



VITAL ANAESTHESIA SIMULATION TRAINING

VAST Course – SUVA, FIJI

June 27th – 29th, 2024.

EUNICE ONISIMO, MEGAN WALMSLEY



Executive summary

Situation

This VAST course was a build up from the previous course with the following objectives in mind. The first, to involve participants from non-anaesthesia sections of the perioperative team such as the surgeons. Last year the team participants included nurses and an anaesthesia technician. The second objective was to refresh facilitators skills in presentations and simulation discussions. Focusing on areas that were previously challenging, such as debriefing discussions. The final objective was to test the new tablets donated by the international faculty.

Background

The VAST course started in Fiji under the guidance of founder Adam Mossenson in 2019. The course was well received by Dr Kenton Biribo under the Fiji National University (FNU) Anaesthesia/ICU faculty. Since then the VAST organisation has run, several VAST courses, a VAST facilitator training and a VAST Wellbeing course supported by local and international faculty. In 2022 the first locally run course was held. In 2023 2 courses were run, with the participant pool expanding to included nurses and technicians for the first time. Participants of the VAST courses are from many islands of the South Pacific. Trainees at the Fiji National University, Anaesthesia and ICU program from Tonga, Samoa, Solomon Islands, Vanuatu, Tuvalu, Kiribati, East Timor and Fiji are the main participants of the VAST courses. Regional members of the Pacific Society of Anesthetists (PSA) were also trained to become facilitators.

Assessment

The course was a great success. For the first time the course involved two surgical registrars and had the largest number of non-anaesthesia providers in any of its courses. The presence of the full perioperative team allowed for wider discussions and multiple perspectives. This was affirmation to the organisers that involvement of the whole perioperative team is crucial and a better representation of real-life work environments.

Recommendations

Fiji VAST needs a facilitator refresher course to upskill the current group of facilitators and train new junior consultants for facilitator role. It is hoped that as well as training anaesthesia consultants and registrars as facilitators, nurses, senior anaesthetic technicians and surgeons could be future facilitators. This is important for the course's continuity in the region. Like previous courses it has been difficult to bring in facilitators and participants from other island nations. This is mainly due to costs and work cover for participants and facilitators. An alternative suggestion would be to take VAST course to the island nations. A method that has served well for similar courses such as Primary Trauma Course.

Other recommendations are to:

- Invite the Obstetrics department to the next course
- Make new scenario labels and participant name badges

- Adjust alarm settings for the new monitors (they are currently alarming when paediatric values are normal)
- Ensure that the participants remain a multidisciplinary team.

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Acknowledgements

A huge vinaka vakalevu to the Australian Society of Anesthetists (ASA) who continue to provide the financial support for VAST course in Fiji.

We also acknowledge the following organisations for the support provided during the course planning and implementation.

- Fiji National University
- Pacific Society of Anesthetists
- VAST global faculty
- Ministry of Health and Medical Services Fiji
- Aspen Medical, Health Care Fiji – Lautoka Hospital

Vast Course Attendees

Facilitators

-  Eunice Onisimo (Country lead- Aspen Lautoka)
-  Meg Walmsley (Co- Director/Australian faculty)
-  Resina Lewaio (Co-ordinator)
-  Lisepa Mila (Aspen Lautoka)
-  Ieli Fakraufon (CWMH)
-  Kenton Biribo (FNU)
-  Shem Bavou (Private Hospital)

 Sherene Prasad (FNU)

Participants

-  Peniame Baroka – Anesthesia registrar Lautoka (Fiji)
-  Shivankar Sen – Anesthesia registrar Lautoka (Fiji)
-  Meleána Huákau- Anesthesia trainee CWMH (Tonga)
-  Pooja Jotika – Anesthesia trainee CWMH (Fiji)
-  Nignauna Gagahe – Anesthesia trainee CWMH (Solomon Islands)
-  Stanton Buka- Anesthesia trainee CWMH (Solomone Islands)
-  Phil Temakon – Anesthesia trainee CWMH (Vanuatu)
-  Jope Makutu – Surgical registrar (Fiji)
-  Courtney Pene – Surgical registrar (Fiji)
-  Unaisi Kawa – CWMH anesthesia technician (Fiji)
-  Shalendra Kapoor – CWMH anesthesia technician (Fiji)
-  Rahila Nabila – CWMH anesthesia technician (Fiji)
-  Maria Vucago – Sister incharge CWMH (Fiji)
-  Nanise Kanace – Team lead PACU CWMH (Fiji)

Venue and equipment

For the past courses, VAST has been held at the Fiji National University, School of Medical Sciences and Nursing College – Pasifika campus. This was no exception due to its convenience in location, availability of space and support provided by the anesthesia faculty. The main room used also provided IT capability for power point presentations and sound system. The proximity to the main teaching hospital made it easier for trainees and local facilitators to attend the course.

The course was run during the university semester break, which meant the room was more readily available.

The VAST boxes were checked prior to the course and held all the necessary equipment as per the manual's equipment list. This year we were grateful to VAST founder Dr Adam, who provided 2 new tablets. These worked very well and except for the alarm adjustments had no problems. For the next course we shall make new labels for simulation stations and purchase name badges to replace worn out ones.

Programme

The generic program provided in the facilitator instructions was used for this course with a few adjustments. The session on burnout was not run at the end of day 2 as the facilitator team agreed that it would be better suited to run a VAST wellbeing course later. This would cover the topic better and allow for better discussions. Like previous courses it was also noted that participants were too tired by late day 2 for the burnout discussions.

During the facilitator meetings the idea of running a shorter program was also explored. This was brought up due to shortage of staffing for most of the participants and facilitators alike. This may be something to consider for future courses.

Summary of Evaluations





Overall feedback was positive with constructive feedback. The diversity of the group was also apparent in the evaluations. From an anesthesia technician "...now I have a fair idea of what the anesthesia doctors want me to do during a crisis..." It was encouraging to note that the main objectives of the course were reflected in the feedback. Main take aways mentioned were importance of non-technical skills, teamwork and having a shared mental model. Knowing the process of graded assertiveness and using this to speak up for the patient's care was encouraging.

From the feedback a suggestion was to use scenarios that were realistic and common in the workspace. This is important feedback that was noted in other courses and a recommendation is that the facilitator group review the scenarios prior to the next course and adjust it to suite the local setting. A second important recommendation from the feedback was to have clear instructions to the participants before the simulations began. Something that the facilitators also need to discuss prior to the next course.

The evaluations for this course have reflected the importance of the VAST course in Fiji and the positive feedback continues to encourage the facilitator group to continue to run the course.

Positives, Challenges and Lessons Learnt

Positives

-  The ability to include the surgeons in the course for the first time and hear the different viewpoints was refreshing.
-  Similarly, the presence of two senior nurses and three technicians added value to the discussions. We shall aim to always have all perioperative team representatives present for future courses.
-  One of the two nurses from the previous course returned to learn co-ordinating the course and we hope to include a second nurse to assist in this role for the future. We hope that this nurse will undergo facilitator training to further improve her understanding of the course running.
-  The facilitators included Dr Sherene a FNU lecturer, and we hope to train another lecturer for the next course. FNU is a champion in leading training, and we hope that more lecturers on the course will add to the course's sustainability. We have discussed including FNU staff from other faculties such as obstetrics in future courses.



We received 2 brand new tablets that worked very well and this really boosted efficiency in the simulation stations as compared to previous courses.



The timing of the course coincided with FNU semester break making room availability easier to book and hassle free. The place was quiet and suited the course well.

Challenges



A major challenge was finding facilitators for the course. All facilitators hold senior administer and clinical roles in their own departments. Others have responsibilities in the private sector. The same for bringing facilitators from other countries due to costs and work commitments.

Future Directions

For 2025 we are proposing holding a VAST facilitator training course to be held in Suva. The aim is to train Fiji National University anaesthesia lecturers and junior consultants from all 3 major hospitals in Fiji. This training will also be extended to final year regional students who are interested. An invitation will also include technicians, nurses, and surgeons who did exceptionally well in this year's VAST course. This will expand the pool of facilitators and have less of an impact on the anesthesia facilitator group in terms of work cover.

A second proposal is to have a VAST well being course. The last Well being course was well received and highly regarded due to its uniqueness as a course addressing stress and well being. We believe this is an essential course and hope to revive it next year. We hope to run VAST Wellbeing every few years to ensure all registrars attend the course during training.

VAST has been well received in Fiji. Its training content and method is unique and allowed for structured simulation training in developed island nations. Holding courses in Fiji has been strategic as this has allowed for FNU students from the region to be part of the training. We are grateful to Adam and VAST international community for the ongoing assistance and guidance in running VAST in Fiji.

Course Expenditure & Photos

VAST course budget June 27th-29th, 2024

	Cost/Item	Total
<u>Accommodation</u> (Island accommodation)	\$1800 (150/night x 3 nights x 4 rooms)	\$1800
Printing	\$108.36	\$108.36
Catering 20 people – 3 days	\$3030 (Additional 6 people)	\$3030
Allowance Nurse co-ordinator	\$125 -\$50 transport -\$75 – dinner for 3 nights	\$125
Stationary	White board markers/ball pens/staple/ <u>bluetech</u> Wipes A4 reel, T.P standby, tissue	\$30
		\$5093.36 FJD





