

CIME

CENTRE FOR INNOVATION IN MEDICAL EDUCATION



آغا خان یونیورسٹی

THE AGA KHAN UNIVERSITY

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Enhancing team leadership skills through simulation

One of the key responsibilities of a leader is to develop the people who work with us, to push them to new heights, and to ensure succession planning. For the very first time in AKU, the Internal Medicine service line, in partnership with CIME, conducted a clinical simulation programme to enhance team leadership skills. The Programme was intended for senior registered nurses and team leaders working in the field of internal medicine who play a

significant role in the absence of head nurses or management.

A total of 27 staff engaged in this activity. It started with theory then simulation and role play. After the simulation, participants viewed their performances in a debriefing, exploring patient safety, effective communication, team working and decision making.

CIME in Scotland!



It was a great experience for the team representing CIME in the Annual Meeting of the Society for Simulation in Europe “SESAM”, held at Glasgow Caledonian University 12 - 14 June 2019. The Conference hosted a wide variety of activities for its participants ranging from engaging keynote lectures and state of the art sessions, along with specialized educational workshops for all participants.

The Trade Exhibition provided the perfect opportunity to connect with representatives of companies show-casing their products and contact with individuals possessing greater knowledge and insight. Such networking was an integral part of the experience.

Three abstracts were presented by our team: ‘A Marketing and Communications Strategy for Simulation Centres’, ‘Assessing the self-efficacy of participants undergoing simulation-based training’ and ‘The value of debriefing in Healthcare Simulation’. The presentations were positively received and applauded for the effort and ingenuity displayed within them, while the question & answer sessions found enthusiastic audiences wanting to learn more about the work that was being presented, as well as about CIME itself.

Our participation at SESAM had garnered within us a completely new level of respect for the field as well as new thinking with regards to educational innovation. We also had the privilege to attend SESAM AGM and made our presence felt while promoting CIME. It was indeed a unique learning experience.

Once our professional obligations were completed, we did not miss the opportunity of exploring Glasgow and its surrounding areas, with visits to several of the local heritage sites such as Stirling Castle, which is a must while in Scotland. It was built over 700 years ago, with so much history behind it. Mary, Queen of Scots once lived there. If you are interested in Scotland’s history, watch Braveheart, Mary Queen of Scots, and Outlaw King movies.

In conclusion, it cannot be stated how big an impact the conference had on us, but even more so in the establishment of CIME and its recognition in being a regional leader in simulation and healthcare.

Written by:
Ghulam Nabi and Maria Fatima

CIME's first breech delivery workshop

CIME in partnership with SAMI Pharmaceutical organised the first-ever breech delivery workshop for Obstetrics & Gynaecology residents and medical officers. Breech delivery is defined as when fetus's buttocks/feet enter the maternal pelvis before the head. Breech presentation is 3-4% of all pregnancies and proportional to early gestational age. It is imperative for healthcare providers to hone the skills to deliver breech presentation vaginally to avoid birthing complications and adding to the neonatal morbidity.

A total of 22 residents and faculty from across Sindh participated in this activity. The workshop started with a discussion on the risk factors for breech vaginal presentation. 'Victoria' provided a high-fidelity simulation in the operating room. Participants learned the appropriate steps and techniques for vaginal breech delivery, and demonstrated good team dynamics and effective communication while dealing with breech delivery.



Surgical simulation workshop

A surgical simulation workshop on Laparoscopic Cholecystectomy was held in CIME. It is one of the most commonly performed abdominal surgical procedures that provides faster recovery, shorter hospitalization and smaller scars than conventional surgery. This workshop was designed for general surgeons, fellows and residents to advance their cognitive proficiency and decision-making abilities as tactile skills are honed. From clipping the cystic duct to removing the gall bladder, this workshop simulated each critical step in this frequently performed laparoscopic procedure.

Participants used LapSim, a virtual-reality based laparoscopy simulator, to develop knowledge and skills of laparoscopic cholecystectomy, and to acquire depth perception and hand-eye coordination. This provided an experiential learning in a safe environment with room to make mistakes and without the fear of harming patient.



SONOGAMES

Sounds of the right kind



A huge congratulations to all our participants who were brave enough to sign up for our first-ever SONOGAMES! This was a fun-filled game show, with a few twists and tweaks here and there to be both informative and entertaining.

The focus was on teamwork, rapid thinking and decision-making. Teams were challenged to better each

other in timed trials and innovative games developed to test their skills and knowledge.

Teams of residents from across Karachi attended three interactive tutorial sessions following which they had to compete against each other in a quiz. To increase difficulty, participants undertook a rapid fire round testing their decision making, culminating in a hands-on simulation session to complete their understanding of strengths and weaknesses in their performance.

A team of five Radiologists from the department of radiology at AKUH were selected to act the judging, jury and executioner!

“Cool Cats” turned out to be the eventual winning team, having performed excellently throughout the whole event. If you think you have the courage to handle this unique blend of fun and skills, do join us for our next SONOGAMES.



Managing postpartum haemorrhage (PPH)

CIME facilitated a team training workshop for the medical and surgical management of postpartum haemorrhage. PPH is the leading cause of maternal deaths in Pakistan. More than 8,000 women die and about 150,000 women suffer from its complications every year in Pakistan. It is a high stress emergency that has to be managed quickly and effectively and hence it is difficult to teach in a real-life scenario.

This was an extensive workshop with mandatory pre-reading material and lots of hands-on experience of the surgical skills for managing PPH: an essential competency required for qualified health professionals in the domain of maternal and child health.

Participants acquired the knowledge, skills and attitude to successfully manage postpartum hemorrhage in a risk-free simulated environment.

A total of 20 participants, were divided into 4 groups for different activities: There were 4 different setups 3 of which were on th models (balloon tamponade, internal ligation and compression suture) and the final being a video-based discussion. Furthermore, the groups performed hands-on simulation on the birthing mannequin Victoria and the low fidelity models. These trained individuals are now confident they can more effectively manage this catastrophic complication in any setting.



Physiotherapists in CIME - a warm welcome

Chest physiotherapy is a range of techniques designed to improve lung function, from acute care situations such as post-operatively, to chronic conditions such as cystic fibrosis and chronic obstructive pulmonary disease.

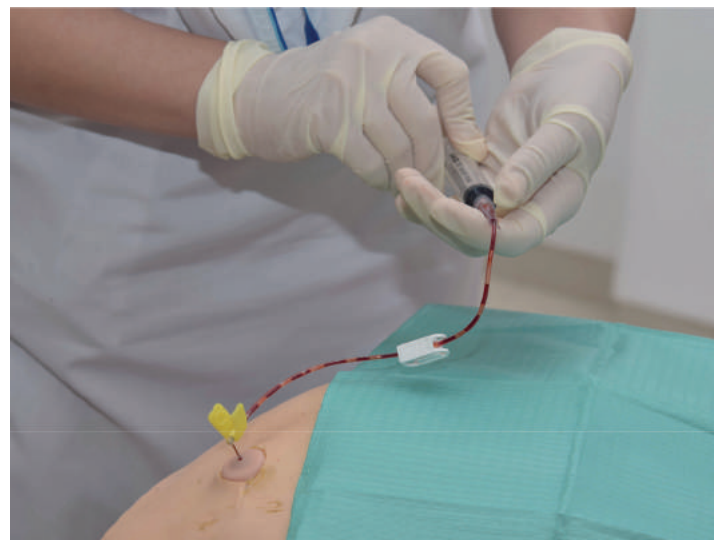
The purpose of this training, the first designed by and for physiotherapists in CIME, was to present 62 physiotherapists and trainees with simulation opportunities to auscultate the chest of SimMan 3G, identifying a range of abnormalities, then arrive at the appropriate approach to physiotherapy for that patient. It was a well-organized, well-received event and the first of many to be provided by Physiotherapy.

Jugaad enabling a central line simulation

At one time, the expectation when inserting a Central Line was that it would almost certainly become infected. Nowadays with scrupulous technique in insertion, and subsequent care, most Central Lines remain infection free. Hence the rationale behind Nurses of the Department of Oncology running a workshop for approximately 50 nurses, from the Departments of Emergency, Oncology, Home Health, Community Health Centre and Surgery. The only problem was... how do we make the active learning scenarios realistic for the learning activities planned?

‘Jugaad’ – as all Pakistanis know - is a creative or innovative way to providing a quick fix to a problem using only the resources available. In a sense it is a primitive philosophy of ‘innovation’, somewhat equivalent to the British WWII concept of ‘make do and mend’. So, having already shown in CIME that it’s ok to innovate, we used a ‘Jugaad’ approach to simulate a central line using an obsolete CPR mannequin, which had gasped its last, old PICC lines and Porta Catheters.

The workshop succeeded in enriched nurses’ learning experiences and improved competency to practice central line dressing, handling and insertion of porta catheter needles.



Relieving urinary obstruction

CIME, in collaboration with the Urology Nephrology service line, organised a skills-based workshop to enhance renal nurses’ skills, knowledge and competence.

The workshop reflected the European Association of Urology Nurses (EAUN) guidelines and checklists. Theory incorporating risk assessment and complications was provided with skills acquisition sessions, both being signed off by the course’s Master Trainers. Participants were enriched by the distinctive experience in the skills-based workshop.



Got a housekeeping issue?



Lachman Chotu has given more than 35 years of his 43 year working life to AKU. He has tremendous supervisory skills, and now leads what has become a very efficient housekeeping team in CIME, with its 52 learning 'spaces' and capacity for 670 students, someone of his experience is greatly appreciated. We decided to find out a bit more

Mr Chotu, can you tell us something about your career to date?

When I started my career, I was an office helper in Saudi Arabia. I worked there for 8 years then I had to come back to Pakistan due to family issues. I joined AKU as Housekeeper in 1984, earning 500Rs per month!

What were your first impressions of the Centre?

I heard a lot about the Centre when it was under construction: that AKU will have a high-tech building called CIME and our doctors and nurses would practice on robots. It's a beautiful centre, but being so big, and with complicated environments it wasn't surprising that there were early difficulties in providing high standards in housekeeping. So after a few months of opening the center, I was asked to lead the team.

Tell us about changes you've initiated at the centre?

I work one-on-one with my team to ensure the centre receives rigorous and thorough cleaning. I guide my team on the significance of our job and motivate them to be conscious of their general physical appearance and behavior. We get many important visitors to CIME so we have to look our best. We are progressing day-by-day, and getting more positive comments than complaints these days.

What do you consider to be your strength?

I like to learn new things. I also learn from my mistakes and encourage my team to do the same.

Thank you, Mr Chotu, your help in the smooth running of CIME is appreciated!

Video: Clinical Simulation Educators Programme

Register Now!

Our next Educators Programme is starting from December 9, 2019.

Online Registration: <https://www.aku.edu/cime/Pages/course-registration.aspx>

Detailed Information: <https://www.aku.edu/cime/Pages/educators-programme.aspx>



Video link: <https://youtu.be/OQjp3K0elew>

Let's get social

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YouTube: *AKU's Centre for Innovation in Medical Education*

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