



# VITAL ANAESTHESIA SIMULATION TRAINING

---

**VAST Course report – *Albany Western Australia***  
*August 28-30 2023*

**Course Director Nicola Stanley**  
**In Conjunction with Emergency Medicine Education and Training (EMET) WA, Dr Stephanie Schlueter**  
**Course Coordinator:**  
**Kylie Bull, WACHS Central EMET MEO**



Emergency Medicine  
Education and Training

## Executive summary

**Situation.** Facilitator course (FC) for 24 participants to develop VAST faculty in regional Western Australia in conjunction with the Emergency Medicine Education Team of Western Australia (EMET)

**Background** followed on from 2 VAST FCs held at Midland Hospital in WA, an outer metropolitan hospital 2023

**Assessment** Successful first course collaborating with EMET. Both nursing and medical faculty and attendees present, with aims for further FC and provider courses planned for 2024. In keeping with the aims of VAST.

**Recommendation** future FCs to be pursued and more faculty developed, to be discussed at further EMET/VAST meetings.

## Contents

- Summary of course
- Lessons learned
- Future directions
- Appendix: additional evaluations, course photos

## Background

Discussions with EMET to hold a trial VAST FC2022, cancelled last year due to COVID. VAST FC was thought to be ideal as a course to build capacity, scope and skills for regional WA simulation education.

EMET has the educational and logistical expertise to partner with and run VAST courses that will aid simulation educators within current courses and facilitate the development of local simulation practice.

Regional and rural WA has a medical system that ranges from remote nursing and paramedic posts to regional hospitals with subspecialties. To build and support scope within this system aligns with the aims of VAST.

## Attendees

Wide variety of attendees, both nursing and medical from multiple sized regional hospitals. Some from small areas where solo nursing educators existed. Attendees from multiple environments including Emergency, Anaesthesia, rural generalists, and wards. Range of simulation education experience from novice to expert.

Having a broad range of faculty with immense experience from WA and interstate was invaluable to the course.

Having a course coordinator Kylie Bull from EMET, made an immense difference to the course as well as the setup and course support from Shelley Dutton and Kirsty Freeman with Local Emergency Physicians Stephanie Schlueter (also EMET) and Richard Leslie.

**Faculty:** Dr Richard Leslie (Emergency Medicine Albany Regional Hospital FACEM)  
Dr Nurhayati Lubis (Anaesthesia Melbourne, Victoria) FANZCA

Dr Charley Greentree (Emergency Medicine EMET Queensland) FACEM  
 Dr Nicola Stanley( Intensive Care , Midland, Western Australia) FCICM  
 Dr Stephanie Schlueter ( Emergency Medicine Albany Regional Hospital) FACEM  
 Joice Zachariah Educator Simulation/Intensive Care Nursing Midland

**Faculty**

Kylie Bull MEO EMET Course Coordinator  
 Shelley Dutton Nurse/Midwife EMET

A Prof Kirsty Jane Freeman Rural Clinical School of Western Australia

**Research:** Dr Shelley Gower PhD Curtin University Western Australia School of Nursing,  
 Midwifery and Paramedicine

**Attendees:**

|  |   |
|--|---|
| <p>Dr Steve De Luca<br/>         Shelley Dutton<br/>         Dr Elliot Nunn<br/>         Rebekah Horgan</p>                | <p><b>BACKGROUND</b><br/>         Anesthetics Bunbury FANZCA<br/>         Nursing/midwifery MEU<br/>         Medical JMO Albany HC<br/>         Nursing Katanning</p> |
| <p>Kirsty Freeman<br/>         Dr Juliette Blackburn<br/>         Samantha Cook<br/>         Bronwyn Lewis</p>             | <p>Medical education/nursing<br/>         Medical SMO Bunbury ED<br/>         Nursing<br/>         Nursing Pemberton ED/<br/>         Wards</p>                       |
| <p>Dr David McCutcheon<br/>         Jessica Hockey<br/>         Heather Salter<br/> <br/>         Dr Dean Boyatzisq</p>    | <p>Emergency AHC FACEM<br/>         Nursing Denmark<br/>         Nursing * Educator Regional<br/>         L&amp;D<br/>         Rural Generalist Medical Busselton</p> |
| <p>Dr Stephanie Schlueter<br/>         Kaleisha Dakin-Barnes<br/>         Dr Elise Brigden<br/>         Johanna Miller</p> | <p>Medical Emergency AHC FACEM<br/>         Nursing Emergency AHC<br/>         Medical Emergency AHC FACEM<br/>         Nursing Pemberton ED/WARD</p>                 |

Local trainees /junior medical staff from Albany Regional Hospital took part as participants in the attendee written simulations.

## Venue and equipment

Local football stadium function centre. One large ballroom/room divided into two. Two smaller rooms.

Allowed for one presentation/group activity room. 2 SIM/debrief rooms.  
Lower SIM room could have been opened out

Large areas for food/breaks.

SIM Equipment (extensive) supplied by EMET central and local Albany hub. Expert delivery and set-out thanks to experience of EMET. 2 sim rooms with monitors, adult and paediatric equipment. ALSI used for monitor as well embedded in EMET regions as well as Western Australia Health. SIMMON introduced.

Majority of manuals/headshots/laminates for sim rooms supplied by EMET, as well as small debrief cognitive aids laminated for attendees. These were immensely helpful. New scenarios printed by EMET.

Additional VAST sim resource scenario files, trauma clothes and manuals supplied by VAST.

AV equipment used locally plus EMET equipment in reserve. Some AV problems at venue, local EMET and venue host able to troubleshoot.

With the help of expert EMET staff, running the logistics of the course was made so much easier. EMET also did a wonderful job of catering.

## Summary of participant evaluations

Training engaging, relevant and likely to be used.  
Good mix of presentations and practical sessions  
Collegiality amongst attendees and facilitators  
Practicing new skills (scenario design and debriefing) in small groups was a good opportunity to learn  
Structured approach to debriefing to build upon  
Challenging practicing new debriefing skills

Non-technical skills game enjoyed!  
Enjoyed being in different roles facilitating the simulations.  
Enjoyable running new simulation from start to finish  
Being able to run the new simulations for real participants

## Challenges and lessons learnt

**Have I mentioned having a course coordinator like Kylie is invaluable ?!**

### **Slack/dropbox :**

Able to communicate course details/scenarios to faculty and attendees once everyone used to slack. Dropbox error as below with one of the presentations.

### **Venue:**

Large areas sometimes more difficult to carry sound. Some need to use microphones.

AV issues sometimes unavoidable, backups helpful (e.g. small handheld speakers /back-up laptops/projectors (all present).

The sound is a little muffled or hollow in the original VAST demonstration videos being delivered to a large room.

### **Course logistics:**

Visible timetables on course rooms (one lot drawn in main presentation room), adjustable with course changes.

Having assistance from EMET faculty was invaluable.

Some sessions over time. Intentional over times discussed with attendees.

Having great faculty demonstrating flexibility and responsiveness, made course adaptations easy.

### **Course budget:**

With acknowledgement and gratitude, support commensurate with other courses run by EMET, faculty accommodation and transport were covered, as well as catering.

Attendees were charged a fee consistent with similar size courses in Western Australia.

### **Presentation sessions:**

Sound was the main issue

The Elaine Bromley video was the old one (two different drop box resources likely culprit).

Course alterations with timing, shortened and split this session.

The Bromley video perhaps wasn't the best choice for a shortened debrief practice, but there was a wide range of reactions (from first time viewers who found it intense, to those reminded, and some fatigue from those who had seen it many times). This may vary from course to course. More faculty discussion /scripting for the wide range of reactions may aid this prior to presentation.

Headshots for the debrief demonstration were difficult to see in a large room.

Times reduced on future directions. However, combined with implementation planning many ideas were generated with lively discussion amongst colleagues going back to the same health services.

Technical skills game received well, attendee arriving mid game added complexity that all enjoyed, even though it could have been a distraction! This was even suggested as a change in the game!

### **Scenario Design:**

Groups take time to get familiar with the template and design process.

Mentor guidance important for process. All sessions needed.

Great scenario ideas generated by participants.

All enjoyed, found satisfaction and benefitted from seeing the scenarios delivered on day 3.

Some enquiries about landscape versus standard portrait layout for scenario design (only the sequence is in landscape)

### **Scenario Practice:**

Improved with each session and attendees getting used to roles and running scenarios, plus nuts and bolts.

New scenarios for emergency and theatre used. Less familiarity running these and were a bit slow to get used to.

Extra debrief cards printed for roles. VAST course manuals usually used on overseas courses.

Some technical hiccups, but attendees very accommodating and keen to practice. IPADS kept charged for SIMMON as standby. (Have 2 available if necessary).

Getting used to the debriefing template structure was the harder work for all, but practicing during the scenarios and the smaller sessions of debriefing questions was helpful. It was reinforced that this was a new skill, and it was just the start of a debriefing journey for many.

Having timekeeping for debrief/meta-debrief and keeping scenarios to time.

Facilitator vulnerability on being perfect versus learning a new process.

Handheld laminates of cognitive aids helpful in debriefing practice.

Rotating groups more frequently for experience of faculty and attendees and generation of new ideas.

Local JMO staff (with thanks) used as sim participants for final new scenario. This was enjoyable for both participants and attendees. Debrief would have been better with both groups observing for the meta-debrief (other group preparing for sim). However, this would have generated larger numbers in the debrief space. More time could have been spent introducing the trainee facilitators to the new participants.

### **End of day evaluations**

QR code was used well, informal wind down from course each day. Some socialising at venue after the course for those wanting to.

### **Start of day reflections**

Lead expertly by Dr Charley Greentree expanding into the wellness space and vulnerability in learning.

Daily reminders of the nature of learning a new skill and being kind and patient with ourselves and all around us. Basic assumption reminders in all rooms. Faculty role modelling self compassion and compassion to peers.

Goals of course from day one reviewed (up in large print !)

We expressed much gratitude for the attendees taking the risk of coming on the course and immersing themselves in it and for the diversity and skill of faculty and the role of EMET in facilitating the course.

### **Post-course follow up**

Meetings held with VAST and EMET about future courses with engagement of several regions keen to do courses. Attendees encouraged to use online VAST resources.

VAST attendees approached about using their scenarios for future courses.

### **Future directions**

Discussions held amongst attendees for local health services with much enthusiasm.

VAST overseas faculty mentioned (also pay it forward incl cost of SIMMON as a donation).

Future planning meetings for subsequent VAST provider and FC in conjunction with EMET held post course and in planning stage for dates in 2024.

### **Summary**

VAST FC Albany was a highly worthwhile and enjoyable course to hold and has generated much enthusiasm to embed into regional and rural WA, consistent with the aims of VAST. It is a highly adaptable course across many specialties and gains strength from diversity of attendees and faculty. Impact on clinical areas wider than anaesthesia and has built capacity and community in the local clinical educators. The attendees were of great caliber for the first course and expert faculty from VAST and EMET made the course. Thanks to all.

## Appendix 1 – Course Photos



ALBANY VAST FC August 2023

### Scenario design



## Scenario practice



Technology nuts and bolts



Presentations



Game practice



Debrief Practice



Enjoying a local sunset Hello from Albany, Western Australia!



Amazing course coordinator Kylie Bull



## Appendix II – Participant evaluations

### What went well:

Collaboration with teammates

Facilitator practice, switching sim roles, becoming more comfortable with VAST approach

Facilitating debrief, although difficult

Implementing our own first sim with real ED participants!

Covering course goals and being excited to take this back to our own workplace

Diverse teaching styles

Although there was some ambivalence at the start of the course, the support, understanding and utilisation helped see the value in the course.

Support, sense of humour, confidence inspiring

### Takeaways :

Adequate Pre-briefing for participants to learn

Clear use of debrief framework

Communication skills learnt in debrief

Learning debriefing is a new skill and it is ok to find it difficult

Building a scenario bank

Use the silence and curbing the urge to jump into conversation

Attending to emotional cues

Leadership/followership

Using non-technical skills

Reviewing the written goals from the first day of the course, the majority of them were covered in the expressed evaluations. The ongoing plans for VAST within EMET will continue to build the simulation community the attendees were aiming for.

**Things that could be improved :**

Changing groups for scenario practice/debrief practice more frequently

Longer scenario writing blocks

Sound !

More time on ALSI (sim monitor)

More ward and ED based scenarios

Long debrief times

More briefing about the new participants joining us and time to meet them

More visible Day programme and reference to page numbers in presentation sessions and learning objectives more explicitly stated at day's beginning

Course run sheet/time table for attendees

