

Intern Boot Camp: A Practical Guide

Debra D. Tiemann, RN
Michele C. Bowman, C-TAGME
Washington University School of Medicine
Saint Louis, Missouri

Association of Residency Coordinators in Surgery
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Intern Boot Camp: A Practical Guide

Overview

- Sessions
- Topic selection
- Selection of instructors
- Obtaining supplies
- When to begin planning



Session 1:
Surgical Instruments and Suture Basics

- Room style: Classroom
- Instructors: 1 Attending and Chief Residents
- AV capability
- Station for each intern
- Sharps container



Session 1:

Surgical Instruments and Suture Basics

- Items at station
 - Suture pad or pig foot (if a pig foot is used, paper plate and scalpel with blade to make incision, will be needed)
 - Gloves
 - Needle Driver
 - Scissors
 - Pickups
 - Suture Material
 - Silk Ties
 - Knot Tying Board



Session 1:

Surgical Instruments and Suture Basics

- The instructor will give a 30 minute presentation describing the instruments and the different types of suture material.
- The majority of the session is spent hands-on suturing and knot tying, i.e. –
 - One-handed and two-handed knot tying
 - Single interrupted suture
 - Interrupted vertical and horizontal mattress
 - Single continuous closure
- The instructor will make the decision which tasks will be taught.



Session 1: Surgical Instruments and Suture Basics

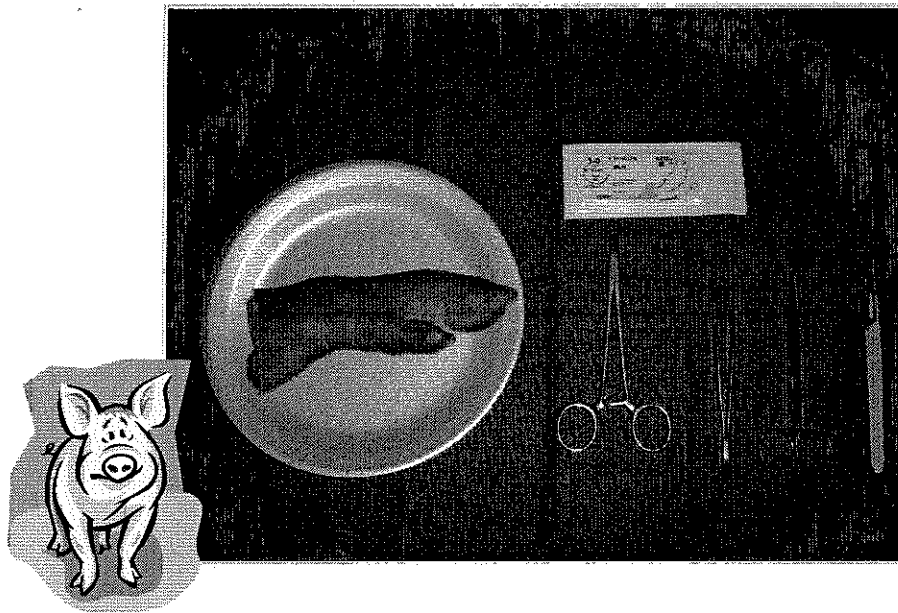


Knot Tying
Board

Scissors
Pickup
Needle Driver

Suture Pad

Session 1: Surgical Instruments and Suture Basics




- Suture
- Needle Driver
- Pickup
- Scissors
- Scalpel

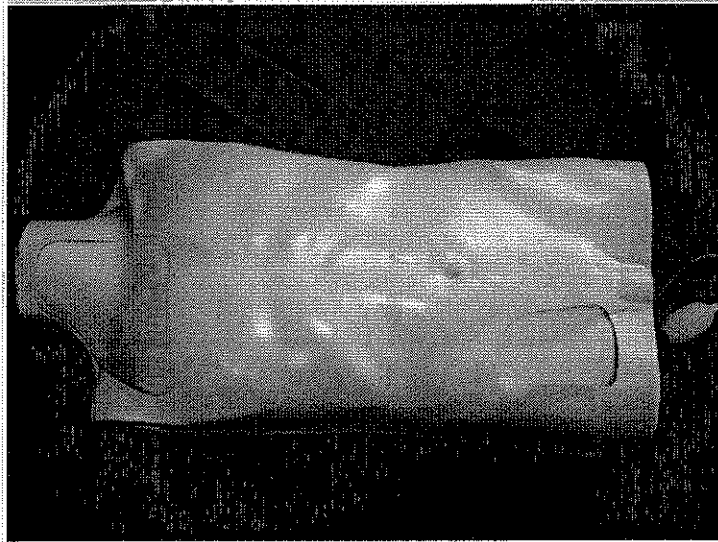
Session 2:

Central Line Placement/Arterial Stick

- Room style: Classroom or lab
- Instructors: Chief Residents
- Supplies
 - Commercially available central line torso*
 - One central line kit (everyone uses the same kit)
 - Gloves
 - Gauze and Water
 - Chux™ Pads

*Torso will need to be refilled with “blood” halfway through session 

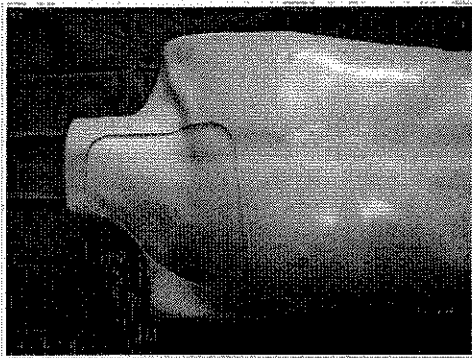
Session 2: Central Line Placement/Arterial Stick



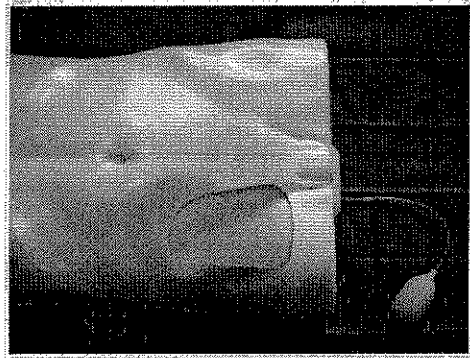
Central Line Torso



Session 2: Central Line Placement/Arterial Stick



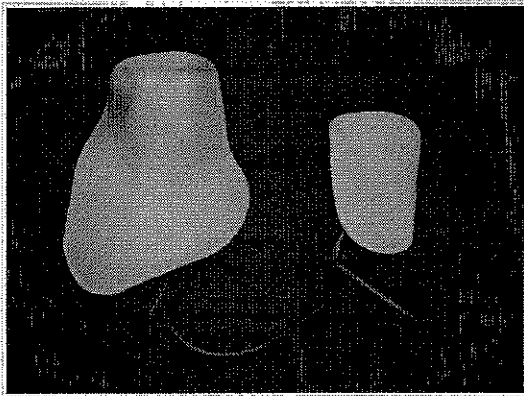
Subclavian or Internal Jugular
Approach



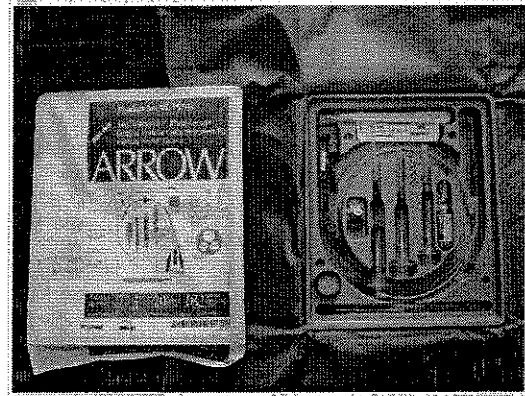
Femoral Approach



Session 2: Central Line Placement/Arterial Stick



Replacement Pads



Central Line Kit



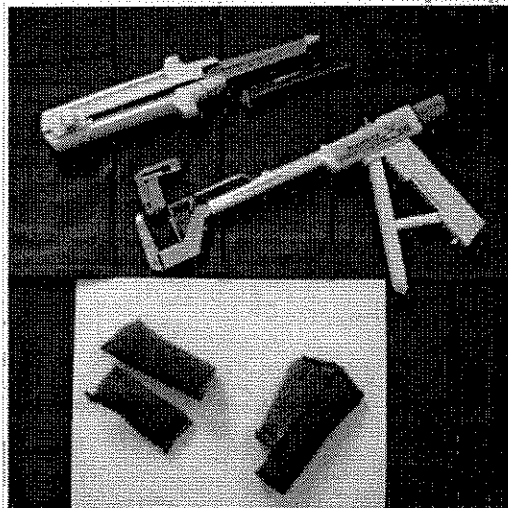
**Session 3:
Multi Station – Stapling Techniques/
Energy Sources/Surgical Biopsy**

- Room Style: Lab
- Topic: Stapling Techniques
- Instructors: CR Attendings, Industry Representatives
- Supplies
 - Stapler – Linear (2 or 3 at each table)
 - Stapler “reload”
 - Linear Cutter
 - Tubular Foam
 - Scissors
 - Dry erase board for attending



Session 3: Multi Station – Stapling Techniques/ Energy Sources/Surgical Biopsy

Staples and cuts



Only staples

Foam tubes used for practicing



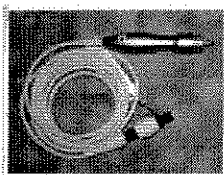
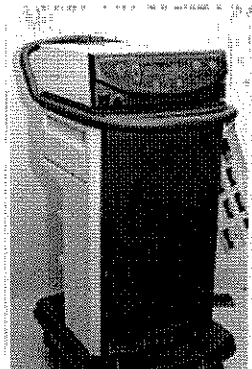
Session 3:

Multi Station – Stapling Techniques/ Energy Sources/Surgical Biopsy

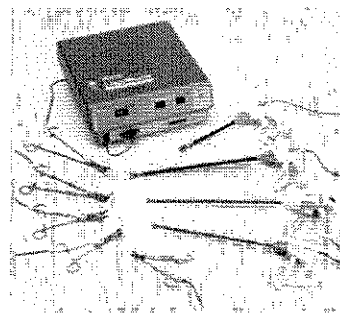
- Topic: Energy Sources
- Instructors: Industry Representatives
- Supplies
 - Electrocautery
 - Ligasure™
 - Harmonic Scalpel™
 - Chicken breasts
 - Paper plates
 - Gauze



Session 3: Multi Station – Stapling Techniques/ Energy Sources/Surgical Biopsy



Ultracision
Harmonic
Scalpel



Force 2 Electrosurgical Generator



Session 3:

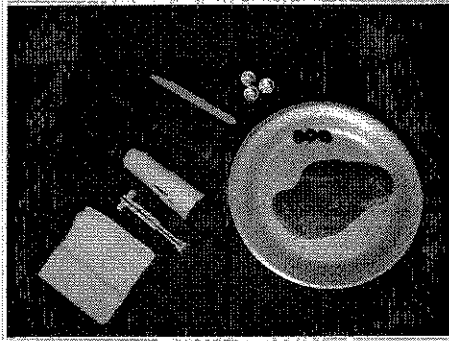
Multi Station – Stapling Techniques/ Energy Sources/Surgical Biopsy

- Topic: Surgical Biopsy
- Instructor: Breast Attending
- Supplies
 - Biopsy devices
 - Gloves
 - Needle and syringe (used with bath beads)
 - Scalpel and blade
 - Chicken breasts
 - Olives
 - Bath beads with oil (Dollar Store)
 - Oranges (for punch biopsy)
 - Paper plates
 - Gauze



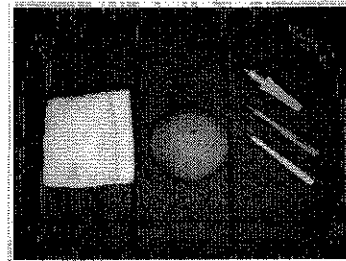
Session 3: Multi Station – Stapling Techniques/ Energy Sources/Surgical Biopsy

Scalpel
Syringe
Core
Gauze

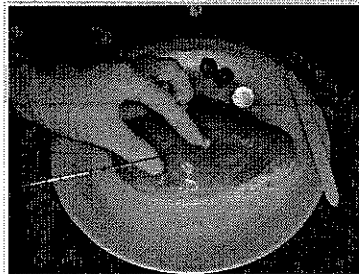
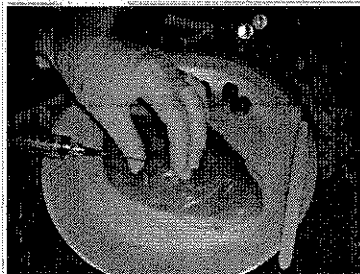
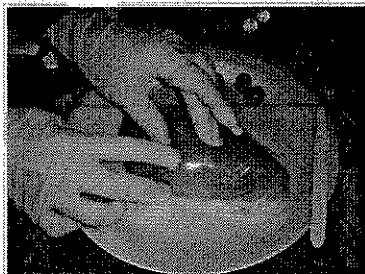
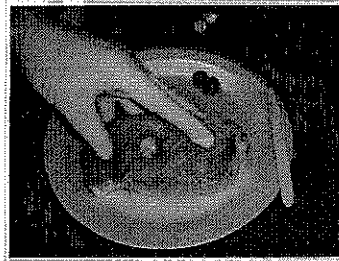
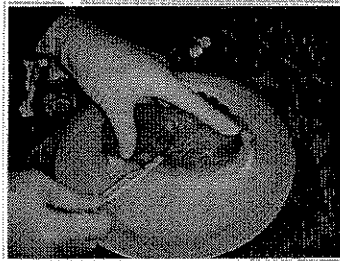
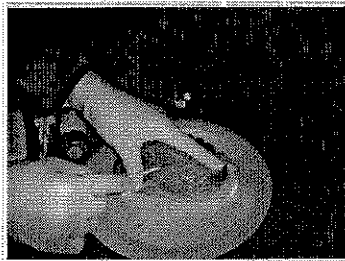


Bath
beads
Olives
Chicken
Breast

Supplies for
punch biopsy



**Session 3:
Multi Station – Stapling Techniques/
Energy Sources/Surgical Biopsy**



Session 4: Common Management Problems/ Operative Logging Instructions

- Room style: Auditorium or classroom
- Instructors: Chief Residents & Research Residents
- Topic: Common Management Problems (brief overview of each problem)
 - Fever
 - Shortness of breath
 - Chest pain
 - Low BP
 - Low urine output
 - Mental status changes
 - Tachycardia/arrhythmias



Session 4: Common Management Problems/ Operative Logging Instructions

- Topic: Operative Logging
 - Tips for logging cases
 - Sticker book
 - “Instruction Booklet”
 - Definitions
 - Bedside procedures
 - Defined category instructions for pediatric surgery, laparoscopy, endoscopy, plastic surgery
 - Surgical critical care and non-operative trauma documentation
 - Case entry



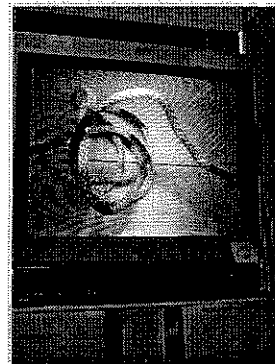
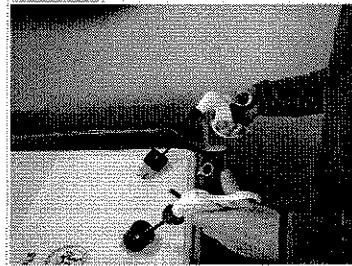
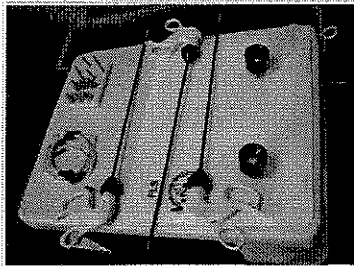
Session 5: Introduction to Basic Laparoscopic Skills

- Room style: Lab
- Instructors: MIS Faculty, Chief Residents and Industry Representatives
- Supplies
 - Laparoscopic tower
 - Trainer boxes
 - Laparoscopic graspers and scissors
 - Maryland, Babcock, alligators
 - Trocars
 - Drills
 - Camera drill
 - Peg transfer
 - Pattern cutting
 - Rope running
 - Stop watches, scoring sheets, pen

Make It Fun!



Session 5: Introduction to Basic Laparoscopic Skills



Session 5: Introduction to Basic Laparoscopic Skills

SCORE SHEET

Name: _____

Start timer when instruments are in position

<u>DRILL 1</u> Peg Transfer	<u>TIME</u>	<u>ERRORS</u> <i>(Add 5 seconds per dropped peg)</i>	<u>TOTAL SCORE</u> <i>(In Seconds)</i>
<u>DRILL 2</u> Pattern Cutting		<i>(Add 1-5 seconds for cuts inside or outside the two circle pattern lines)</i>	<i>(In Seconds)</i>
<u>DRILL 3</u> Camera Navigation		<i>(Add 1-6 seconds for camera not level)</i>	<i>(In Seconds)</i>
<u>DRILL 4</u> Running Rope		<i>(Add 1-10 seconds for grasps not made on colored segments or for "fire-polling")</i>	<i>(In Seconds)</i>

Session 6: Cadaver Lab

Chest Tube Insertion/Surgical Airway

Laparotomy Incision

- Room style: Lab
- Instructors: Attending and Chief Residents
- General Supplies
 - Cadavers
 - Gowns
 - Gloves
 - Protective eyewear
 - Masks
 - Scalpel and blade
 - Needle driver and sutures
 - Scissors and gauze
 - Marking pen
- Chest Tube Insertion
 - Chest tubes – 24-36F
 - Long Kelly's
- Surgical Airway
 - Shiley trach tubes
 - 10cc syringe
- Laparotomy Incision

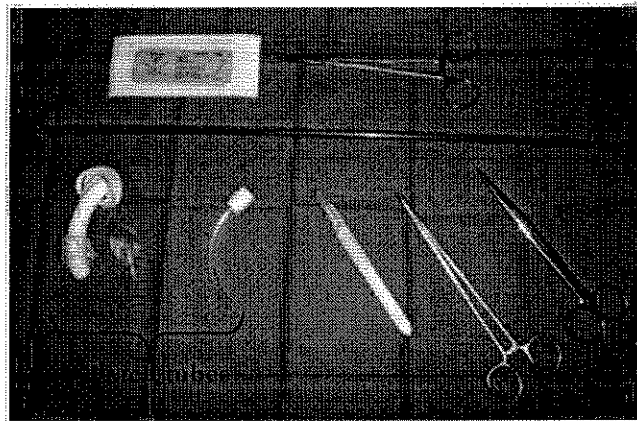


Session 6: Cadaver Lab

Chest Tube Insertion/Surgical Airway

Laparotomy Incision

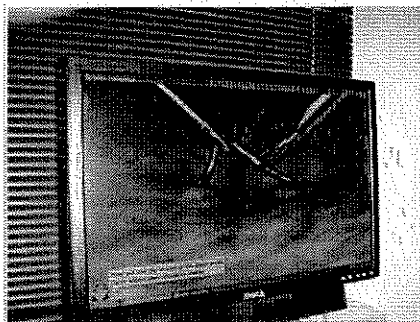
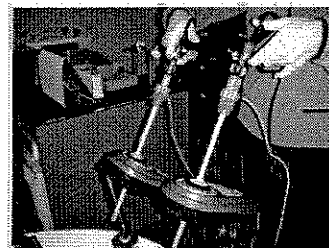
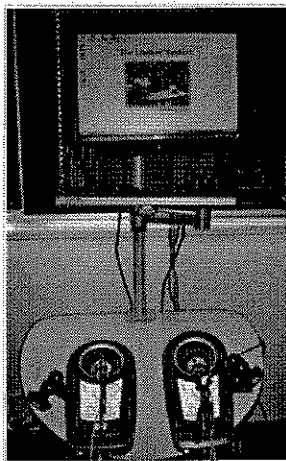
Suture
Chest tube



Needle driver
Scalpel
Long Kelly
Scissors



Session 7: Introduction to “How to Use the Laparoscopic Simulator”



Session 8:
Wound Ostomy

- Room style: Classroom
- Instructors: Attending and Ostomy Nurses

This is a didactic session with emphasis on pressure ulcers. Different products are displayed for the treatment of wounds, including negative pressure therapy, ostomy pouches and various dressings.



Session 9: IV Therapy/Wound Closure Basics/ Summer Wrap-Up

- Room style: Classroom or Auditorium with AV
- Instructor: IV Therapy Nurse
- Topic: IV Therapy

This is a didactic session with a brief presentation about the IV Therapy Department and what they have to offer. Q&A for 30 minutes.



Session 9: IV Therapy/Wound Closure Basics/ Summer Wrap-Up

- Room style: Classroom or Auditorium with AV
- Instructor: Program Director
- Topic: Wound Closure Basics

This is a didactic session that discusses...

■

Session 9: IV Therapy/Wound Closure Basics/ Summer Wrap-Up

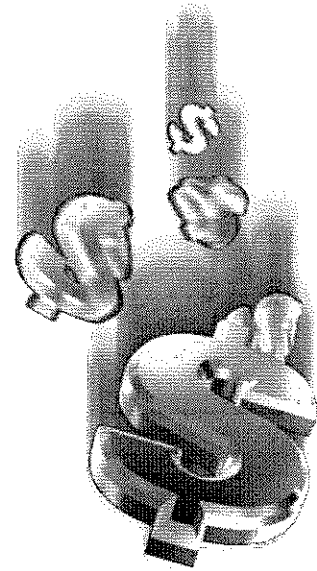
- Room style: Classroom or Auditorium with AV
- Instructor: Program Director
- Topic: Summer Wrap-Up

This informal interactive session is a Q&A of what worked, what could be improved, suggestions for next boot camp. Debbie takes notes. MEK – please review.



“Money Matters”

- Mayo-hegar needle holder - \$23.78
- Adson tissue forcep - \$8.08
- Debaquey forcep - \$30.07
- Mayo scissors - \$10.14
- Kelly clamp - \$8.15
- #3 knife handle - \$4.05
- Laparoscopic grasper (Ethicon, disposable) - \$50-100.00
- Laparoscopic simulator (Surgical Science) - \$60,500.00
- SAGES FLS trainer box - \$1,800.00
- Cadaver - \$1,200.00
- Pig - \$450.00
- Pig's feet - \$1.99/lb
- Beef ribs - \$2.49/lb
- Suture Pad (Simulab) - \$25.00
- Central line torso (Laerdal) - \$900.00 (replacement pads: neck - \$279.00, femoral - \$184.00)
- Central Line Man (Simulab) - \$1,340.00 (replacement tissue - \$435.00)
- Central line kit (Arrow) - \$25.00
- Box of 2-0 silk suture (Ethicon) - \$144.00

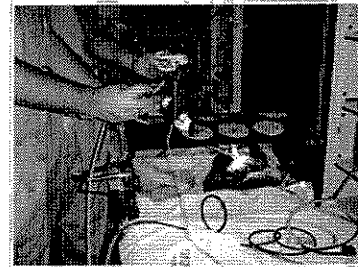




Practicing laparoscopy using a trainer box



Suturing



Laparoscopic cholecystectomy using trainer box



Cadaver lab



Central line placement



Knot tying



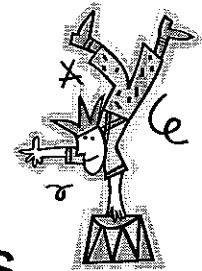
Intern Comments

- In general, I felt the skills sessions were very helpful, especially central line, suture and ABG sessions.
- I particularly enjoyed the stapling and energy device lab, as well as the lap chole lab. Both taught me very practical skills, so that when an attending handed me a stapler in the OR and asked if I knew how to use it I could say YES!
- Intern Boot Camp was a great opportunity to gather with fellow interns and talk about the events of the prior week. In other words, a great bonding experience.
- Common management problems and how to call your senior was very helpful as well as how to place a central line.
- I thought the intern boot camp was useful in terms of calling chief residents, etc.



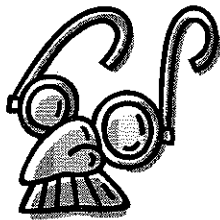


REMEMBER



This is a work in progress

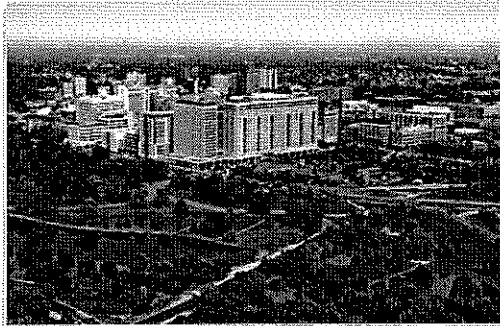
They want to learn



MAKE IT FUN!



This is how we do it.



Debra D. Tiemann, RN
tiemannd@wudosis.wustl.edu
314-7472546

Michele C. Bowman, C-TAGME
bowmanm@wudosis.wustl.edu
314-362-8028

SIU School of Medicine's Department of Surgery
Surgical Skills Lab Workshop hosted by
Dr. Gary Dunnington, Chairman, Department of Surgery
For more information about the workshop, see their website
http://www.siumed.edu/surgery/surgical_skills/index.html
and you may contact Susan Helm at shelm@siumed.edu.

