspx?nid=NEWS-002385)



Simulation-based dental workshop on anterior composite

For the very first time, the section of Operative Dentistry in partnership with the University of Health Sciences, Lahore, and CIME organised an international hybrid hands-on workshop on anterior composite build up with layering technique. The dental simulation lab at CIME provided an opportunity to participants to practice the technique of building anterior composite restoration in layers, utilising enamel, dentin and body shades.

Weblink: [https://www.aku.edu/news/Pages/News\\_Details.aspx?nid=NEWS-002424](https://www.aku.edu/news/Pages/News_Details.aspx?nid=NEWS-002424)



FamMed Essentials

The Department of Family Medicine commenced a new one-year blended learning course, FamMed Essentials, for general practitioners in order to empower them and improve their knowledge and skills through competency-based continuing medical education. A major component of the course is provided online, to complement the experiential five-days of simulation scenarios provided in close collaboration with the CIME team from 23-27 November 2020.

Weblink: [https://www.aku.edu/news/pages/News\\_Details.aspx?nid=NEWS-002423](https://www.aku.edu/news/pages/News_Details.aspx?nid=NEWS-002423)



Simulation prepares our dental hygiene students for medical emergencies

A medical emergency workshop, conducted by the Section of Dentistry and Dr Dinaz Ghandhi, was arranged for the Aga Khan University's dental hygiene students to improve their skills and knowledge so that they can successfully manage medical emergencies in the dental clinics. Students were given scenarios requiring them to

assess the emergency and implement appropriate life-saving protocols in simulated "real-life" situations using high-fidelity simulators.

Weblink: [https://www.aku.edu/news/pages/News\\_Details.aspx?nid=NEWS-002421](https://www.aku.edu/news/pages/News_Details.aspx?nid=NEWS-002421)



Boot Camp for nursing fourth-year students

The School of Nursing and Midwifery in partnership with CIME organised a Boot Camp to provide a skills refresher for graduating nursing students. For the first time, graduating students were given intensive refresher and practice sessions to improve and polish their clinical skills before making the transition to the world of work as nurse interns.

Weblink: [https://www.aku.edu/news/pages/News\\_Details.aspx?nid=NEWS-002422](https://www.aku.edu/news/pages/News_Details.aspx?nid=NEWS-002422)



Clinical Simulation Educators Programme – Online

In order to continue to provide CIME's Clinical Simulation Educators Programme it was adapted for presentation online. This became an 8-week course from 26th October to 18th December, using both synchronous and asynchronous teaching strategies. Moodle and Zoom were each used to their advantage and the feedback from participants was awesome.

Weblink: [https://www.aku.edu/news/pages/News\\_Details.aspx?nid=NEWS-002420](https://www.aku.edu/news/pages/News_Details.aspx?nid=NEWS-002420)



Zohra Kurji, CIME Champion



Talha Ahmed, Simulation Analyst



University Centre, Nairobi, East Africa



Dr Faisal Ismail, CIME Champion



Naveed Muhammad, Simulation Analyst



Burhan Ali, Simulation Analyst

This year, two of our Simulation Technical Analysts, Mr Naveed Muhammad and Mr Talha Ahmed Khan, passed exams by SSH to become Certified Healthcare Simulation Operation Specialist (CHSOS).

In addition, two of our CIME Champions, Dr Faisal Ismail and Zohra Kurji, qualified to become Certified Healthcare Simulation Educators (CHSE). They now join a global group of simulation specialists and we delight in their achievement as making a significant contribution towards furthering our standards and reputation for excellence in healthcare simulation at AKU.

If that weren't enough we'd like to acknowledge Mr Burhan Ali, Simulation Analyst, for being awarded the annual Simulation Advocacy Award by SSH for his

contributions towards promoting healthcare simulation not only at AKU but beyond.

The concept of 'One CIME, Three Locations' is slowly becoming a reality with the AKU Nairobi University Centre nearing completion. A lot of thought and planning has gone into the new CIME there, and our team from Karachi will help nurture this fledgling facility in its early years.

It will be exciting, challenging but extremely rewarding to assist our colleagues roll-out their new undergraduate programmes and see the integration of clinical simulation from the very beginning. A fantastic opportunity for CIME, our faculty colleagues and for the students who'll be in awe of such a world-class facility at their disposal.