



# VITAL ANAESTHESIA SIMULATION TRAINING

**VAST Facilitator Course, VAST Course and VAST  
Wellbeing course**  
*Pune, India. 19<sup>th</sup> February 2023 to 24<sup>th</sup> February 2023*





## Executive summary

### ***Situation***

At the request of Dr Vaibhavi Upadhye (VAST instructor and Clinical Lead in Simulation in Deenanath Mangeshkar Hospital and Research Center, Pune, India), the Vital Anaesthesia Simulation Training (VAST) Course, Facilitator Course (VAST FC) and VAST Wellbeing were introduced in Pune, India.

### ***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**

Thank you to the Australian and New Zealand College of Anaesthetists (ANZCA) for the Health Equity Project Grant which partially supported the delivery of this training!

A genuine gratitude towards World Federation of Societies of Anaesthesiologists (WFSA) for partly supporting the local logistics of the training!

A heartfelt appreciation for the grant received from Royal College of Physicians and Surgeons of Canada!

### **Attendees**

<b>VAST Facilitator Course</b>			
<b>Name</b>	<b>Professional role</b>	<b>Course role</b>	<b>Workplace</b>
Vaibhavi Upadhye	Anesthesiologist	Course director & Instructor	Pune
Tom Druitt	Anesthesiologist	Instructor	Australia
Nisreen Eltom	Anesthesiologist	Instructor	Qatar
Sara Whynot	Research facilitator	Simulation coordinator	Canada
Gita Nath	Anesthesiologist	Instructor	Hyderabad
Vibhavari Naik	Anesthesiologist	Instructor	Hyderabad
Susan Nicoll	Anesthesiologist	Participant	New Zealand
Amy Brown	Anesthesiologist	Participant	Scotland
Bhagyashree Shivde	Anesthesiologist	Participant	Pune
Amruta Bedekar	Anesthesiologist	Participant	Pune
Sheetal Dixit	Anesthesiologist	Participant	Pune
Shilpa Sawant	Anesthesiologist	Participant	Pune
Maitreyi Kulkarni	Anaesthesiologist	Participant	Pune
Vijayanand Basuthkar	ER physician	Participant	Hyderabad
Rujuta Kashyapi	Anaesthesiologist	Participant	Pune
Jaee Thattey	Paramedic	Simulation coordination trainee	Pune
Komal Jumnake	OT nurse	Simulation coordinator trainee	Pune
Bhakti Kulkarni	MSc nursing student	Simulation coordinator trainee	Pune
Snehal Kapare	MSc nursing student	Simulation coordinator trainee	Pune
Vaishali Patil	MSc nursing student	Simulation coordinator trainee	Pune

Salwa Duste	Nurse educator	Simulation coordinator trainee	Pune
Nicola	University student	Observer	New Zealand

<b>VAST Course</b>			
<b>Name</b>	<b>Professional role</b>	<b>Course role</b>	<b>Workplace</b>
Vaibhavi Upadhye	Anesthesiologist	Course director & Instructor	Pune
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Gita Nath	Anesthesiologist	Instructor	Hyderabad
Sara Whynot	Research facilitator	Simulation coordinator	Canada
Vibhavari Naik	Anesthesiologist	Instructor	Hyderabad
Amy Brown	Anesthesiologist	Trainee facilitator	Scotland
Susan Nicoll	Anesthesiologist	Trainee facilitator	New Zealand
Bhagyashree Shivde	Anesthesiologist	Trainee facilitator	Pune
Rujuta Kashyapi	Anesthesiologist	Trainee facilitator	Pune
Amruta Bedekar	Anesthesiologist	Trainee facilitator	Pune
Maitreyi Kulkarni	Anesthesiologist	Trainee facilitator	Pune
Shilpa Sawant	Anesthesiologist	Trainee facilitator	Pune
Sheetal Dixit	Anesthesiologist	Trainee facilitator	Pune
Vijayanand Basuthkar	ER Physician	Trainee facilitator	Hyderabad
Seema Ranade	Anesthesiologist	Participant	Mahad
Kalyani Patil	Anesthesiologist	Participant	Pune
Sanghamitra Ghosh	Anesthesiologist	Participant	Pune
Tasnim Karachiwala	Anesthesiologist	Participant	Pune
Yogita Patil	Anesthesiologist	Participant	Mumbai
Gayatri Godbole	Anesthesiologist	Participant	Pune
Jui Lagoo	Anesthesiologist	Participant	Pune
Seema Joshi	ER Physician	Participant	Pune
Yogita Maral	Nurse	Participant	Pune
Sujit Dere	Nurse	Participant	Pune
Smita Lisham	Nurse	Participant	Pune
Shital Padalkar	Nurse	Participant	Pune
Shalini Choudhary	Nurse	Participant	Pune
Medha Walvekar	Ob/gyn lecturer	Participant	Pune
Meghana Sawant	Ob/gyn lecturer	Participant	Pune
Padma Karwe	Paediatric surgeon	Participant	Pune
Shree Prasad	Paediatric surgeon	Participant	Pune
Avinash Sapre	Surgery trainee	Participant	Pune
Kedar Mokashi	Surgeon	Participant	Pune
Komal Jumnake	OT nurse	Simulation coordinator trainee	Pune
Jaee Thattey	Paramedic	Simulation coordination trainee	Pune

Bhakti Kulkarni	MSc nursing student	Simulation coordinator trainee	Pune
Snehal Kapare	MSc nursing student	Simulation coordinator trainee	Pune
Vaishali Patil	MSc nursing student	Simulation coordinator trainee	Pune
Salwa Duste	Nurse educator	Simulation coordinator trainee	Pune
Nicola	University student	Observer	New Zealand

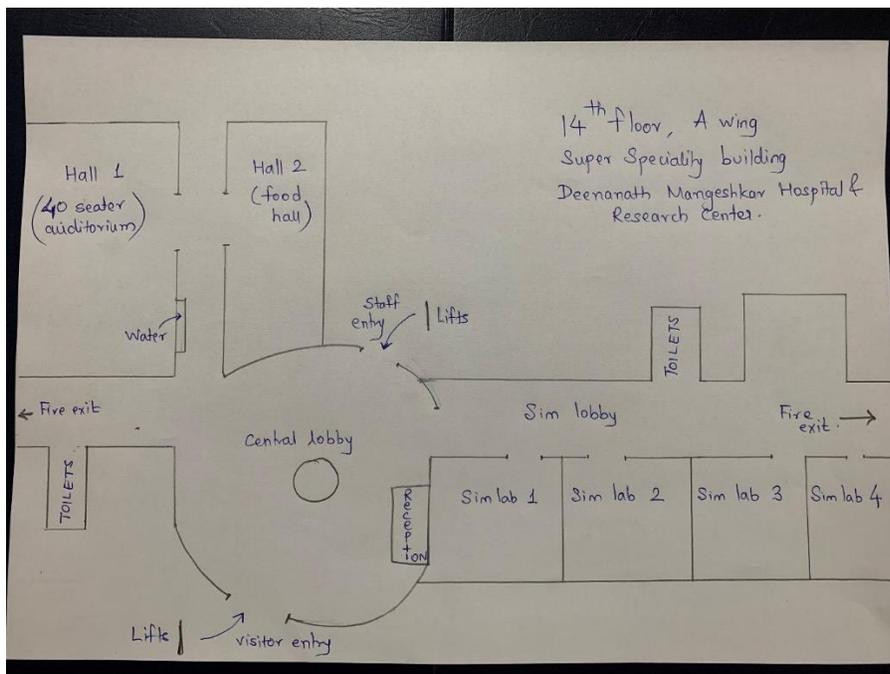
<b>VAST Wellbeing</b>			
<b>Name</b>	<b>Professional role</b>	<b>Course role</b>	<b>Workplace</b>
Vaibhavi Upadhye	Anesthesiologist	Course director & Instructor	Pune
Tom Druitt	Anesthesiologist	Instructor	Australia
Nisreen Eltom	Anesthesiologist	Instructor	Qatar
Sara Whynot	Research facilitator	Simulation coordinator	Canada
Amy Brown	Anesthesiologist	Participant	Scotland
Susan Nicoll	Anesthesiologist	Facilitator	New Zealand
Bhagyashree Shivde	Anesthesiologist	Participant	Pune
Rujuta Kashyapi	Anesthesiologist	Participant	Pune
Maitreyi Kulkarni	Anesthesiologist	Participant	Pune
Sheetal Dixit	Anesthesiologist	Participant	Pune
Vijayanand Basuthkar	ER Physician	Participant	Hyderabad
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Tasnim Karachiwala	Anesthesiologist	Participant	Pune
Yogita Patil	Anesthesiologist	Participant	Mumbai
Seema Joshi	ER Physician	Participant	Pune
Vijayanand Basuthkar	ER Physician	Participant	Hyderabad
Amit Dikshit	Anaesthesiologist	Participant	Pune
Rajendra Patil	Anaesthesiologist	Participant	Pune
Anuradha Wakankar	OBG surgeon	Participant	Pune
Sucheta Sovani	OT Manager	Participant	Pune
Aditi Mogre	Onco psychologist	Participant	Pune
Pradnya Bhalerao	Anaesthesiologist	Participant	Miraj
Anita Tayade	Head nurse	Participant	Pune
Kanchan Kumbhar	Head nurse	Participant	Pune
Vijay Agarwal	Anaesthesiologist	Did not attend	
Sushama Tandale	Anaesthesiologist	Did not attend	
Komal Jumnae	OT nurse	Simulation coordinator trainee	Pune
Jaee Thattey	Paramedic	Simulation coordination trainee	Pune

Bhakti Kulkarni	MSc student	nursing	Simulation coordinator trainee	Pune
Snehal Kapare	MSc student	nursing	Simulation coordinator trainee	Pune
Vaishali Patil	MSc student	nursing	Simulation coordinator trainee	Pune
Salwa Duste	Nurse educator		Simulation coordinator trainee	Pune
Nicola	University student		Observer	New Zealand

## 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. Some of the consumables were available but some had to be purchased. The cost of this had been agreed to be borne by the Simulation Center.

## VAST Facilitator Course

### *Preparation*

The preparation for the 6 day program (VAST FC, VC, VW) started in October 2022. Since I had attended many VAST courses in the past as a participant and later as a facilitator/instructor, it helped me understand how the necessary preparation should look like. The operation manual was a useful guide. I received help from VAST family via Slack for brochure, certificate designing, etc. This support is highly appreciated.

### *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. After day 1 FC the scenario design was requested to be given a thought at home as well. The groups came back with more clarity the next day for scenario design.

### *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 instructors of one group and not by the other. Participants of the group who did not receive Meta debrief gave a feedback that meta debrief are necessary. Hence Tom conducted a quick huddle of instructors. Consensus on conducting metadebrief was made. The newly trained facilitators had a good grasp of the facilitation and debrief at the end. A suggestion here for future courses to conduct meta-debrief of facilitation and debrief in VC.

## **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**

New Simulation coordinators visited DMH to meet me one week prior to VAST. They were briefed about the course. They seemed disinterested at the start. But when the preparation briefing started, we played the game on non-technical skills. They loved it! From then on there was no looking back. They started enjoying and were engaged in the process. Sara Whynot came in like a super confident diva sim coordinator. Jae Thattey, Salwa Duste, Komal Jumnake, Bhakti Kulkarni, Vaishali Patil and Snehal Kapare as new simulation coordinators were inspired by Sara! They were highly keen to learn and performed with exceptional capability. All simulation coordinators are to be commended. They all will be capable of supporting VAST Courses in the future. It was helpful to have them attend the VAST FC, VC and VW as participants. Thank you!

## **Social life**

Indian food, Indian clothes and tour to heritage sites in Pune were explored by the instructors!

## Course evaluations and informal feedback

### VAST Facilitator Course feedback

[synopsis of comments]

#### *What went well*

- The course was organised so well, all went off without a hitch. All the faculty were well prepared and delivered great sessions. Learning to debrief was a highpoint.
- I am sure the course will be useful and it has started reflecting. I am noticing my own reactions are different to day to day situations.
- Learned the detailed process of writing and running scenarios followed by debriefing
- Loved the mentors!
- I can feel a change inside me.
- I am charged to make a change in the workplace.
- Great experience, different learning perspectives.
- The course got us into thinking.
- Enriching experiential learning.
- We formed cohesive teams.
- We felt positivity.
- Precise course logistics.
- Beautiful experience of meeting beautiful minds in a very relaxed surroundings.
- Thinking about the framework behind the actions.
- To design a scenario think of the learners capabilities.

#### *Challenges*

- I am still not 100% sure about the feasibility of applying all techniques in our setting with regard to time and cultural differences.
- Debriefing....realized how difficult it is!
- More difficult than I thought to be kind and sensitive
- Difficult to design a good scenario.
- Difficult to observe all learner actions
- Difficult to form good judgement questions.

### *Take home messages*

- Human factors matter, and it is worth spending time and effort working on them. After the course, I am less confused about how to channel these efforts
- Simulation based trainee education ensures safer patient care
- I am excited to put this learning into practise.

### *Recommendations*

- FC to be of shorter duration if possible.

### *Application of knowledge (Four days after FC+VC)*

- I was in phase 1 OT yesterday. We had a short pre-briefing and debriefing for some cases and debriefing at the end of the list. We managed to do it for all major & out-of-routine cases and some of the other cases. The team was receptive to the idea and it worked as a morale booster when things went well. They spontaneously came out with suggestions to overcome the few challenges that we faced. Today I was in the ophthalmic OT. There the case turnover rate is very high. I tried to introduce the idea of a pre-briefing in the morning and debriefing at the end of the list. The exercise helped to reiterate the fact that good teamwork is vital for everyone.
- I handled a surgeon very well, when he started complaining about theatre lights & table, I asked him should '**we**' look for any other available theatre. Promptly he said he is happy to start doing the case in the allocated theatre. Tried a **assertive team approach!**
- I used the technique of asking a general question and then waiting for 6-7 seconds on my kids.... worked very well 😊
- Considering VAST FY in my low sim resource setup for the trainees. Will contact Adam for the same.

## VAST Course

### *What went well*

- Excellent opportunity for improvement in developing as well as running scenarios and better understanding of the thought process of debriefing (From new facilitator)
- Well organised, well planned and well executed course.
- Right from day 1 to 3 of the course, there was never a dull moment, course proceeded very smoothly and interestingly.
- According to me the people in the course were phenomenal individually. They wanted to contribute, learn, unabashedly humble in accepting mistakes and fun loving. I didn't find an iota of negativity in the whole 4-day course (VC, VW). That helped a lot.
- Secondly the course organisation including letting people know about housekeeping facilities helped in the long run. It made them at ease.
- Food was at equal interval so irritability which usually comes due neurohypoglycemia (personal opinion), was kept at bay.
- The curriculum was complete hence for each of us we got what we wanted.
- The novel way of Debriefing, addressing our emotions, getting to reflect on our own faults gave new perspective of self.
- It was wonderful to interact with everyone and getting new ideas for ourself and for our workplace. All these thoughts infused sense of well being 😊😊
- All VC participants came with a open mind to learn which helped us as facilitators to deliver the course.
- Motivational environment to learn.
- It felt like it is a right kind of training to learn skills like neonatal resuscitation.
- The course was arranged in a very systematic way which took into consideration the participants coming from different backgrounds.
- We were free to communicate, ask questions and not once did we feel overwhelmed.
- We shared our problems, exchanged our experiences and had an expert guidance to help us at every step
- Time line was maintained.
- Lot of hands-on experience.
- Excellent demonstration of emergency cases using standardized patients.
- Got new insight on nontechnical aspects of simulation.
- Good food!

### *Challenges*

- New people (co-participants) whom we met for the first time, It took sometime to know them and perform clinical codes with them.
- None (said by one participant)
- Team leader should know strengths and weaknesses of every member in a team. We met people for the first time in the course. Hence did not know about them.
- Debriefing needs practice.

### *Take home messages*

- handling my emotions first helps my patient.
- Enthused to learn about simulation training.
- ideas like running mock drills for ER to OT.
- Make use of available resources – make the best out of them.
- Create a cohesive team. Every team member is important. Take inputs from them. Use closed loop communication.
- SBAR & MEWS as cognitive aids are useful. Checklists are important.
- Introspect more.
- Be open for suggestions.
- Knowing the reason behind the actions helps bring about change.
- Step-wise approach to problem solving like the algorithms.
- There is a different perspective to same problem. Explore that.
- We found out that we have good team dynamics in our work place and learnt additional team coordination techniques for better patient care
- Simulation training is possible in low resource setups as well.
- Trying to be vocal about myself . We as nurses are an important part of system.

## **VAST wellbeing course**

### *What went well*

- Mindfulness techniques and 80% rule useful.
- Finding your own solution in your own set up with the resources you have. The discussion during this course helped me to do so.
- Digital health was a new aspect that came to the fore which may disrupt our wellbeing.
- Nisreen's voice was calm and soothing during the mindfulness exercises.
- Reconfirmation of pre-existing ideas regarding different aspects of well-being and new strategies to ensure well-being
- Made a radical difference in my life.
- A life changing course.
- People are thinking and talking about wellbeing.

### *Challenges*

- Certain participants were having strong feelings.
- The seating was in the auditorium and not in a circular fashion.
- Setting achievable goals
- Full day course.
- A suggestion to make it more interactive.
- It is a onetime course. Can it be ongoing?
- Spoken English accent by overseas faculty is difficult to understand at times. However we genuinely appreciate the efforts they take to make us understand.

### *Take home messages*

- Look after oneself. Self compassion is important.
- Seek help – professional or personal. Help others.
- running projects to see well-being of my team
- Understand and appreciate human value
- Respect every human.
- Feel more empowered to help self, team and patients.
- Don't take things personally, consider other person's perspective.
- Remember that even bad days pass.
- On their bad days be kind to them, and then on our bad days they will be kind to us.
- To spread peace and joy to every individual you meet and just like our faculties did, as kindness costs nothing.
- Try to be mindful always.
- Team well-being reflects in better coordination for patient management.
- I will look at self more seriously.
- Prioritize wellbeing in my department.
- Take out time for discussing wellbeing.
- Connect this course to a platform like ISA and make it ongoing.

### *Application of knowledge (Four days after VW)*

- We are planning to introduce wellbeing concepts to the trainees.
- (Dr.Rajendra Patil) A wellbeing introduction is temptation bundled with a skill station training of CVC.
- (Dr. Maitreyi) I am invited to talk about my academic achievement of RA fellowship. I have included a slide on wellbeing to address its importance in this talk.

### **Action items**

- Multidisciplinary counselling of patients and their relatives
- Mock drills of transport of patients from ER to OT.
- Critical Incident Debriefing.
- Handbook of quick reference at work place.
- Starting VAST Foundation Year program for the first year trainees in our hospital.

## **Challenges and lessons learnt**

The challenge was the budget. This was the first VAST course in Pune. Hence we had few unforeseen expenses. It was a learning from operation point of view. Fortunately WFSA ( Amal) has extended the help to cover the cost.

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.

## **Recommendations**

1. Possibly create a corpus for VAST from funding sources. The courses can be planned using this fund. The registration fee from participants cover all costs involved and the fund is replenished. It is suggestion for sustainability.

## Course Photos

Inauguration of VAST Pune by Dr. Prasad Rajhans ( Chief of Intensive care)





Simulation coordinators squad!!





Non-technical skill game!



Scenario set up and prep!



New facilitators during FC!



FC Graduates!!



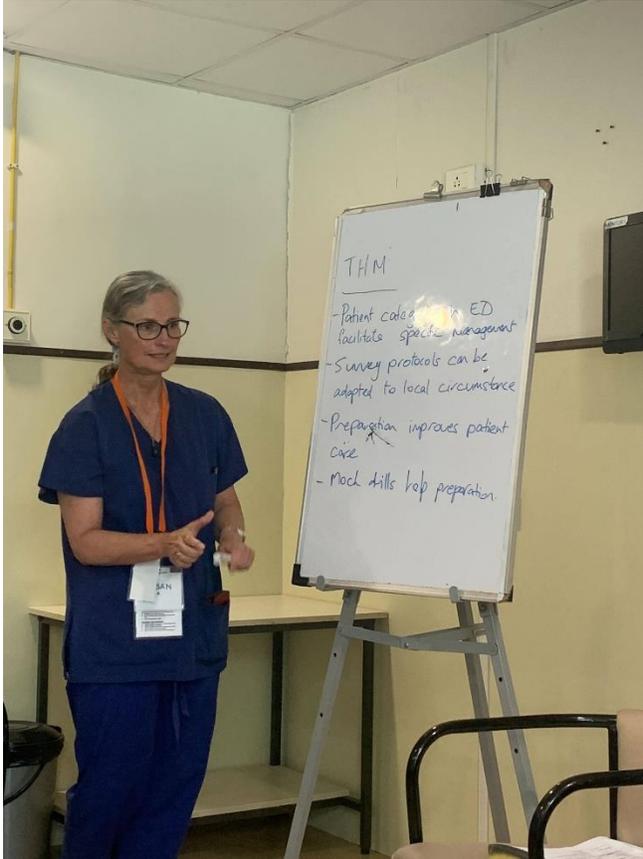
VAST course. Facilitation by new facilitators!



Debrief by new facilitators in VC!



Learning in a psychologically safe way!



Take home messages by Susan!



VAST course completion!



VAST Wellbeing!  
Insightful inputs from Susan.



VAST Wellbeing course completion!





**Thank you!**