

OB/GYN Simulation

Simulation-based training for residents is fast becoming a tremendous complement to traditional Ob/Gyn training.

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Optimizing Technology, Training Leaders

UR Medicine's Center for Obstetrics and Gynecology Simulation offers an innovative training program to educate residents with a new standard of excellence. By simulating critical life-threatening experiences in the laboratory setting, the first time isn't a real-life situation. Students learn to deal with quick decision-making and work as part of an interdisciplinary team, encompassing cross-disciplinary simulation between the Ob/Gyn department and Emergency Medicine, Family Medicine and Anesthesia.

The value of simulation is its ability to re-create events or scenes in clinical practice that are often rare, but considered important to perform or understand through the use of standardized patients and computer enhanced patient mannequins. For example, in today's birth units with an operative vaginal delivery and episiotomy rate of less than 10 percent, 3rd- and 4th-degree perineal lacerations seldom occur. Given the infrequent rate of these incidents, simulation training helps residents learn the most effective repair of these types of lacerations if the problem occurs.

Another critical area of training and expertise needed for residents is advanced laparoscopy, often used to diagnose and treat endometriosis—a condition that now affects more than five million women in the United States. This minimally invasive surgery allows women to recover faster than traditional abdominal surgery, and can provide relief from pain and fertility problems.

Residents can now expect to regularly simulate a wide variety of events in addition to laceration repair and laparoscopy, including operative delivery, hysteroscopy, and robotics—a specialized form of minimally invasive surgery for larger and more complex surgeries that, until now, could only be done through open incisions. In fact, Highland Hospital's team of gynecologic and gynecologic oncology surgeons perform the largest number of minimally invasive robotic gynecological surgeries in the region using the latest daVinci® Surgical Systems. Only a few sites nationwide use the advanced single-site technology for gynecology cases. Coupled with surgical training are team-based simulations of critical maternal/fetal events including hemorrhage, eclampsia, and shoulder dystocia.

As our program continues to expand, we can train future distinguished medical leaders in ways we haven't been able to in the past, while developing the best ways to enhance the quality of care and safety for our patients. *Please join us in this exciting initiative.*

Your gift can help us *enhance training in obstetrics and gynecology*

Pressures in health care, including those of cost-containment and patient safety, limit the traditional methods of training through the use of actual patients—especially those in critical circumstances such as with 3rd- and 4th-degree lacerations or hemorrhaging—in hands on medical education. Your support can help us stay ahead of the curve in the most current training and technology needs for our future generation of health care leaders.

SURGICAL AND CLINICAL SKILLS TRAINING FUND—\$50,000 to \$250,000

You can help us by creating an endowment devoted to enhancement of our simulation training program so that our residents and staff can continue to learn how to provide outstanding surgical and clinical care. This funding can provide support for surgical skills training, team training activities, mannequin simulation activities and courses, and the infrastructure for educational and patient safety research.

RESIDENT EDUCATION FUND FOR OBSTETRICS AND GYNECOLOGY SIMULATION—\$50,000 to \$100,000

The resident education fund will provide financial support for our residents that could not be funded otherwise, including attendance at training courses, purchases of educational materials and equipment, and funds for travel to national meetings to network among peers, and to present at scientific meetings. Your support will ensure that our hardworking residents receive the important educational benefits they need while part of UR Medicine.

LEARNING EQUIPMENT AND TECHNOLOGY FUND—\$5,000+

The latest advancements in obstetrics and gynecology require a large spectrum of state-of-the-art equipment and technology specifically tailored to its training needs such as an amniocentesis trainer, an ultrasound trainer for gynecology and obstetrics, simulation mannequins designed for specific medical circumstances such as breech, and “sim babies.” An unrestricted technology and equipment fund will allow us to keep the program cutting-edge and give residents and staff the vital resources they need to enhance their skills and become better health care professionals.

Training the Leaders of Tomorrow: The Value of Simulation Training

“I always knew I wanted to go into a surgical field. After my Ob/Gyn residency training, I decided to pursue a fellowship in Minimally Invasive Gynecologic Surgery (MIGS). It’s a challenging field; one that is constantly advancing to offer women surgical options with rapid recovery periods.

Our simulation program has a dedicated laparoscopic simulation curriculum using laparoscopic box trainers that affords residents the opportunities to practice complex tasks and familiarize them with the laparoscopic instruments early on in their training. We practice simulation at least twice a month with different teams of residents.

In August 2014, I attended a national laparoscopic skills course for MIGS fellows. I won first place in a laparoscopic suturing competition and I also secured the best times in two of the four different laparoscopic knot tying techniques. I am confident I won these awards because of the simulation training I received at the University of Rochester.

We are very fortunate to have dedicated faculty here who put extra effort into simulation training to enhance our learning experience. I have spoken with residents who have trained at other programs, and I’ve found that our simulation curriculum is very unique. I’m so proud to be a part of this program.”

—Smitha Vilasagar, Fellow in Minimally Invasive Gynecologic Surgery. As part of her fellowship, she now trains residents during the monthly simulation training sessions.



Smitha Vilasagar

For more information about how your gift can make an impact, please contact Dianne Moll at:
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