



VITAL ANAESTHESIA SIMULATION TRAINING

VAST Wellbeing Course

MOI Conference Room

Muhimbili Orthopaedic Institute, Dar es Salaam, Tanzania

April, 2023

Dr. Karima Khalid (Course Director)



Executive summary

Situation

Vital Anaesthesia Simulation Training (VAST) Wellbeing course was introduced at the Muhimbili University of Health and Allied Sciences (MUHAS) in Dar es Salaam, Tanzania by Dr. Karima in February, 2023. This was to create awareness and train the first batch of facilitators who will carry on training others in Tanzania and beyond. One of the trained facilitators reached out for assistance to conduct the course in his facility shortly after the initial training.

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. In March 2020, in-person course delivery was put on hold due to Covid and in September 2022, VAST courses were held in Rwanda to re-initiate training. VAST was offered for the second time in Tanzania under the WFSA, and SATA support, Laerdal Foundation funding and VAST leadership. This included a wellbeing course that was received with high interest which led to this VAST wellbeing course held in Muhimbili Orthopaedic Institute (MOI).

Assessment

The course was received with great enthusiasm and a desire for more training and practice. A multidisciplinary participant group from different departments of the facility was successfully recruited, which led to interesting discussions and approaches during debriefing. A total of 15 participants were trained in the VAST Wellbeing (VW) course. This group of participants will help spread awareness into their respective departments.

Recommendations

The course was highly beneficial for the trainees, who displayed enthusiasm and actively engaged in discussions. Given that mental health and well-being are often sensitive topics in this cultural context, the platform for open discussion was particularly appreciated. Participants generated valuable ideas for improving both personal and workplace well-being. The tools provided were viewed as practical and feasible, leading to a very positive reception. Future courses should consider extending the duration to a full day to allow more time for reflection and sharing of experiences. Regularly conducting these well-being courses in workplaces could significantly improve work-life balance and productivity.

Contents

Acknowledgements	4
Attendees	4
Venue and equipment	5
VAST Wellbeing Course	5
Social life	5
Course evaluations and informal feedback	5
Enablers, challenges and lessons learnt	6
Recommendations	7
Action items	7
Course photos	8

Acknowledgements

We gratefully acknowledge:

- The Royal College of Physicians and Surgeons of Canada for course funding
- MOI for providing the venue and catering
- The enthusiasm and support of our facilitators and participants

Attendees

VAST Wellbeing: April, 2023				
Last Name	First Name	Professional Role	Hospital	Course role
Ulimali	Albert	Anaesthesiologist	MOI	Participant
Asenga	Anna	Anaesthesiologist	MOI	Participant
Adam	Shamim	Registrar	MOI	Participant
Chiwawa	Winfred	Nurse anaesthetist	MOI	Participant
Mongi	Juliana	Critical Care nurse	MOI	Participant
Lymo	Mercy	Critical Care nurse	MOI	Participant
Ayub	Mohamed	Nurse anaesthetist	MOI	Participant
Chimoto	Nathan	Critical Care nurse	MOI	Participant
Mndeme	Hadija	Critical Care Nurse	MOI	Participant
Chaula	Ramadhan	Nurse anaesthetist	MOI	Participant
Chingwire	Hellen	ICU nurse	MOI	Participant
Ngungo	Grace	ICU nurse	MOI	Participant
Mndeme	Hadija	ICU nurse	MOI	Participant
Kabelele	Juma	Nurse anaesthetist	MOI	Participant
Chimoto	Nathan	ICU nurse	MOI	Participant
Faculty: February April, 2023				
Last Name	First Name	Professional Role	Country	Course role
Khalid	Karima	Anaesthesiologist	MUHAS	Course director
Lemnge	Anna	Anaesthesiologist	MOI	Facilitator
William	Astone	Nurse anaesthetist (student)	MOI	Facilitator
Karuma	Asha	Nurse Anaesthetist	MOI	Coordinator

Venue and equipment

Venue

The courses were held in the conference room of Muhimbili Orthopaedic Institute (MOI) Dar es Salaam, Tanzania.

Equipment

The conference room was equipped with a screen and audio system that allowed us to run the course smoothly.

VAST Wellbeing Course

Preparation

This was the second time VAST WB was run in Tanzania. SLACK channel and WhatsApp groups were created to facilitate communication between the facilitators and enable effective planning regarding course participant lists for the learning platform, other logistics and provide an effective means to share documents relevant to the courses.

Facilitation

This was the first wellbeing course run entirely by local facilitators in Tanzania. Dr. Karima and Saria who had been involved in two previous VAST WB courses, led most of the facilitation with Dr. Anna Lemnge who was facilitating for the first time, together with Aston William assisting mostly with the exercises while observing how the other parts were being facilitated. Asha Karuma, our coordinator, ensured all the logistics were in place. Being their first exposure to a discussion on wellbeing, the participants were initially reserved but with time, they were able to open up, share their experiences, practiced the exercises with interest and gave very constructive feedback on how to improve their personal and workplace wellbeing. Traditionally, matters of mental health and wellbeing have not been discussed openly. The platform we created for discussing these matters openly was met with significant gratitude. The tools provided throughout the course were regarded as pragmatic and feasible, resulting in a highly positive reception. The participants believed that coupled with their own plans, the tools we provided will bring a positive change in their lives and of their colleagues and those around them.

Social life and media coverage

The group of participants, including the faculty were friendly, collegial, lively, and engaged. The facility has their own TV channel (MOI TV) that came and interviewed the facilitators and the participants to spread awareness on wellbeing.

Course evaluations and informal feedback

VAST Wellbeing Course Feedback

[synopsis of comments]

What went well

- Thank you for the course. I needed it for my well being.
- Supportive and teamwork spirit are Vital not only in VAST but in day to day life process

Challenges / Improvements

- Giving more room to share individual responses and therefore learning more
- More time for the course to allow reflection and sharing experiences.

Take home messages (from participants)

- Our wellbeing is crucial for our health and those around us.
- inexpensive and practical things can be done in our settings to prevent burn out.
- each one of us has a role to play.
- Burn out is multidimensional.
- it is not expensive to prevent burnout.
- verbal encouragement can be highly effective in maintaining wellbeing.
- Wellbeing is determined by both physical and mental health.
- Sharing ideas with people and exchanging ideas also promotes wellbeing.
- Wellbeing has multifactorial root causes, so when dealing with wellbeing an individual should be considered as a "whole", holistic approach to care should be considered.

Recommendations

- We had time limitation and we ran the half day course. From the feedback received, running a full day course will be more beneficial as it will give participants more time to engage and share experiences and recommendations.
- Running wellbeing courses regularly in our workplaces will improve work-life balance and increase productivity

Action items

- Coordinate with the new facilitators and plan wellbeing courses at MUHAS and in the participants workplaces.

Enablers, Challenges and Lessons learned

Enablers

Participants coming from the same institutions made it easier for them to communicate common experiences.

Challenges

An emergency medical camp at the facility on the day of the course led to some participants missing the session.

Lessons Learned

Avoid involving senior faculty members who may be called away for urgent commitments. Balancing flexibility while maintaining course objectives is crucial..

Recommendations

Course Duration: Consider extending the course to a full day to allow more time for reflection and experience-sharing.

Regular Training: Implement regular well-being courses at MUHAS and in participants' workplaces to improve work-life balance and productivity.

Action Items

Coordination: Work with new facilitators to plan future well-being courses at MUHAS and other workplaces.

Sustainability: Ensure the sustainability of these initiatives through regular scheduling and integration into workplace routines.

Course Photos







