

# VA SIMULATION Surgical Skills Box

IMPROVING SURGICAL TRAINING SCOTTISH PILOT

**For year 2 trainees, Feb-June 2022**



You should by now have received your VASim box in the post. I think compared with ILPs and CoSMoS, you'll find this particular Deliberate Practice programme very straightforward.

We are grateful to the VASimulation research project – Miss Rachel Falconer, Prof Angus Watson and team – and OrganLike for developing the kit.

Here is what we are asking you to do.

1. Check your kit:
  - a. Castroviejo needle holders
  - b. Debaquey tissue forceps
  - c. Mosquito artery forceps
  - d. Sharp-sharp Iris scissors
  - e. Scalpel
  - f. Foam pad
  - g. Sharps pad
  - h. 2 x 5/0 Nylon monofilament sutures
  - i. Non sterile gloves
  - j. Accessories bag: extra clips and rubber bands
  - k. "OrganLike" biosynthetic femoral arteries (x2), veins (x1) and vein patch (x1)

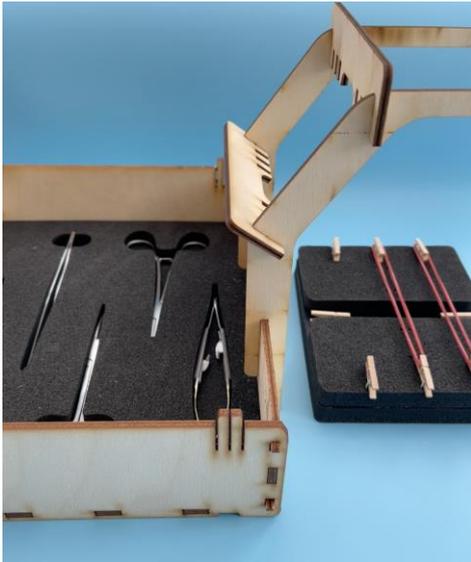


(Box Contents)



(biosynthetic Tissues)

2. Assemble the jig as below.



3. Visit [www.vasimulation.co.uk](http://www.vasimulation.co.uk) Start with the video for arteriotomy and vein patch and practise that. Then try the other tasks.
4. Pay attention when putting the instruments back in the box:



Insert one end first



push the other end to the slot



Insert one end first



push the other end to the slot

5. If you would like to opt in to a one-hour online group teaching session, simply e-mail [kenneth.walker@nhs.scot](mailto:kenneth.walker@nhs.scot) and we will set something up with a vascular surgeon. You will then be able to join a class on MSTeams using your phone mounted on the kit, so the tutor and class can see everyone's tasks happening in detail.
6. When you have exhausted the practice, either keep the kit for future practice, or donate it to a local Skills Club.

And that's it. Enjoy, and remember, surgeons are made not born.

**Kenneth Walker**

[kenneth.walker@nhs.scot](mailto:kenneth.walker@nhs.scot)

[istsimulation@nes.scot.nhs.uk](mailto:istsimulation@nes.scot.nhs.uk)

### **Getting the most from your models**

- **make sure always to return your models to the sealed packets when not in use**
- If the models become dry or sticky, you can use a few drops of water as “hep-Sal” to lubricate them
- you should divide your vein patch into three strips
- To reuse your vein, either cut flush with the artery or through your sutures
- You should aim to use at least three sides of your artery

### **Instructions for using the camera jig**

The skills box contains a frame which is attached to the long side of the box. The frame slots onto the box as shown in figure 1. The foam pad is used to hold the artery. We recommend that you stand up to do the skills tasks and attach the foam pad to an ironing board (if you have one!) to mimic the height of an operating theatre table. Strong double sided tape is included to help stick the foam pad down.



**Figure 1**

To re-order more tissue (at your own cost – sorry!) please email [info@organlike.com](mailto:info@organlike.com) or <https://www.organlike.com/products/> using code “ORGAN30” for 30% discount.