



VITAL ANAESTHESIA SIMULATION TRAINING

**VAST Facilitator Course, VAST Course and VAST
Wellbeing course**
Pune, India. 6th April 2024 to 11th April 2024



Executive summary

Situation

Dr Vaibhavi Upadhye (VAST instructor and Clinical Lead in Simulation in Deenanath Mangeshkar Hospital and Research Center, Pune, India) conducted the Vital Anaesthesia Simulation Training (VAST) Course, Facilitator Course (VAST FC) and VAST Wellbeing course in Pune, India. This is the second course in this center.

Background

The VAST Course was developed to teach and reinforce essential clinical practices and non-technical skills for both anaesthesia providers and perioperative teams. VAST was first piloted in 2018. Since then, VAST's courses have been offered 52 times to participants from 28 countries.

Assessment

All three courses were received with great enthusiasm and a desire for more training and practice. There was significant learning from the experience of delivering the training.

Recommendations

To have a financially sustainable model to run VAST courses more often in India considering the course is 5-6 day duration.

Acknowledgements

A genuine gratitude towards the VAST founder members and IAVAST to provide the support and encouragement!

Thank you Jess Howe and Alyssa Stallard for the huge support on the VAST online platform!

The financial support from DMH for the VAST courses is highly appreciated!

Attendees

VAST Facilitator Course			
Name	Professional role	Course role	Workplace
Vaibhavi Upadhye	Anaesthesiologist	Course director & Instructor	Pune
Rujuta Kashyapi	Anaesthesiologist	Facilitator	Pune
Jui Lagoo	Anaesthesiologist	Facilitator	Pune
Kalyani Patil	Anaesthesiologist	Facilitator	Pune
Jaee Thattey	Paramedic	Simulation coordinator	Pune
Yogita Patil	Anaesthesiologist	Trainee facilitator	Mumbai
Seema Ranade	Anaesthesiologist	Trainee facilitator	Mahad

Seema Joshi	Emergency Medicine Physician	Trainee facilitator	Pune
Akhil Goel	Anaesthesiologist	Trainee facilitator	Pune
Pradnya Bhalerao	Anaesthesiologist	Trainee facilitator	Baramati
Nivedhyaa Srinivasraghavan	Anaesthesiologist	Trainee facilitator	Chennai
Vijayalaxmi Biradar	Anaesthesiologist	Trainee facilitator	Pune
Sanghamitra Ghosh	Anaesthesiologist	Trainee facilitator	Pune
Varshali Keniya	Anaesthesiologist	Trainee facilitator	Pune
Abhishek Navalkar	Administrative assistant	Administrative assistant	Pune

VAST Course			
Name	Professional role	Course role	Workplace
Vaibhavi Upadhye	Anaesthesiologist	Course director & Instructor	Pune
Jui Lagoo	Anaesthesiologist	Facilitator	Pune
Kalyani Patil	Anaesthesiologist	Facilitator	Pune
Maitreyi Kulkarni	Anaesthesiologist	Facilitator	Pune
Jaee Thattey	Paramedic	Simulation Coordinator	Pune
Pradnya Bhalerao	Anaesthesiologist	Trainee facilitator	Baramati
Akhil Goel	Anaesthesiologist	Trainee facilitator	Pune
Seema Ranade	Anaesthesiologist	Trainee facilitator	Mahad
Seema Joshi	Emergency Medicine physician	Trainee facilitator	Pune
Nivedhyaa Srinivasaraghavan	Anaesthesiologist	Trainee facilitator	Chennai
Sanghamitra Ghosh	Anaesthesiologist	Trainee facilitator	Pune
Varshali Keniya	Anaesthesiologist	Trainee facilitator	Pune
Vijayalaxmi Biradar	Anaesthesiologist	Trainee facilitator	Pune
Yogita Patil	Anaesthesiologist	Trainee facilitator	Mumbai
Nayana Amin	Anaesthesiologist	Participant	Mumbai
Vandana Agarwal	Anaesthesiologist	Participant	Mumbai
Uma Maskeri	Anaesthesiologist	Participant	Mumbai
Uma Nadkarni	Anaesthesiologist	Participant	Pune
Pallavi Waghalkar	Anaesthesiologist	Participant	Mumbai
Jyoti Deshpande	Anaesthesiologist	Participant	Pune
Swati Kopargaonkar	Anaesthesiologist	Participant	Pune
Vrushali Ponde	Anaesthesiologist	Participant	
Shreeprasad Patankar	Paediatric surgeon	Participant	Pune
Padma Karwe	Paediatric surgeon	Participant	Pune
Purvi Dhandhania	Obstetric surgeon	Participant	Pune
Sonali Ranade	Obstetric surgeon	Participant	Pune
Ashwini	General surgeon	Participant	Pune
Aastha	General surgeon	Participant	Pune

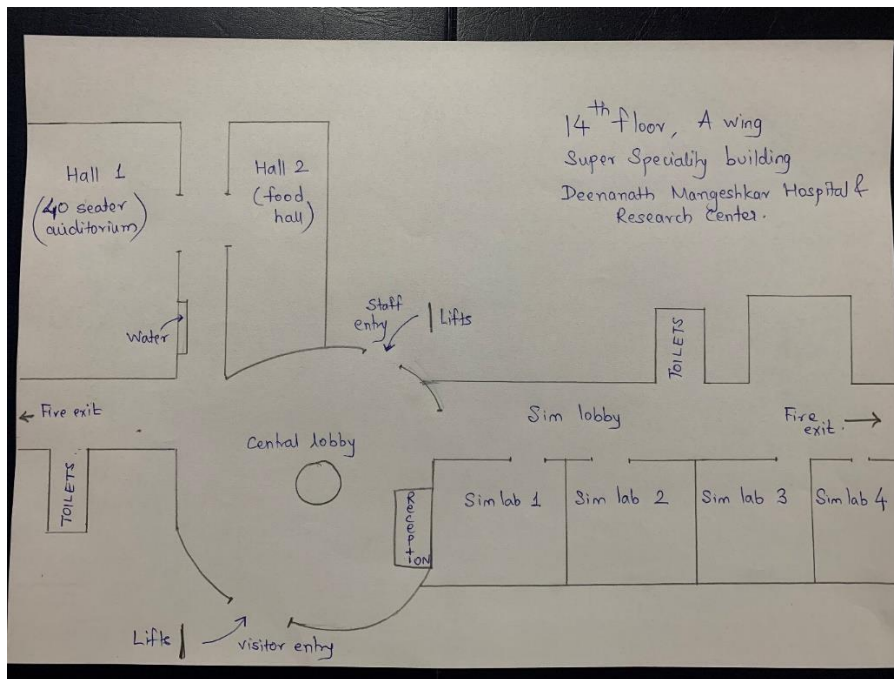
Anwar Sheikh	OT technician	Participant	Pune
Rohit Choudhari	OT technician	Participant	Pune
Mayuri Sonule	Nurse	Participant	Pune
Siddhi Hode	Nurse	Participant	Pune
Rutuja Sasane	Nurse	Participant	Pune
Swapnil Phutane	Nurse	Participant	Pune
Nandini Ghadshi	Nurse	Participant	Pune
Abhishek Navalkar	Admin assistant	Admin assistant	Pune

VAST Wellbeing			
Name	Professional role	Course role	Workplace
Vaibhavi Upadhye	Anaesthesiologist	Course director & Instructor	Pune
Bhagyashree Shivde	Anaesthesiologist	Facilitator	Pune
Yogita Patil	Anaesthesiologist	Facilitator	Mumbai
Jaee Thattey		Facilitator	Pune
Prasad Rajhans	Anaesthesiologist & HOD ICU	Participant	Pune
Jitendra Kshirsagar	Anaesthesiologist & HOD Anaesthesia	Participant	Pune
Anju Grewal	Anaesthesiologist & HOD Anaesthesia	Participant	Bhatinda
Nayana Amin	Anaesthesiologist	Participant	Mumbai
Vandana Agarwal	Anaesthesiologist	Participant	Mumbai
Jyoti Deshpande	Anaesthesiologist & HOD Anaesthesia	Participant	Pune
Pallavi Waghalkar	Anaesthesiologist	Participant	Mumbai
Mahindra Borse	Oncosurgeon	Participant	Pune
Asmita Bhawe	Surgeon & Academic HOD	Participant	Pune
Vijayalaxmi Biradar	Anaesthesiologist	Participant	Pune
Uma Nadkarni	Anaesthesiologist	Participant	Pune
Abhishek Navalkar	Admin assistant	Admin assistant	Pune

Venue and equipment

Venue

The courses were held in the Simulation center of Deenanath Mangeshkar Hospital and Research Center, Pune. The auditorium housed the common session delivery with audiovisuals. The simulation center had 4 rooms. Two rooms had scenario set up and the other two rooms had a debriefing set up. The housekeeping details of restrooms, changing rooms, dining hall, drinking water and fire exits were explained to the participants and faculty. The floor plan is as depicted in the diagram. The visitor passes were arranged for participants and faculty to allow free access to the venue.



Equipment

All equipment and mannequins were arranged by Sim center. Since this was the second time that DMH hosted VAST courses, the preparation and logistics were easier and faster. The sim team used the Operation Manual to prepare well ahead of time.

VAST Facilitator Course

Preparation

The preparation for the 6 day program (VAST FC, VC, VW) started in January 2024. I received help from VAST family via Slack for brochure, certificate designing, etc. This support is highly appreciated. The local facilitators in Pune readily agreed to be a part of the VAST courses.

Facilitation and debriefing practice

The bulk of the course involves practice of the four elements of VAST scenario facilitation: briefing, iPads/prompts, debriefing, and co-facilitation. Participants were divided into two groups to practice these skills while running scenarios for the other group. Meta-debriefings were conducted on the process of scenario facilitation. Meta debriefs by instructors were highly appreciated by the FC participants. They felt they are crucial for them to improve their concurrent facilitations.

Scenario design

Participants also worked in two groups to design new scenarios using the VAST scenario template. Each group ran its scenario for the other group. While the intention of this exercise is to give participants a deeper understanding of the mechanics of scenario design. A specific observation is that minimal interference by instructors during this process helps the group to brainstorm and their chain of thoughts are uninterrupted.

Application during the VAST Course

VAST FC graduates were assigned to facilitate and debrief all the VAST Course scenarios. All the PowerPoint presentations were done by instructors and not by the new facilitators. This went well with a high level of participant engagement. Meta-debriefings on the process of facilitation and debriefing were conducted by facilitators. The newly trained facilitators had a good grasp of the facilitation and debrief at the end. A particular observation was that the participants of VAST FC had completed their VAST course (VC) in the recent past. They had knowledge about ANTS. They had completed the prework prior to the VAST FC. They seemed more oriented to the VAST methodology as compared to participants who directly attended FC without completing VC. However, the participants who completed VC prior to attending FC, seemed disengaged at times due to repetition of clinical content.

VAST Course

The VAST Course was offered to 14 multidisciplinary participants. Some of these healthcare practitioners work together regularly and were able to discuss common challenges and solutions. Recurring themes were: having briefing morning session for the OR day program; and implementation of debriefing at the end of the OR day. One of the barriers they expressed was rather the hierarchical nature of professional roles, especially surgeons, where nurses and OT technicians do not feel empowered to speak up. The participants appreciated the rich discussion on non-technical skills.

The skills sessions (difficult airway management, neonatal resuscitation, and primary trauma survey) were all conducted as PowerPoint presentations with concurrent demonstration of skills using mannikins (difficult airway management, neonatal resuscitation) or simulated patients (primary trauma survey). The iPads were used along with these demonstrations to show simulated vital signs. The simplicity of conduct of skill stations was highly appreciated.

Simulation coordinator training

Jaee Thattey, our sim coordinator reminded me of Sara! Efficient and on time background preparation. She is pursuing Masters in Psychology and looks forward towards a career in clinical psychology. She has officially resigned from DMH but has promised to stay in touch with VAST family and for future courses.

Reflection on the conduct of VAST courses (FC, VC) by Instructor and facilitators.

What went well?

- Preparation and planning of courses was easier the second time.
- Availability of resources like equipment, support staff, etc.
- Good food.
- Adequate number of facilitators for all courses.
- Multidisciplinary participation in VC.
- The participants of FC had completed VC prior. They had knowledge about ANTS.
- Scenario designing went well. SMART Learning objectives were formed with learner profile in context. Supporting documents were prepared for each scenario. Transition triggers were decided. Observable actions were listed.
- Facilitation and Debriefing by trainee facilitators improved as days passed after metadebriefs in FC and mini directive feedbacks during VC.
- DMH sponsored one third of the VAST course expenses.

What was challenging?

- Time management was difficult in the initial days. Time keeping was made robust which helped improve time keeping.
- SimMon app on android tabs lagged during Nuts & Bolt session. iPads had no issue.
- The scenario rooms did not have air conditioning. We got cooked! Summers were unusually hot this year. The future VAST courses should be planned in winter months till air conditioning is approved in DMH budget.
- Certain guidelines need to be updated in PowerPoints. Example: Sepsis

Recommendations.

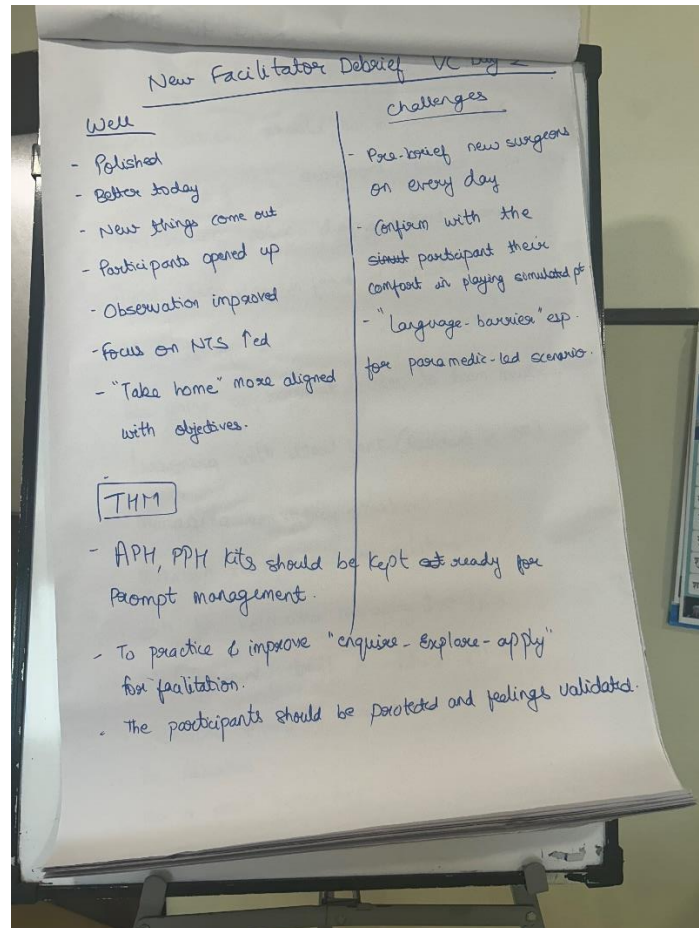
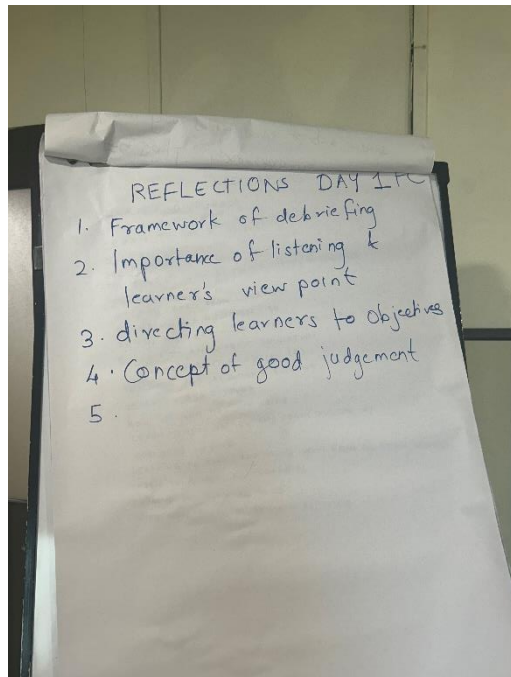
- A sustainable financial model to be built by IAVAST to run affordable yet budget friendly courses in future.
- A payment link for course registration. Bank transfers was a challenge for some.

Course evaluations of participants

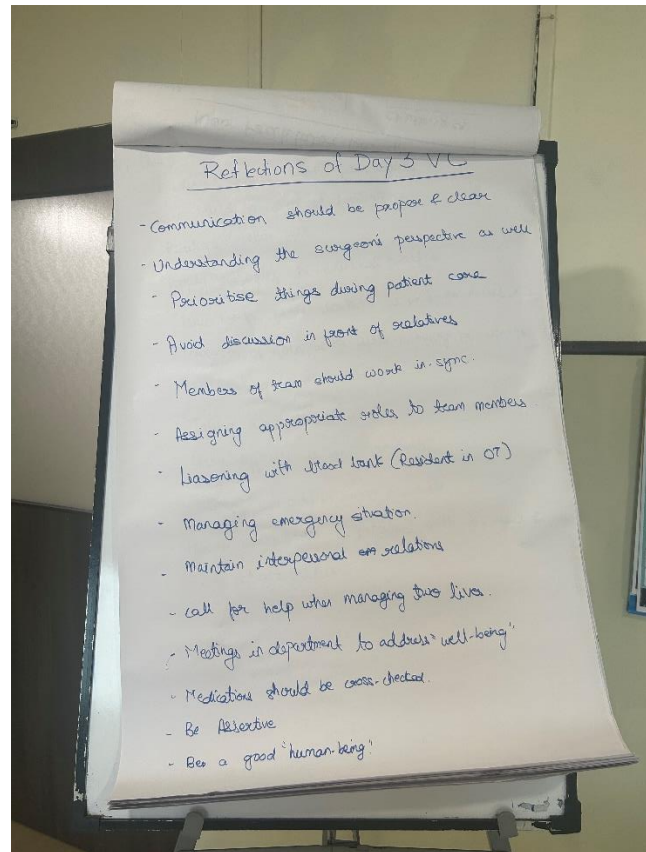
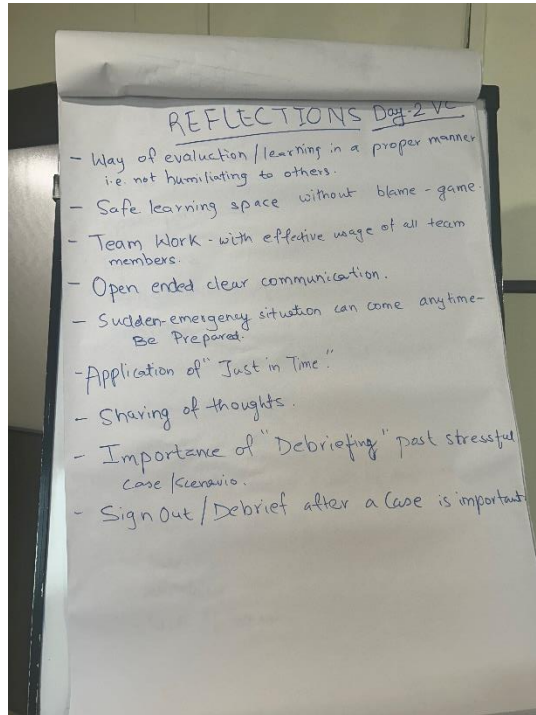
For course evaluation results of VAST FC, VC and VW click on the following link.

https://docs.google.com/spreadsheets/d/1nGBhCYMT2BL7Cb9xbfT-mPkuczQptaZC/edit?usp=drive_link&oid=102497016576125159903&rtpof=true&sd=true

Reflections of trainee facilitators.



Reflections of VC participants



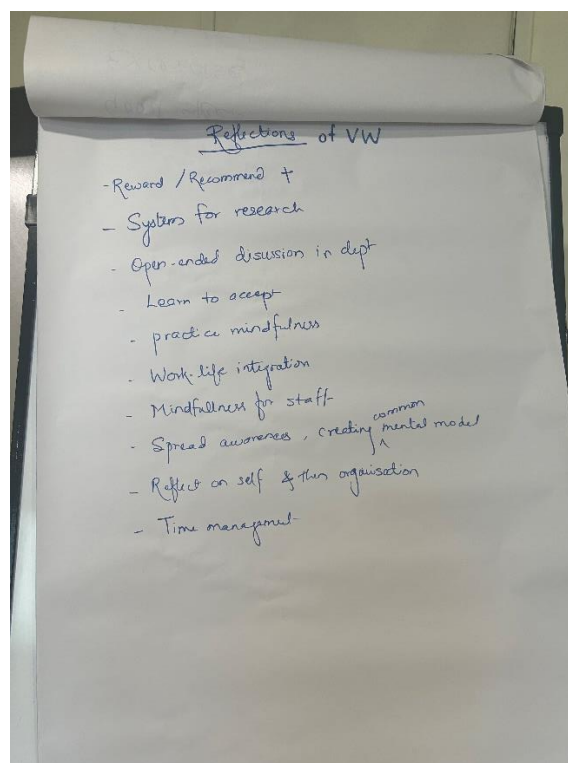
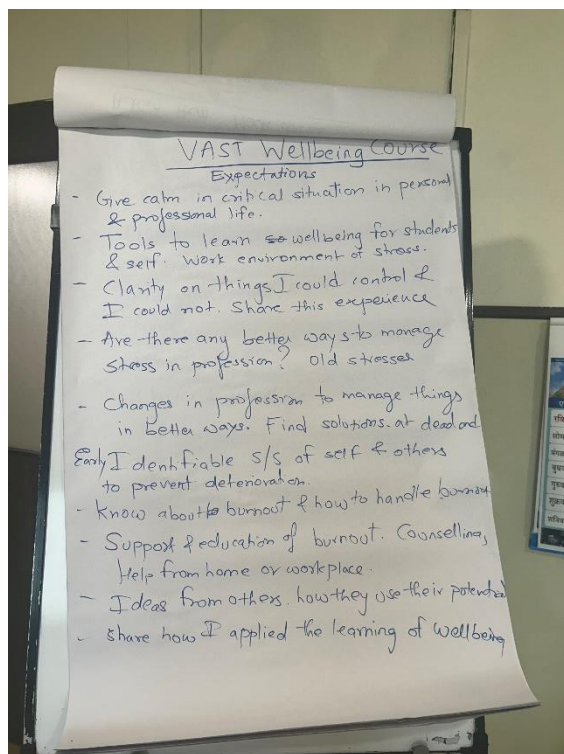
VAST wellbeing course

What went well (as per facilitators)

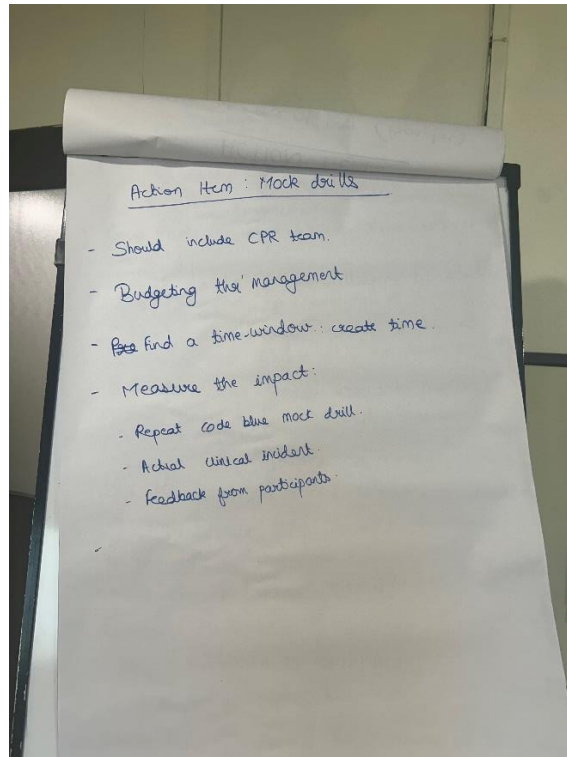
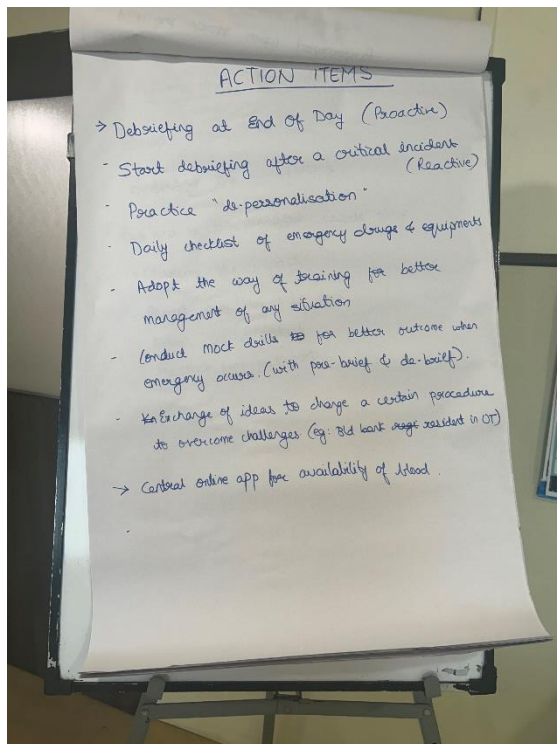
- The decision makers of the department attended the course.
- Diverse group from different hospitals brought out more strategies to solve the problems.
- The mindful sleep session was conducted. Yoga mats and pillows were provided.
- Dr. Tim videos helped in engaging discussions.

Challenges

- The facilitators were conducting the VAST Wellbeing for the first time. They used the powerpoints to guide them more often. Hope a good prebrief and practice will solve the issue for future.
- Only 11 participants registered. 9 seats were vacant. Can the courses be uploaded on WFSA or VAST or IAVAST website to invite international delegates?
- The participants expected ready to use solutions to be offered by the course. This was a particular observation from participants who had not attended FC or VC. The participants who attended FC or VC were well versed with the brainstorming. It was emphasized that brainstorming helps find tailor made solutions for the unique problems that every organization faces regarding burnout.



Action items



Challenges and lessons learnt

The challenge was the budget. This was the second VAST course in Pune. DMH sponsored one third of the expenses of the VAST courses. The registration fees do not cover the expenses. Sponsorships and waivers would be necessary during each course. It is not yet sustainable.

The 5 day FC is a particular challenge for participants who have to take leave from work. Private hospitals do not always have academic leave policy. We do not have a solution for this for now.

During the facilitator debrief at the end of the courses, facilitator remuneration was requested to be considered.

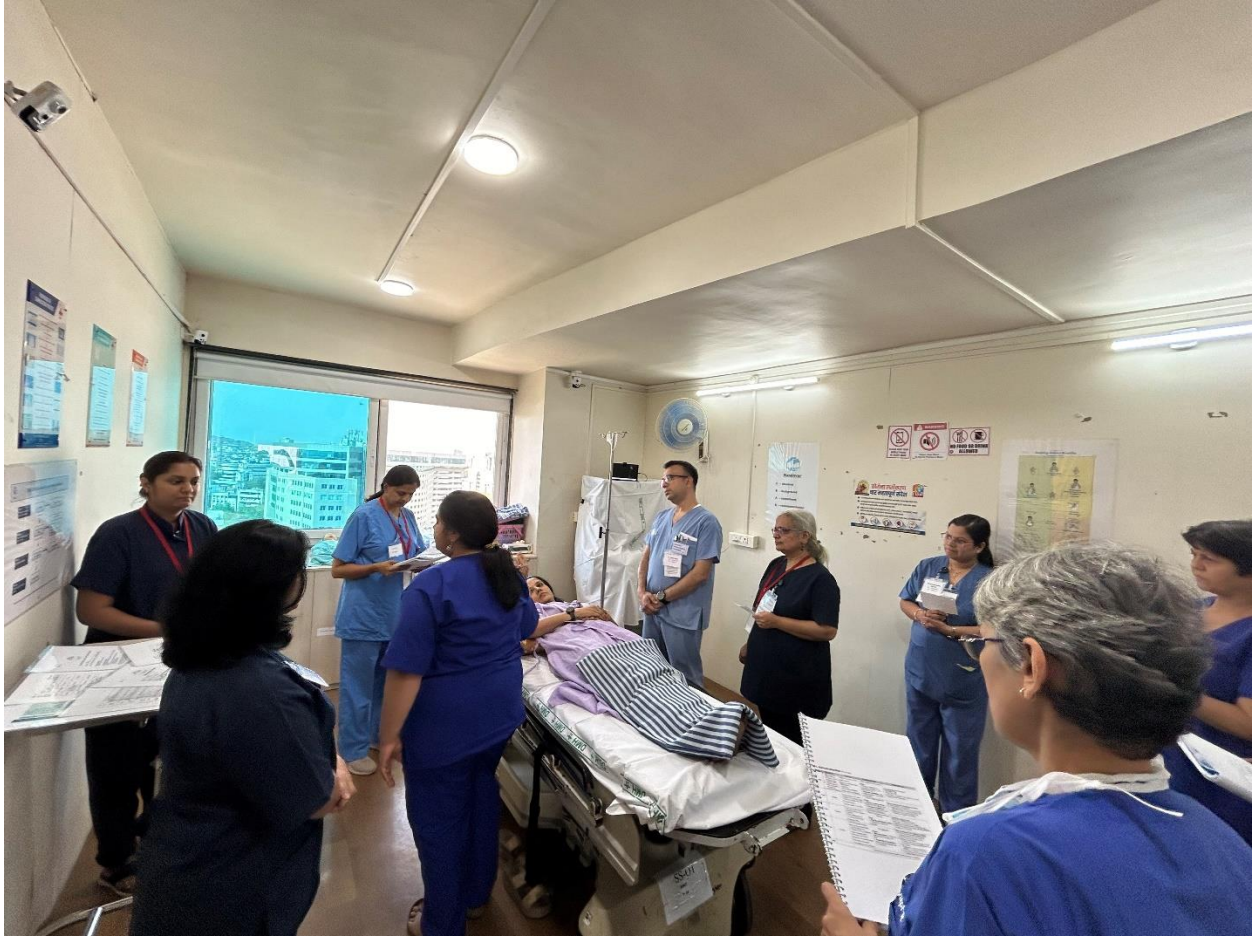
Recommendations

1. An association with an organization or a company for supporting all the VAST courses in India in future. It is a suggestion for sustainability.
2. A multidisciplinary facilitator pool will help the respective participants relate to them. Can FC be offered to surgeons and nurses who have completed VC?

Course Photos



Jui, Kalyani and Rijuta helping in scenario designing during FC.



Scenario Facilitation practice during FC!



New facilitators debrief during FC!



FC Graduates!!



VAST course. Non-technical skills!



Facilitation by new facilitators in VC!



Debriefing by new facilitators in VC

2.2 THM

- Always checking for expiry of drug before giving to pt
- Double checking of drug to prevent drug errors.
- Systematic & fixed framework for approaching the pt in emergency situation
- Two way communication between surgeon and Anaesthesiologist
- Always following the ABCDE approach even in short of time
- Avoiding drug errors and disclosing it to the concerned faculty.

THMs



Metadebriefs of new facilitators!



VAST course completion!



VAST Wellbeing!

Thank you!