

A Teaching Affiliate of Harvard Medical School

Simulation in Radiology

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IMAGING



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I have no conflicts of interest to disclose.



IMAGING



- Outline the basic components of a successful medical simulation program
- Describe the need for medical simulation in radiology
- Provide an overview of the MGH Department of Radiology contrast and emergency management (CEM) simulation program
- Review data and lessons learned from our initial experience
- Introduce IR procedural simulators
- Highlight opportunities for future simulation initiatives in radiology

Low tech







Complex Task Trainer







Simulated (Standardized) Patients









High-fidelity Patient Simulators



Virtual Reality





Medical simulation applications

Table 3. Potential applications for simulation

Testing aptitude Developing basic skills before patient contact Developing advanced skills before performing complex procedures on patients Maintaining skills Training for teamwork Training for management of critical and rare events Rehearsing a procedure before performing it on a patient Credentialing and certification Developing new or advanced skills among experienced practitioners Inventing new procedures Evaluating new technologies or procedures Conducting research in human performance, pedagogic methods, etc

Source: Dawson [23].

Sabir et al. JACR 2014; 11:512 and Dawson JVIR 2006;17:205

Why do simulation?

- Improved knowledge retention ¹
 - Reading/Hearing 6 week retention rate: 10-20%
 - Simulation 6 week retention rate: 80%
- Knowledge retention increases when the learning experience is similar to the clinical scenario²

¹ Edgar D. Audiovisual methods in teaching. Hinsdale, IL: Dryden Press 1954 ² Hallinan JT. Why we make mistakes. New York: Broadway Books 2009

Necessary components of simulation*

- Course logistics/scheduling
- Simulation case development
- Assessment instruments
- Course evaluation
- Debriefing after simulation exercise
 - Reflecting on one's own practice is critical to experiential learning
 - Allow participants to explain, analyze, and synthesize information to improve performance
 - Debriefing with good judgment developed and taught by the Institute for Medical Simulation in a one week course ¹
 - Simulation without debriefing increases confidence but not skill²

*Adapted from the Institute for Medical Simulation Instructor Training Course ©Cambridge, MA

¹ Rudolph et al. Anesthesiology Clinics 2007;25:361 and ² Marteau et al. BMJ 1990;300:849



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Medical simulation has become increasingly routine in Anesthesiology and Critical Care, Obstetrics/Gynecology, Surgery, Emergency Medicine, and Pediatrics.

How many of you have been involved in medical simulation exercises within radiology?





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Simulation in Radiology

- PACS simulators with immediate feedback on cases to trainees
- Screen-based virtual reality simulator for assessment of trainee preparation prior to overnight call
- Simulation-based training for ultrasound-guided procedures
- Endovascular procedure simulators novice and expert level
- Mannequin-based simulation for contrast reactions and emergency management (CEM) preparedness



Adverse reactions to contrast media

- Iodinated contrast
 - Less common with newer agents
 - Incidence ranges from 0.2-0.7%
- Gadolinium
 - Lower frequency than iodinated contrast
 - Incidence ranges from 0.02%-2.4%
- Treatment
 - 41% of patients received treatment
 - 1% of patients receiving treatment developed complications
 - 8/15 patients treated with epinephrine received the incorrect dosage of epinephrine (3 with cardiac sequelae)



CEM education before simulation



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- Annual live lecture to trainee physicians during orientation
- Annual live lecture to attending physicians during a risk
 management conference
- Transition to online modules in 2009-2010
- "On the job" experience



Effectiveness of CEM didactic education

	Pre Module		Post Module		
How comfortable do you feel treating a patient with an anaphylactoid reaction to contrast media?	Comfortable n (%)	Not comfortable n (%)	Comfortable n (%)	Not comfortable n (%)	
Physician*	144 (59%)	100 (41%)	209 (86%)	35 (14%)	
Nurse*	51 (73%)	19 (27%)	65 (93%)	5 (7%)	
Technologist*	98 (54%)	84 (46%)	134 (74%)	48 (26%)	
Total (n = 522) *	303 (58%)	219 (42%)	425 (81%)	97 (19%)	

Contrast and emergency management simulation in Radiology

 To date, several small simulation programs in radiology departments have focused on resident education

> **Computerized Realistic Simulation:** A Teaching Module for Crisis Management in Radiology

Gregory T. Sica¹ Deborah M. Barron² Richard Blum³ Thomas H. Frenna¹ Daniel B. Raemer

OBJECTIVE. Computerized realistic simulation technology has been used as a training tool in fields such as aviation and military training and in the nuclear power industry. More recently, it has been adapted for use in anesthesia crisis resource management. We describe the effectiveness of a simulation program like that used by anesthesiology departments that we developed to teach radiologists the principles of crisis management. MATERIALS AND METHODS. A mock CT scanner and patient simulator were used to William H. Bush¹



Carolyn L. Wang¹ Jennifer G. Schopp Jonelle M. Petscavage Angelisa M. Paladin¹ Michael L. Richardson

Prospective Randomized Comparison of Standard Didactic Lecture Versus High-Fidelity Simulation for Radiology **Resident Contrast Reaction Management Training**

OBJECTIVE. The objective of our study was to assess whether high-fidelity simulation based training is more effective than traditional didactic lecture to train radiology residents in the management of contrast reactions SUBJECTS AND METHODS. This was a prospective study of 44 radiology residents randomized into a simulation group versus a lecture group. All residents attended a contrast reaction didactic lecture. Four months later, baseline knowledge was assessed with a writ ten test, which we refer to as the "pretest," After the pretest, the 21 residents in the lect



abeel Sarwan

Rafel Tappouni

Donald Flemming

Use of a Simulation Laboratory to Train Radiology Residents in the Management of Acute Radiologic Emergencies

OBJECTIVE. Simulation laboratories use realistic clinical scenarios to train physician in a controlled environment, especially in potentially life-threatening complications that re-quire prompt management. The objective of our study was to develop a comprehensive program using the simulation laboratory to train radiology residents in the management of acute radiologic emergencies

- Residents who underwent simulation reported improved performance compared to didactic instruction alone
- Simulation following didactic instruction improved performance compared to simulation alone in radiology residents



What about simulation for technologists?

Severe Contrast Reaction Emergencies:

High-fidelity Simulation Training for Radiology Residents and Technologists in a Children's Hospital

Nancy M. Tofil, MD, MEd, Marjorie Lee White, MD, MPPM, MEd, Matthew Grant, MD, J. Lynn Zinkan, RN, MPH, Bhavik Patel, MD, Lynsey Jenkins, BS, Amber Q. Youngblood, BSN, RN, Stuart A. Royal, MD

 TABLE 1. Demographics of Radiology Residents and RTs

 Regarding Experience with Codes and Contrast Reactions

Variable	Residents* RTs				
Postgraduate year					
(residents)					
2	5 (26%)				
3	4 (21%)				
4	5 (26%)				
5	5 (26%)				
Experience (RTs) (y)		13 ± 6.5			
Number of codes					
experienced					
0–2	15 (79%)	6 (66%)			
2–5	1 (5%)	1 (11%)			
6–10	2 (10%)	1 (11%)			
>10	1 (5%)	1 (11%)			
Number of potentially					
life threatening contrast					
reactions					
0–2	19 (100%)	6 (66%)			
2–5	0 (0%)	3 (33%)			
Certifications					
BLS	13 (68%)	9 (100%)			
ACLS	19 (100%)	0 (0%)			
PALS	0 (0%)	0 (0%)			



Figure 1. Radiology residents and radiology technologists' (RTs) knowledge improvement during simulated contrast emergencies. *P < .01.

Simulations with teams of radiology residents and technologists demonstrated similar knowledge improvement for both role groups and emphasized importance of communication



Communication and Teamwork

- 43% of safety events involve poor communication
- Teamwork and communication failures are the strongest predictor of surgical errors

	Unstanda	rdized coefficients	Standardized coefficients			95% confidenc	e interval for B
Model	В	Standard error	Beta	t	P value	Lower bound	Upper bound
(Constant)	531	1.067		497	623	-1.668	9 799
Teamwork	.935	.170	.692	5.506	.000	.585	1.285
External	.038	.253	.021	.152	.881	482	.559
Training	.360	.259	.190	1.393	.176	172	.893
Resources	-1.280	.652	283	-1.963	.061	-2.623	.063
Equipment	307	.320	126	958	.347	966	.353

Table II. Summary of multiple regression analysis using flow disruptions to predict surgical errors

Note: $R^2 = .627$; Adjusted $R^2 = .553$; P < .001.



Gawande et al. Surgery 2003;133:614 and Wiegmann et al. Surgery 2007;142:658

Interventional Radiology Suites

- Prone to the same types of errors, including communication errors, associated with traditional operating rooms
- MGH Department of Radiology
 - 17 interventional suites
 - Approximately 18,000 interventional procedures annually
 - $\sim 2,000$ of which require anesthesiology support
- Procedure complications account for approximately 1/3 of malpractice allegations against radiologists
 - Second only to allegations of "failure to diagnose"
- Given the growth of IR interventions, the need for team training has never been more apparent.



MGH IR TEAM Program

Training – 6 IR divisions (2009)
Staff training – ~600 people to date
Observer training – direct observations of staff quarterly

Data management

Contract with Subject Matter Experts

- Live training annually
- Observer training quarterly
- Staff survey q 18 months





We've trained Mass General Hospital, the YMCA and Partners Healthcare.

(We're great at push-ups now.)

Q.

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"Team Training? Do I have to?"

ORIGINAL CONTRIBUTION

Association Between Implementation of a Medical Team Training Program and Surgical Mortality

After controlling for baseline differences, the 74 trained facilities experienced a significant decrease of 18% in observed mortality (RR, 0.82; 95% CI, 0.76-0.91; P= 01). Mortality decreased by 7% (RR, 0.93; 95% CI, 0.80-1.06; P=.59) in the nontrained facilities.

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Iames P. Bagian, MD, PE





Neily et al. JAMA 2010;304:1693



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MGH Department of Radiology committed resources to develop and implement a simulation curriculum for contrast and emergency management with an emphasis on team training beginning in Spring 2012.

Overall program goals:

- 1) Improve the ability of MGH Radiology personnel to manage the first 5-10 minutes of a radiologic emergency, such as an adverse contrast reaction, while awaiting the arrival of help
- 2) Encourage Team Training skills among physicians, technologists, and nurses



IMAGING

MASSACHUSETTS GENERAL HOSPITAL LEARNING LABORATORY	55 Fruit Street Bartlett Hall Ext. 2 Boston, MA 02114 617-643-8228	
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MGH Learning Laboratory		
ast Updated: Jan 30, 2014 URL: http://libguides.massgeneral.org/learninglab 🛛 📇 Print Gu	ide 🔋 📓 RSS Updates 🕴 🖂 Email Alerts 🕴 🚺	SHARE 🔣 🎔 🖂)
Home About the Lab Simulation Training & Services Fellowship Fa	aculty Development 👖 Resources & Helpf	ful Links Contact Us
Home 🖷 Print Page	Search:	This Guide 💌 Search
The MGH Simulation Community of Practice		
 The Unlined Simulation community of practice across MGH includes a hospital L Medical Simulation and training activity across departments and services. The Learning Laboratory in the Treadwell Library is a shared facility that fosters colla among a network of MGH-affiliated simulation labs, including: Institute for Patient Care/Patient Care Services Knight Simulation Progra (Founders Building, Professional Office Building) Vincent Memorial Hospital Obstetrics and Gynecology Simulation Suite (Building) General Surgery Skills Lab and Surgical Research Suite (White Building Building) Cardiac Surgery Research and Skills Lab (Edwards Building) Center for Medical Simulation (Landsdowne Street/Cambridge) MGH Institute of Health Professions (IHP) Clinical Simulation Lab (MGH Charlestown) MGH-affiliated Simulation Training in Emergency Resuscitation (MASTEL Emerson Place) Center for Integration of Medicine and Innovative Technology (CIMIT) (Lat Street/Cambridge) Dr. Dinesh Patel Arthroscopic Learning Lab (175 Cambridge Street) Anesthesia Clinical Research and Skills Lab (White Building) Ophthalmology Skills Lab at Massachusetts Eye and Ear Infirmary (MEE 	Invision of central aboration am Labs (Founders g, Thier R) Lab (Zero ndsdowne	
	Slide courte	esv of James Thrall M D

Summer – Fall 2012



- Collaborators from the MGH Learning Laboratory, Anesthesia, Emergency Medicine, and Allergy
- Two steering committees within Department of Radiology
 - Technologist supervisors, nursing supervisors, interventional radiology technologist supervisors
 - Resident physician (chief resident), junior attending physicians, Division Head representative, QA Chair, senior attending physicians
- Project manager support to address scheduling logistics, data collection, and myriad program management needs
- Two attending radiologists and one nurse attended the week long Institute for Medical Simulation Comprehensive Instructor Workshop in Medical Simulation (October 2012)



IMAGING

Simulation pilot study in Sept 2012

- Technologist, nurse, and physician feedback from pilot sessions was incorporated to improve program
 - Tech expectations in the setting of an emergency (e.g. drawing up medications)
 - Tech suggestion to insert tech as role player/actor into simulation scenarios
 - Tech suggestion to acknowledge that techs are most familiar with their imaging suite and equipment, which is different by site and in simulation lab (? potential need for standardization)



Simulation logistics

- Program completion
 - Participants expected to complete pre-simulation didactic instruction
 - Staff excused from clinical work with coverage provided by Department
 - Goal is education No evaluation of individual competency
- Continuing education credits for techs, nurses, and physicians



GOAL: All MGH imaging personnel (~450 persons) through simulation exercises within 12 months



WHO

- MGH Imaging physicians, nurses, and technologists
- WHAT
 - Two cases uniquely targeted to contrast reaction management
- WHERE
 - MGH Learning Laboratory (2nd floor Treadwell)
- WHEN
 - Wednesday afternoons 1-3 and 3-5pm
 - First session: October 24, 2012
- HOW
 - 8 participants per 2 hour session (4 physicians + 4 techs for most sessions)
 - 60 sessions
 - 2 sessions per Wednesday afternoon
 - ≥30 weeks



Scheduling Clinical Personnel



- Trainee physicians scheduled before attendings (first physician responders in our clinical practice)
- Technologists mix of CT, MRI, and IR for each session
- Nurses not every session had a nurse (similar to our clinical practice)
- Attending physicians across divisions



Completion of simulation exercises

Year One

Year Two

Role	Eligible	Completed	Eligible	Completed
Technologists	192	159 (83%)	194	147 (76%)
RN, NP, PA	46	26 (57%)	42	16 (38%)
All Physicians	208	184 (88%)	206	183 (89%)
Residents	38	33 (87%)	39	37 (95%)
Fellows	55	41 (75%)	60	54 (90%)
Attendings	115	110 (96%)	107	92 (86%)
Total	446	369 (83%)	442	346 (78%)

Schedule on day of simulation

- 12:45 1:00 pm
- 1:00 1:05 pm
- 1:05 1:20 pm
- 1:20 2:05 pm
- 2:05 2:40 pm
- 2:40 2:45 pm
- 2:45 3:00 pm



MGI

Complete pre-simulation paperwork Welcome and Introductions **Course orientation** Case followed by a debriefing Second case followed by a debriefing **Closing comments** Group 1: Complete postsimulation questionnaire and CME evaluation forms Group 2: Complete pre-simulation paperwork

















Pre and post simulation questionnaires

$m{st}$ You are evaluating an adult patient who received intravenous contrast media for an
imaging study. The patient complains of mild to moderate shortness of breath, and you
notice diffuse hives on physical examination. You believe these symptoms are consistent
with a reaction to the contrast media. <u>What is the preferred route of administration of</u>
epinephrine?
Subcutaneous
Oral

* Simulation Training made me feel more comfortable with the management of contrast media induced anaphylactoid reactions.

Strongly Disagree	Disagree	Somewhat Disagree	Somewhat agree	Agree	Strongly Agree
\bigcirc	\bigcirc	\bigcirc	\bigcirc	\bigcirc	\bigcirc

*How comfortable do you feel administering intramuscular epinephrine to an <u>adult</u> with a contrast media induced anaphylactoid reaction?





Intra-simulation data collection

CEM Program	- Intra Simulation Survey
*Was epineph	rine administered?
If used, how lor	g into the simulation case was the first dose of epinephrine administered?
Minutes	
If used, what w	as the epinephrine type?
If Autoiniector administer	answer the following two questions:
	a, anamer ute following the questions.
	uministereu, were an o steps performeu correctiy:
	dministered was it injected into either the lateral thigh or arm?
	uninistered, was it injected into either the lateral thigh of arm:
If IM or IV epinephrine as	ministered, answer the following two questions:
If IM or IV enine	nhrine administered, was the correct dose administered?
If IM or IV enine	nhring administered was the correct dilution administered?
OTHER MEDICATIONS	
*What other m	edications were administered?
No Other Medicica	ions were administered
Albuterol Neb	
Benadryl	
Atropine	
IVF	
Other, please spec	fv
	<i>a</i>
L	





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To the best of my knowledge, no published studies in the radiology literature have described or evaluated

- Simulation-based training for attending radiologists, radiology fellow physicians, or radiology nurses
- Simulation-based inter-professional team training



Our results from the first year

Prospective analysis of an interprofessional team training program using high-fidelity simulation of contrast reactions

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We sought to understand whether implementation of a simulation-based training program impacted two skill sets:

- 1) Participants' abilities to manage an adverse reaction to contrast media
- 2) Participants' abilities to function as effective team members



Niell et al. American Journal of Roentgenology AJR (in press)

Knowledge improvement following simulation

19% improvement in the mean number of correctly answered knowledge based questions (paired t-test p < 0.00001)





Participants' perceptions following simulation

- Significant improvement in ability to manage an anaphylactoid reaction (p-value < 0.00001)
- Significant improvement in ability to work as an effective team member (p-value < 0.001)

	Pre Simulation		Post Simulation		
How comfortable do you feel	Comfortable	Not	Comfortable	Not	
working in a team during a	$n (\%)^{\dagger}$	comfortable	$n \left(\frac{0}{2}\right)^{\dagger}$	comfortable	p-value *
medical emergency?	II (70)	n (%) [‡]		n (%) [‡]	
Physicians	135 (90%)	15 (10%)	145 (97%)	5 (3%)	0.003
Resident/fellow physicians	55 (92%)	5 (8%)	58 (97%)	2 (3%)	
Attending physicians	80 (89%)	10 (11%)	87 (97%)	3 (3%)	
Nurses	19 (90%)	2 (10%)	21 (100%)	0 (0%)	0.5
Technologists	94 (80%)	23 (20%)	114 (97%)	3 (3%)	< 0.00001
Other	3 (60%)	2 (40%)	5 (100%)	0 (0%)	NA
Total (n = 293)	251 (86%)	42 (14%)	285 (97%)	8 (3%)	< 0.00001



Frequency of Re-Training



Frequency of Re-Training

- Data extrapolation from studies on CPR
- Loss of knowledge begins at 2 weeks
- Skill level might be maintained for up to 6 months
- Published studies suggest repeat training at 6 months



Lessons learned from years 1 and 2

- An effective simulation-based training program for contrast reactions should include technologists, nurses, and attending physicians, rather than restricting participation to residents.
 - Technologists are our first responders
- Team-training simulation programs are as relevant to radiology as they are to other clinical departments.



Challenges- Sustainability

- Debriefing expertise developed from within rather than contracted from outside
- Administrative support
- Should simulation exercises mix new staff with previously trained staff ?
- Inter-professional education requires cultural change
- Expectation for increasing clinical volume competes with educational/training initiatives
- Financial challenges



Cost estimates of simulation

TABLE 5. Summary of Cost Differences Between the Two Groups

	Lecture	Curriculum	Simulation Curriculum	
Analysis Item	Setup Cost	Recurring Cost	Setup Cost	Recurring Cost
Faculty time (academic days)	2	1	7	5
Resident time (h:min)	1:10	1:10	3:30	3:30
Financial cost (per resident)	<\$5	<\$5	\$259.76	\$203.46

- n = 23 residents with two residents per simulation
- Actual simulation time was 2.5 hours



Petscavage et al. Academic Radiology 2011;18:107

Cost includes personnel time away from clinical schedule



Working on and around stairways and ladders is hazardous. Stairways and ladders are major sources of injuries and fatalities among construction workers for example, and many of the injuries are serious enough to require time off the job. OSHA

Safety and Health Program Management Guidelines

Effective management of worker safety and health protection is a decisive factor in reducing the extent and severity of work-related injuries and illnesses and their related costs. In fact, an effective safety and health program forms the basis of good worker protection and can save time and money—about \$4 for every dollar spent—and increase productivity and reduce worker injuries, illnesses and related workers' compensation costs.

https://www.osha.gov/Publications/osha3124.pdf

Do our personnel believe that CEM simulation is a valuable use of time?







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Ultrasound Simulators



The Full-Torso Manneguin is designed to be utilized with the following Educational Modules: Abdomen, Obstetrics, Gynecology, Transvaginal-Gynecology, Transvaginal-Obstetrics, Breast and Emergency Medicine. It has a soft, pliable, rubber surface that covers a foam belly representative of a late-first or earlysecond trimester pregnancy.



20

18

4

2 0

of Correct Procedural Step

The Upper-Torso Mannequin is designed to be utilized with the following Educational Modules: Vascular and Neck. It has a soft. pliable, rubber surface covering the upper abdomen and the thorax, which extends around the neck area allowing for Color Doppler examination of the vertebral and carotid arteries.

Mean Practical Scores

Pre and Post Test (p<0.001)

Figure 5. Statistical significance in improvement in procedure

performance from pretraining to posttraining.



By Specialty - Radiology





Renal Biopsy



Transvaginal



FAST Trauma



Amniocentesis

Paracentesis

Abdominal Aorta

Vascular Access

Soft Tissue Biopsy

Thoracentesis

Thrombosis









Cardiac

















Blue Phantom[™], MedSim, and Mendiratta-Lala et al. Acad Radiology 2010;17:535



Regional

Anesthesia

Doppler





Scrotal



Foreign Body ID

Endovascular Simulators



MENTICE®

Endovascular Simulators

- Radiology residents
 - Decreased fluoro time
 - Decreased major errors
 - Improved procedural skill
- Experienced interventionalists
 - Decreased procedure time
 - Less radiation
 - Improved procedural skill

Parameter	Before Training	After Training	Percentage Improvement	P Value for Difference
Mean fluoroscopy time (sec)	179 (70)	143 (39)	20% less time	.05
Mean task time (sec)	449 (73)	293 (73)	35% less time	.001
Mean contrast medium volume (mL)	30 (7)	29 (4)	3% less contrast medium used	.64
Mean number of major errors by candidates	1.2 (1.3)	0.5 (0.9)	58% fewer errors	.02





Coates et al. JVIR 2010; 21:130 and Van Herzeele et al. Eur J Vasc Endovasc Surg 2007;35:541



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Future Directions for Simulation

- 1. Build a library of diverse simulation cases
 - Procedural emergencies in an interventional radiology suite
 - Handoffs between IR and other medical services
 - Pediatric algorithms for trainee physicians and pediatric radiologists
- 2. In situ simulation exercises
 - Occur in the clinical work environment (CT, MRI, IR)
- 3. Expand procedural simulation initiatives
- 4. Multi-disciplinary collaboration (e.g. Anesthesia or vascular surgery)



Dept of Radiology Simulation Team

Joanne Forde, RTR (CT)



Alexandra Penzias, RN, MEd, MSN



Shawn Bonk, MHM



Gloria Salazar, MD



Bethany Niell, MD, PhD

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 - Wayne Stathopoulos
 - Suresh Venkatan
 - Avni Khatri
 - Tanya Milosh-Zinkus
- Emily Hayden
- James Gordon
- Margaret Sande
- Dushyant Sahani
- Steve Dawson
- Rebecca Minehart
- Cristy Savage
- Peter Mueller



Thank you for your time!

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Please comment on the strengths or weaknesses of this experience and any recommendations for improvement.

Add Closing Created Excellent Fantastic Focus Glad Hard ID Knowing Neill Provide Salazar Strengths Technologist Weaknesses actor actors actual .actual testing. additional algorithms anxiety apparent assess beginning beneficial call cards Cases challenged challenges chance class close comfortable comments committed content contents contrast .contrast reaction. correct counts critical deal $\operatorname{debriefing}$ demonstrated departments dept details didactic difference difficult discuss doll dosage doses dr dummy dynamic emphasis enlightening environment equipment event exact excise exercise experience great. expert facilitators fact familiar familiarizing feedback feel fire forcing frequentlu gaps good good experience. great .great experience. .great job. .great session .great simulation. .great team. group hands harder helpful helping helps history i.e idea important improved info informative inherently initial input instruction instructors interactions interdisciplinary involved job kit knowledge lab leadership learn learned learning life location loop material media medicine mild months nature necessarily number nurses offer orange order orient overly part participants participating patient people perfect person place pleasant positive practical practice prepare pressured process program protocols pt's q6 questions rapid reaction reactions reading real real-feeling realistic refreshing reinforcement residents return review roles room run scenario scenarios session setting setup severe simulation simulations simulators situation size small spent start started stored suggest support surroundings symtoms tea,s team teams techs test testing thought time tolerable tool training treatment trial unfamiliar unsure verbalize view watch watching weakness white work worked working