



VITAL ANAESTHESIA SIMULATION TRAINING

VAST Instructor Course

Rodrigo Rubio, Patty Livingston, Adam Mossenson
Centro Médico ABC, Mexico City, Mexico
14-16 April 2024



Executive summary

Situation

The 3-day Vital Anaesthesia Simulation Training (VAST) Instructor Course refresher was successfully offered in Mexico City by Latin American facilitators to teams from six regional countries.

Background

At the request of Dr Carolina Haylock-Loor (then Director of Programs for the World Federation of Societies of Anaesthesiologists), the VAST Facilitator Course was brought to Latin America in December 2022 in Honduras for a group of nine simulation educators from six Latin American countries. This group, minus Dr Rodrigo Rubio, reunited in Guatemala in June 2023 for a VAST Facilitator Course refresher, VAST Wellbeing, and a VAST Course. With the goals of consolidating skills and ensuring that each of the six countries has a cohort of facilitators and simulation coordinators capable of running VAST Courses, the original group of nine educators brought representatives from their countries to this VAST Instructor Course. Dr Rodrigo Rubio, supported by Drs Adam Mossenson and Patty Livingston, directed the course at the impressive new simulation centre for the Centro Médico ABC. The course was conducted in Spanish with occasional comments in English that were translated back to Spanish.

Assessment

Engagement during the training was high. Knowledge and skill progression over the three days of training was dramatic. There is strong momentum to continue with VAST in Latin America and to expand in the region.

Recommendations

1. There are still some corrections needed for the Spanish translations of course materials. Dr Sandra Leal has offered to compile a list of needed changes.
2. A Latin American steering committee (led by Dr Juan Carlos Duarte) has been established to coordinate subsequent VAST programs in the region.
3. Dr Carolina Haylock-Loor has also urged the teams to begin planning right away to build upon the current momentum and enthusiasm.
4. Dr Adam Mossenson has outlined that at each VAST Course or VAST Facilitator Course, in addition to four facilitators and one simulation coordinator, at a minimum, there should also be one VAST instructor.
5. Dr Adam Mossenson also urged course participants to begin applying new skills in clinical and academic practice immediately during feedback with trainees and in critical event debriefing.
6. Mentors should ensure the scenarios their groups designed are submitted for review and inclusion in the VAST scenario bank.

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Acknowledgements

We gratefully acknowledge financial support from the:

- Centro Médico ABC
- Vital Anaesthesia Simulation Training Ltd
- Colombian Society of Anesthesiology

Attendees

Faculty			
Name	Professional role	Course role	Workplace
Rodrigo Rubio	Anesthesiologist	Course director	Mexico
Adam Mossenson	Anesthesiologist	Course director	Australia
Patty Livingston	Anesthesiologist	Course director	Canada
Olga Bednarek	Surgeon	Instructor	Canada
Michelle Murray	Nurse	Simulation coordinator	Canada
Sara Whynot	Research facilitator	Simulation coordinator	Canada
Carolina Haylock-Loor	Anesthesiologist	Mentor	Honduras
Cindy Montoya	Anesthesiologist	Mentor	Honduras
Fredy Ariza	Anesthesiologist	Mentor	Colombia
Geraldina Gross	Anesthesiologist	Mentor	Honduras
Juan Carlos Duarte	Anesthesiologist	Mentor	Venezuela
Mauricio Vasco	Anesthesiologist	Mentor	Colombia
Sandra Leal	Anesthesiologist	Mentor	Bolivia/El Salvador
Sandra Izquierdo	Anesthesiologist	Mentor	Guatemala

Participants			
Name	Professional role	Course role	Workplace
Alejandra Mori Gamez	Family medicine	Participant	Guatemala
Alejandra Sofia Queme Figueroa	Anesthesiologist	Participant	Guatemala
Aura Ileana Saenz Morales	Anesthesiologist	Participant	Guatemala
Iris Anaely Gamez Silva	Anesthesiologist	Participant	Guatemala
Bianca Vanessa Betanco	Anesthesiologist	Participant	Honduras
Maria Alejandra Echeto	Anesthesiologist	Participant	Honduras
Roger Wilfredo Mairena Zepeda	Anesth. trainee	Sim-coordinator trainee	Honduras
Daniel Jose Sánchez Silva	Anesthesiologist	Participant	Venezuela
Diego Carrasquel Dotzauer	Anesthesiologist	Participant	Venezuela
Migdalia Claret Bello Marquez		Sim-coordinator trainee	Venezuela
Nerio Bracho	Anesthesiologist	Participant	Venezuela
Jaddy Sandrey Bedoya Mosquera	Anesthesiologist	Participant	Colombia
Luisa Fernanda Naranjo Perea	Respiratory therapist	Sim-coordinator trainee	Colombia
Alberto Baudilio Rivas Azucena	Anesthesiologist	Sim-coordinator trainee	El Salvador
Daniela Maria Guerrero Alfaro	Anesthesiologist	Participant	El Salvador
Irma Yolanda Rivas Rios	Anesthesiologist	Participant	El Salvador
Jesús Alberto López Ventura	Anesthesiologist	Participant	El Salvador
Diana Itzel Simón Mota	Nurse	Participant	Mexico
Francisco Váldez	Paramedic	Sim-coordinator trainee	Mexico
Juan Manuel (Manu) Hernández Veyra	Nutritionist	Sim-coordinator trainee	Mexico
Maria Fernanda Figueroa Caballero	Anesthesiologist	Participant	Mexico
Ulises Sánchez Vasquez	Anesthesiologist	Participant	Mexico
Verónica Colin	Anesthesiologist	Participant	Mexico

Venue and equipment

Venue

The training was conducted in the beautiful new facilities of the Centro Médico ABC simulation centre. The centre is spacious, bright, well-equipped, and very comfortable. There is a large meeting room that could accommodate full group sessions and in the lower level we had four simulation rooms and four debriefing spaces. Additionally, there is a bright, sunny room with comfortable seating for meals and coffee breaks. The simulation centre had almost all the needed equipment. The VAST team brought iPads and trauma clothing. The Centro Médico ABC is connected to a hotel via a catwalk, so it was easy for people to walk from the hotel to the venue.

VAST Instructor Course

Participants from the six countries were divided into a total of eight teams, each with one mentor. The participant teams stayed consistent for the course, but the mentors were switched to allow exposure to different styles. Course instructors (Rodrigo, Olga, Adam, and Patty) each stayed in one simulation room whilst the teams rotated.

In addition to whole group discussions, the course focussed on acquisition of skills for VAST facilitation and debriefing and scenario design according to the VAST template. Because each group was small, there were ample opportunities for participants to practice the VAST facilitation roles: co-facilitator, facilitator (briefing, iPads and prompts, and scenario run), and debriefing. Parts 1-3 of the VAST Facilitation Observation and Rating Method (VAST FORM) were used to support learning and feedback. Part 1 of the VAST FORM (Checklist) arose from previous courses in Latin America where it was recognized that a facilitation cognitive aid would be of value for new VAST facilitator trainees. The Checklist, with one side a cognitive aid for facilitation and the other side a cognitive aid for debriefing, was made available as flip card on the lanyard provided to participants during course registration.

Throughout facilitation practice, meta-debriefing conversations were conducted to guide skill improvement. These were initially quite short and direct but as the course progressed, longer meta-debriefings were possible. During these longer sessions, Parts 2 and 3 of the VAST FORM (Timing and Flow) were used to give additional tangible feedback.

The course participants worked with their mentors to design a new scenario according to the VAST template. The new scenarios were run for 12 Mexican multi-disciplinary healthcare practitioners who joined on the final morning of the course. The quality of these new scenarios was very high.

The course was conducted in Spanish. Occasional comments in English were translated.

Simulation coordinator training

Sara and Michelle supervised simulation coordinator training with the goal of ensuring there would be one trained simulation coordinator for each participating country.

Social life

Rodrigo arranged three course dinners. The first was at Cantina La 20: Santa Fé where we did not worry about menus. Instead, a marvellous selection of delicious local dishes just kept coming. Some of our team may have eaten the grilled grasshoppers and had a few shots of Mezcal.

The second dinner was on site at the Centro Médico ABC simulation centre with catering arranged by Pfizer. This was a relaxed evening.

The final dinner was casual tacos at Taquearte, a nearby restaurant.

Course evaluations and informal feedback

What participants liked:

- Advocacy inquiry questions; discovering it is easy to ask questions without being judgemental; the challenge of generating new ways of asking questions to explore mental schemes; [on Day 3] I feel more adept at constructing questions with good judgement
- Cultural interaction and learning made practical; practical implementation; the practice [many comments on enjoying the ability to practice]; applying theory to practice; [on Day 3] putting everything into practice we have learned; applying knowledge and skills from the previous course
- Sharing with other healthcare practitioners; time together; dynamics with others; being integrated into groups with people from other countries
- Intensity
- Respect for schedule
- The scenarios; the organization of the scenarios
- Non-technical skills
- Working as a team
- Interacting with new facilitators
- Learning more about debriefing; learning about debriefing challenges; [on Day 3] I liked being able to perform a debriefing and applying most of what I had learned
- Meta-debriefing
- The experience of developing the created scenario, and Rodrigo's way of doing the debriefing gives a lot of clarity and releases the stress of the scenario, as well as having real students that allows us to improve the strategies of approach and assembly
- I noticed the difference in my learning from the first day to the last. Today I have more confidence.
- I enjoyed the company of students [Day 3] and putting into practice the techniques we acquired
- Using the VAST FORM
- I took into account the opinions of my peers and learned to make positive observations
- Greater confidence; self-confidence
- Everything

Areas for improvement:

- At the moment nothing; nothing [many said this]; today everything was excellent; it was very good; all excellent
- Define times for activities more clearly
- Encourage reading of the scenarios in advance; more time to study the scenarios; more time to familiarize yourself with the scenarios
- Too much information; decrease information
- A little more order at the beginning of the scenarios
- Don't assume that everyone has done simulation scenarios previously. Some of us think a lot and perhaps having the pressure of group and time makes it difficult for us to perform.
- Better organization

- The day was long and the pauses felt quick
- Those who present should be more didactic and not just read the slides on the platform that has already been studied
- Changing facilitators who had inconsistent messages

Key learning:

- Encourage the expression of opinions from all participants
- Learner-centred debriefing as a guide
- Provide a good pre-briefing
- Be curious about understanding participants' mental maps; debriefing with genuine curiosity
- Learn to ask the right questions, observe, don't judge, teamwork
- To be more structured
- Plus/delta
- Debriefing; how to debrief
- The basic assumption
- Organization, teamwork, and delegation of responsibilities
- Generating good questions
- Improving communication, leadership and defining roles
- Always be guided by the structure of the course
- Do not make hasty judgements without listening to what has happened
- Respectful inquiry without accusing or offending
- "I observed", consequence, mental model
- How to set up a scenario and how to implement questions in a debriefing
- Proper coordination and closed loop communication within a team is relevant for proper simulation performance
- Good judgement, genuine interest
- Exploring thinking in the debriefing
- I learned how to design scenarios, with obviously the need to always improve
- The generation of new scenarios adapted to the context of my country
- The circle graph of the debriefing
- I learned how to explore mental models and ask questions with good judgement
- Distilling the conversation in a natural way
- Preparation is essential and I can rely on my cognitive aid
- Collaboration as a system to achieve common goals

Comments for facilitators:

- The instructors were patient with everyone
- The flexibility of the instructors
- Excellent development of activities
- Congratulations on the Titanic effort and commitment to teach without pettiness
- Congratulations, your commitment to the course is evident
- All very clear, thank you for your dedication
- Congratulations [several]
- Keep it up!
- Explain yourself better

- Great job
- All excellent [several]
- Super understandable the way they explain
- Thank you for your patience and support. I am generally good at new things. I do think this one will take longer.
- They put a lot of effort into today. They gave it their best.
- Thank you for all your effort
- Very good and excellent drivers
- A very good job
- Thank you very much for your commitment to our learning
- Have delicate conversations in private
- Everything was excellent. Everyone is open to listening and teaching us
- Thank you for teaching with such energy
- I felt supported in times of doubt
- Time pressure
- Thank you for your valuable time and teachings, as well as the patience and dedication you had with us
- All very open and sublime
- Excellent support for all
- Thank you very much for the effort that each of the facilitators put into teaching and learning. I do hope to do my best to one day be able to replicate this knowledge!!

Other comments about the VAST Course:

- Excellent logistics
- Excellent, a bit overwhelming but very good
- We need a lot of practice
- Blessings to all
- We must stay on course to take advantage of all the content
- [Day 2] Much better than yesterday and we improved
- Establishing the script of the scenario and implementing debriefing well will be a good part of teaching with simulation
- Cheerful people
- Pleasant course
- I loved the course. At first it was overwhelming, but as I got to know and practice, the more I liked it!
- I loved the course. I thank the organizers for sharing their knowledge. I want to continue to be part of this family.

Timetable

VAST IC - DÍA I / VAST IC - DAY I		
Hora	Sesión	Facilitador
0800-0815	Registro/ Registration	Michelle
0815-0845	Introducción/ Introduction	Rodrigo and Carolina
0845-0915	Orientación y demostración/ Orientation and demonstration (2 or more groups)	Mauro, Sandra Izquierdo and Michelle
0915-0945	Afinando detalles/ Nuts and bolts	Fredy and Sandra Leal
0945-1015	Diseño del escenario Introducción para todo el grupo + Diseño del escenario I/ Scenario design whole group introduction + Scenario design I	Rodrigo, Adam, Patty
1015-1030	Té de la mañana/ Morning tea	
1030-1145	Marco de debriefing/ Debriefing framework	Cindy, Adam
1145-1230	Práctica de facilitación/ Facilitation practice (try for two scenarios with no debriefing and short metadebrief – 10 minutes both groups prepare, 15 minutes group A runs and meta-debrief while B sets up, 15 minutes B runs)	8 groups, 1 facilitator per group
1230-1300	Almuerzo/ Lunch	
1300-1330	Diseño del escenario 2/ Scenario design 2	Rodrigo, Adam, Patty
1330-1415	Técnicas conversacionales/ Conversational techniques	Geraldina, Adam
1415-1430	Té de la tarde/ Afternoon tea	
1430-1600	Práctica de facilitación/ Facilitation practice (2 scenarios back-to-back in each of the 4 sim rooms with debrief + meta-debrief)	8 groups, 1 facilitator per group
1600-1630	Diseño del escenario 3/ Scenario design 3	Rodrigo, Adam, Patty
1630-1645	Evaluación al final del día/ End of day evaluation	Michelle
	Debriefing entre facultados/ Faculty debriefing	Rodrigo, Adam, Patty

VAST IC - DÍA 2/VAST IC - DAY 2		
Hora	Sesión	Facilitador
0800-0815	Reflexión del día 1/ Day 1 reflection	Rodrigo
0815-0900	Simulación en context/ Simulation in context	Juan Carlos, Patty
0900-1015	Habilidades no técnicas/ Non-technical skills	Mauro, Michelle (NTS game)
1015-1030	Té de la mañana/ Morning tea	
1030-1200	Práctica de facilitación/ Facilitation practice (2 escenarios back-to-back in each of the 4 sim rooms with debrief + meta-debrief)	8 groups, 1 facilitator per group
1200-1230	Diseño del escenario 4/ Scenario design 4	Rodrigo, Adam, Patty
1230-1300	Almuerzo/ Lunch	
1300-1415	Práctica de facilitación/ Facilitation practice (one scenario in each of the 4 rooms with debriefing and longer meta-debrief with VAST FORM)	8 groups, 1 facilitator per group
1415-1430	Té de la tarde/ Afternoon tea	
1430-1530	Práctica de facilitación/ Facilitation practice (one scenario in each of the 4 rooms with debriefing and longer meta-debrief with VAST FORM)	Rodrigo and Adam
1530 - 1615	Planificación de la implementación/ Implementation planning	Rodrigo, Carolina, Adam
1615-1630	Evaluación al final del día y foto del curso/ End of day evaluation and course photo	Michelle
	Debriefing entre facultados/ Faculty debriefing	Rodrigo, Adam, Patty

VAST IC - DÍA 3/VAST IC - DAY 3		
Hora	Sesión	Facilitador
0800-0815	Reflexión del día 2/ Day 2 reflection	Carolina
0815-0845	Welcome to new participants (use pre-briefing checklist with a little more focus that the facilitators are learning) Hand-it-on game	
0845-0915	Divide into 4 sim rooms for orientation and demonstration	
0915-1015	Presentación de nuevos escenarios e información/ New scenario delivery and debriefing (new learners)	Rodrigo, Adam, Patty (4 new scenarios run concurrently)
1015-1030	Té de la mañana/ Morning tea	
1030-1130	Presentación de nuevos escenarios e información/ New scenario delivery and debriefing (new learners)	Rodrigo, Adam, Patty (4 new scenarios run concurrently)
1130-1230	Práctica de facilitación/ Facilitation practice (one scenario in each of the 4 rooms with debriefing and longer meta-debrief with VAST FORM)	8 groups, 1 facilitator per group
1230-1300	Almuerzo/ Lunch (include guests)	
1300-1330	Plataforma de aprendizaje VAST / Mentoría / Slack/ Club de metainformación VAST Learning platform / Mentorship / Slack/Meta-debriefing club	Rodrigo, Adam
1330-1415	Difícil debriefing/ Difficult debriefing – panel discussion (30 minutes)	Sandra Leal, Patty
1415-1430	Té de la tarde/ Afternoon tea	
1430-1500	Oportunidades de futuro – IC/ Future opportunities – IC (sharing the implementation planning)	Rodrigo, Carolina and Adam
1500 - 1530	Reflexiones finales Evaluación al final del día/ Final reflections/ End of day evaluation	Rodrigo, Michelle
1530	Debriefing de facilitadores y cierre/ Faculty debriefing and pack down	Whole team

Recommendations

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2. A Latin American steering committee (led by Dr Juan Carlos Duarte) has been established to coordinate subsequent VAST programs in the region.
3. Dr Carolina Haylock-Loor has also urged the teams to begin planning right away to build upon the current momentum and enthusiasm.
4. Dr Adam Mossenson has outlined that at each VAST Course or VAST Facilitator Course, in addition to four facilitators and one simulation coordinator, at a minimum, there should also be one VAST instructor.
5. Dr Adam Mossenson also urged course participants to begin applying new skills in clinical and academic practice immediately during feedback with trainees and in critical event debriefing.
6. Mentors should ensure the scenarios their groups designed are submitted for review and inclusion in the VAST scenario bank.

Course Photos











