

The Medical Record

Simulation Education for Improved Professional Practice

A Newsletter of the Richard A. Henson Medical Simulation Center • Salisbury University

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Welcome!

Thank you for your interest in the Richard A. Henson Medical Simulation Center at Salisbury University. We are located just south of the main campus on Pine Bluff Road. This newsletter is designed to keep faculty and friends informed about events at the Sim Center. If you are interested in using our facilities for any of your educational needs, or have questions or comments, please feel free to contact us at the directory information listed to the right.



Richard A. Henson Medical Simulation Center:

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Debriefing Workshop Featured as SU Faculty Development Activity September 2019

Amanda Willey, M.S.N., RN, CM/DN, CCHP

Debriefing, a process of facilitated or guided reflection, is a key aspect of learning in simulation as it provides learners with an opportunity to think about their performance, solidify their knowledge, gain new insights and ultimately change their practice. During debriefing, facilitators can also emphasize key learning points by relating them directly to the simulation, producing a more memorable and effective experience. While debriefing is a powerful tool, it requires a skilled facilitator to maximize the educational benefit for the learner

result (Stanford University, Center for Immersive and Simulation-based Learning, 2019). Adhering to best practice guidelines strengthens the use of simulation and leads to improved learner outcomes.

In September, the Center hosted College of Health and Human Services (CHHS) faculty for a professional development workshop on the importance of debriefing. Faculty were invited for an afternoon session to learn more about five debriefing models that may be used for debriefing in simulation exercises. These included: Plus/Delta,

Advocacy-Inquiry, Debriefing for Meaningful Learning, Debriefing with Good Judgment and PEARLS. Faculty were also able to practice three of the models discussed – Debriefing with Good Judgment, Debriefing for Meaningful Learning and PEARLS. With feedback gained from the exercises, the Center will begin moving forward to consider models for standardized debriefing to be incorporated by all users as part of simulation experiences. Additional sessions will be offered in the future to guide new users and help them improve their debriefing skills.

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Recent Visitors

2019

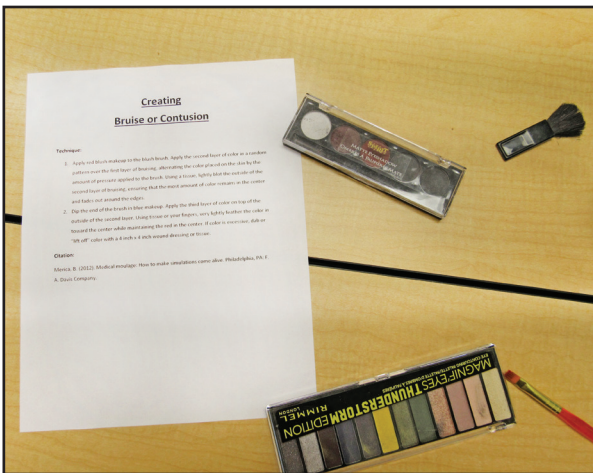
Boys Innovation Academy

Twenty middle school-age boys began their week-long Salisbury University summer camp experience at the Sim Center. Working in small groups, the boys enjoyed a tour, explored the inner workings of SuperTory, our high-fidelity infant simulator, and played the “Health Careers Millionaire” game. The Academy is tailored to middle schoolers and is designed to enhance their competence and confidence in

innovation and leadership. In a collaborative, supportive and creative environment, participants entering sixth, seventh and eighth grade explore science, technology, environment, civic engagement, communication and arts. Since the students had never been in a medical simulation center before, they indicated their interest in returning to learn even more.



New Beginnings Youth and Family Services



In July, the Center was host to 44 children ranging in age from 5 to 16, their adult chaperones and high school student counselors from the New Beginnings summer program. Located in Cambridge, MD, the program offers enrichment activities for children throughout the summer. After lunch at

the SU Commons, students enjoyed a tour of the Sim Center, explored the computer software and hardware associated with our high-fidelity birthing manikin, played “Body Part” bingo, and learned moulage by making their own wounds! Dr. Theresa Stafford, executive director of the New Beginnings program reported that students had “an amazing experience” and look forward to returning next summer.

Honors Students

Dr. Stacia Kock, SU’s Bellavance Honors Program faculty director, and her students visited the Center in October. After a tour, they learned how to listen to normal and abnormal breath sounds using the pediatric high-fidelity human patient simulator. Each had the opportunity to

use a stethoscope to discern changes associated with asthma, pneumonia and a collapsed lung. Students indicated their interest in various health careers including medicine, nursing, and medical lab science.



Meet Sydney Geesaman

Sydney Geesaman is the newest member of the Henson Medical Simulation Center team, providing administrative support to our many activities. As an administrative assistant for the College of Health and Human Services Dean's Office, she will be working from offices both in Conway Hall and the Sim Center.

After joining the ranks as a Maryland state employee first in the Medical Records Office at the Deer's Head State Hospital, Sydney soon began her career at SU in 1988. Her proficiency with Microsoft Office, her eye for detail and her vast working knowledge of processes at Salisbury University make her a long-awaited addition to the Center!

Sydney and her husband, Danny, an alumnus of SU, have two teenage daughters, Anna and Elyse. Don't be surprised if you see Anna walking the campus next year as a freshman. She is setting her academic and career goals on performing necropsies and researching animal diseases. Please join us in welcoming Sydney to our staff.

Seldomridge, Neighbors and Tyndall Earn Health Care Simulation Certificate from George Washington University August 2019

Dr. Lisa Seldomridge (Medical Simulation Center director), Catherine Neighbors (Medical Simulation Center assistant director) and Zackery Tyndall (Medical Simulation Center assistant simulation coordinator) completed the Essentials in Clinical Simulation Across the Health Professions certificate course through

George Washington University. During the seven-week course, expertise was demonstrated during seven interactive modules: (1) the fundamentals of clinical simulation, (2) the International Nursing Association for Clinical Simulation and Learning (INACSL) standards of best practice, (3) implementing simulation into the curriculum, (4) developing

a simulation center, (5) debriefing in simulation, (6) evaluating simulation experiences, and (7) incorporating standardized patients into simulation experiences.

Please join us in congratulating them on their success in the program!

Faculty Research Corner

The Clinical Exercise Physiology Laboratory research efforts have produced several abstracts, student presentations and manuscripts in recent months. Our two-year investigation on the influences of strength training on arterial stiffness was published in the *Journal of Strength and Conditioning Research* (10.1519/JSC.0000000000003331). Three of our research students – Morgan Vance, Joshua Nicolas and Colin Gimblet – presented data from separate studies at the American College of Sports Medicine Mid-Atlantic Regional Conference on November 1. Four

other research students have submitted proposals to present our data at the next National Conference on Undergraduate Research in March 2020. And our article examining the influences of acute creatine supplementation on indices of arterial stiffness and muscle oxygenation is set for publication in 2020.

We have three new studies starting at the beginning of spring 2020. A study developed by Colin Gimblet, a student in the M.A. Applied Health Physiology (AHPH) Program, will research the effects of six-week fish oil supplementation on markers of arterial stiffness. Another AHPH

student, Diop-Ali Crimmins, will be examining the influences of eight-week music therapy training sessions on strength training outcomes and arterial stiffness. And in collaboration with Dr. Lisa Marquette and Iron Strong CrossFit, we will attempt to uncover the different effects of high-intensity training between novice and advance CrossFit athletes.

As the research efforts continue, we always welcome interested Salisbury University students to visit our lab and get involved. For more information please contact Tim Werner at tjwerner@salisbury.edu.

Inventory Management System

September 2019

Our new inventory management system began, as many things do, by our staff trying to solve a problem. Fortunately, and unfortunately, we have acquired a vast array of medical supplies over the years from many of our great partners. The spectrum of supplies and the wide variety of programs we serve had presented a challenge when it came to differentiating what equipment was needed on a daily basis.

To create a more standardized system for locating and tracking inventory, Zackery Tyndall created our first inventory management system using Microsoft Excel. The initial phase of our inventory system contains a little more than 22,000 items and approximately 300 SKUs. By rolling out the new system this fall, it has brought our Center more in line with the University's expense-based budgeting. It also allows

us to track and allocate costs for each simulation experience more precisely.

By building out a system using Excel, we're able to solicit feedback from staff who interact with the inventory management system and make changes accordingly. Overall, it appears to be working quite well, and we look forward to building out additional phases over winter break.

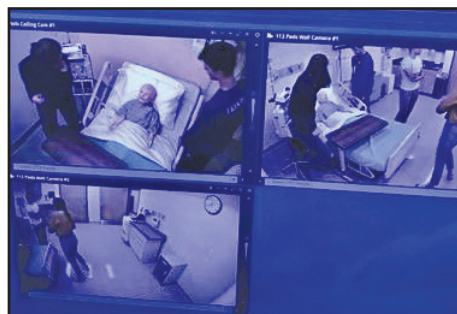
Alumni and Homecoming Weekend Open House

October 2019

For the second year, the Simulation Center welcomed alumni, current students and their families, and members of the surrounding community for an open house during Alumni and Homecoming Weekend.

Tours were provided by the Center Director, Dr. Lisa Seldomridge, faculty in the School of Nursing and Center Assistant Director Catherine Neighbors. Highlighted on the tour were six high-fidelity patient simulators, example videos from our standardized patient program and a behind-the-scenes look at the process used in creating a realistic environment for simulation-based learning.

Current students proudly showed the Center to their families and spoke of how the Center offers a learning environment that mimics the clinical setting where they can train.



Tarnosky Family Visit to the Simulation Center During Homecoming Fall 2019



Tarnosky Family Visit to the Simulation Center During Homecoming Fall 2019

Student Research Corner: Correction

The last issue of *The Medical Record* included an abstract titled "The Effects of Acute Creatine Supplementation on

Arterial Stiffness: A Pilot Study." The author, Colin Gimblet, is a graduate student in the M.A. in Applied Health

Physiology program. His program of study was incorrectly identified.

President's Pre-Legislative Luncheon

November 2019



The Simulation Center recently hosted SU President Charles Wight's Pre-Legislative Luncheon for members of the Eastern Shore Delegation on Monday, November 18. During their visit, legislators had the chance to tour our Center and hear first-hand from students. With the programs offered at the Simulation Center representing growing fields in Maryland's economy,

the high-fidelity patient simulators provide an excellent opportunity for our students to graduate and feel confident entering the job market.

Thanks to students Ekua Dadson and Sara Ellis from nursing, Brianna Clark and Randi Payne from respiratory therapy, and Eric Dolan from applied health physiology for their outstanding work as student ambassadors for this important event.

Standardized Patient Actors Learn How to Use MyClasses

As the Standardized Patient (SP) Program at the Center grows, so too has the need for easy access to policies, procedures and training materials for our dedicated actors. Recently, two hands-on educational workshops were held to introduce all Center actors to the MyClasses e-learning management system. Bonni Miller, instructional designer for the College of Health and Human Services, led the sessions which featured various activities, including how to post to a discussion board, take a quiz, complete

and submit an assignment, and ask questions. Participants noted that they "really like the ability to find all materials in one place that could be accessed anytime and anywhere, even on my phone."

Beginning in January 2020, the MyClasses Standardized Patient Program site will be the go-to place for all SP program related materials. Designed by Amanda Willey, instructor in the Salisbury University School of Nursing, as part of her doctoral work, the site includes informational

modules (What is an SP?), SP policies, training and audition processes, the audition rubric, and frequently asked questions. Modules for each SP-based learning activity are available by course or workshop name. Faculty and facilitators of learning experiences who use standardized patients are invited to check out the new site and update their materials!

Thanks to Miller and Willey for their efforts in making this site a reality.

SU Selected as Recipient of Equipment Award by the Maryland Clinical Simulation Resource Consortium

Coming Soon – 2020

The Sim Center recently was awarded a \$75,000 equipment grant from the Maryland Clinical Simulation Resource Consortium (MCSRC) to purchase an automatic medication dispensing device. A new BD Pyxis 4000 Medication Station will arrive spring 2020 and will be available for simulations beginning in fall 2020. The Pyxis helps clinicians safely and efficiently dispense the right

medications, for the right patients at the right time, preventing harmful medication errors, adverse drug events and the risk of diversion. Since safe medication administration is a critical aspect of patient care, having this equipment will provide opportunities for learners to become familiar with equipment they will encounter in “live” health care environments.



Acting Assistant Director Named

The Center staff are pleased to announce that Zackery Tyndall has accepted a full-time position as acting assistant director effective January 1, 2020. Tyndall, a certified paramedic, originally joined the staff on a part-time basis in January 2019 as assistant simulation coordinator. In his new role, Tyndall works closely with Center Director Lisa Seldomridge to provide day-to-day oversight of all experiences at the Center for learners within Salisbury University and from the external community. He assists faculty and other subject matter experts in planning, implementing and evaluating simulation-based learning, including standardized patients and

high-fidelity patient simulators. In addition, he operates, troubleshoots and maintains over \$1 million in equipment, technology and supplies. He also allocates work assignments to our graduate research assistants Sara Mercado from the Nursing School and Eric Dolan from the Applied Health Physiology Program. A national search is underway for the assistant director position.

In addition to Tyndall, Rachel Prestridge, M.S., has accepted the position of assistant simulation coordinator, working at the Center 19 hours per week. She previously held the position of part-time simulation technician. Prestridge holds a Master

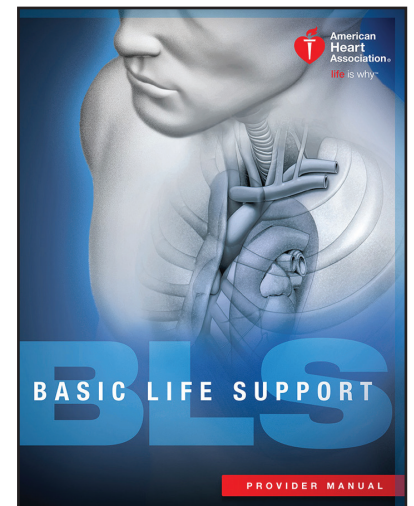


of Science from Salisbury University in applied health physiology. She also works in cardiac rehabilitation at Peninsula Regional Medical Center in Salisbury.

Tyndall Earns BLS Instructor Certification

New Acting Assistant Director Zackery Tyndall recently earned certification as an American Heart Association (AHA) Basic Life Support (BLS) Instructor. Completion of this advanced certification required online coursework and a face-to-face practice session. As a BLS Instructor, Tyndall has access to the most current

AHA emergency cardiovascular care science, course updates, training resources and tools. Having certified BLS Instructors on staff allows the Sim Center to offer BLS courses on a regular basis to Salisbury University students, faculty and staff as well as to community members.



Sim Center Publications and Presentations

Here is a list of the latest scholarly works based on activities taking place at the Sim Center:

PUBLICATIONS:

- Webster, D. (2019). Lights, camera, action: Lessons learned from a nursing and theater collaboration. *Journal of Nursing Education*, 58(6), 369-71.
- Jarosinski, J., Seldomridge, L.A., Hinderer, K.A., & Reid, T.P. (2019). The phenomenon of “learning how to teach”: Perspectives of novice faculty after a formal academy. *Nurse Educator*. February 20, 2019 - Volume Publish Ahead of Print - Issue - doi: 10.1097/NNE.0000000000000662.
- Pellingier, T.K., Neighbors, C.B., Simmons, G.H. (2019). Acute lower leg heating increases exercise capacity in patients with peripheral artery disease. *Journal of Cardiovascular Nursing*, 34(2), 99-102.

PRESENTATIONS:

- Webster, D., Seldomridge, L., & Willey, A., (2019) Preparing Nurses to Communicate and Lead: Using Toolkits and Standardized Patient Experiences. American Association of Colleges of Nursing Baccalaureate Education Conference; November 21-23, 2019; Orlando, FL.
- Campbell, W T. (2019, November). A Simulation: Post-Op Care for a Pediatric Patient with Hidden Evidence of Abuse. Podium Presentation at 45th Biennial Convention of Sigma Theta Tau International, Washington, D.C.
- Jarosinski, J., Seldomridge, L., Reid, T., & Willey, J. (November 2019). Nursing Administrators Perspective of the Nurse Faculty Shortage in their Schools: A “Bird’s Eye View,” 45th Biennial Convention of Sigma Theta Tau International (16-20 November 2019), Washington, D.C.
- Webster, D., Seldomridge, L., & Willey, A. (November 2019). Preparing Nurses to Communicate and Lead: Using Toolkits and Standardized Patient Experiences. 45th Biennial Convention of Sigma Theta Tau International (16-20 November 2019), Washington, D.C.
- Webster, D. & Seldomridge, L. (September 2019) Teaching Essential Psychiatric Mental Health Nursing and Leadership Skills Using Toolkits and Standardized Patient Experiences, NLN Education Summit, National Harbor, Washington, D.C. September 26-29, 2019.
- Reid, T., Seldomridge, L., & Jarosinski, J. (July 2019). Networking and Partnership as Integral in Nursing Education Initiatives: Transitioning Nurse-Clinicians to Roles as Nurse Educators. Sigma Theta Tau 30th International Nursing Research Congress. July 25-29, 2019. Calgary, Canada.

Best Wishes to Assistant Director Catherine Neighbors

The Sim Center bids farewell to our good friend and colleague Assistant Director Catherine Neighbors, who is taking a position as director of simulation technology at Eastern Virginia Medical School in Norfolk, VA, in early January 2020.

Neighbors has been instrumental in the development of the Sim Center and its activities over the past six and a half years. She began her association with the Center as a graduate research assistant in the M.A. Applied Health Physiology Program. Upon graduation, she accepted a position as simulation coordinator, overseeing all Center activities as well as running the high-fidelity patient simulators, the audio/

video-recording system and scheduling standardized patient actors.

Neighbors is known for her creativity and ingenuity. Whether infusing realism through moulage and props or designing a simulated electronic medical record, she has used her myriad talents to provide exceptional learning experiences at the Center. As the Eastern Shore of Maryland’s first certified health care simulation educator, Neighbors has helped the Center incorporate international standards of best practice in simulation and use of standardized patients. In addition, she oversaw the Center’s training for various certifications offered through the American Heart Association and taught

BLS and ACLS for SU students, faculty and community practitioners.

Neighbor’s technical competence, expertise in helping faculty design and execute health-related scenarios, and her incomparable people skills have been integral to experiences for students from SU, UMES, area health professionals and community groups. Her drive for excellence and attention to detail have helped the Sim Center become the outstanding learning environment it is today. Her presence will be felt for many years to come and she certainly will be missed.

We wish her well in her new position and look forward to our continued association.

Wicomico County School Nurses Update their Clinical Skills

The Center staff recently delivered a workshop custom-tailored to the needs of school nurses in Wicomico County. Kathy Frisch, B.S.N., RN, health services coordinator for the county and Salisbury University alumna, requested the four-hour seminar to provide her staff with a refresher on various assessment and clinical care skills that are commonly encountered in the school-age population.

Professor Lisa Joyner, Respiratory Therapy Program chair, provided an overview of respiratory assessment, identification of abnormal breath sounds, caring for children with asthma, tracheostomy care and suctioning. Participants had the opportunity to listen to and identify normal and abnormal

lung sounds (crackles, wheezing, rhonchi and stridor) on three different high-fidelity manikins. Each performed sterile tracheal suctioning, tracheostomy care and re-insertion of a new tracheostomy tube after accidental extubation. Lively discussion ensued with sharing of many real-life stories.

Transitioning to the gastrointestinal tract, Sara Mercado, RN and graduate nursing assistant, provided a review of gastrostomy and jejunostomy tubes, commonly encountered clinical problems, and possible solutions. Participants were invited to flush, unclog and set-up a tube feeding on simulated patient manikins. Fifteen school nurses were awarded certificates of attendance at the end of the evening.



Why Math Matters!

Students in Dr. Melissa Stoner's MATH 198: Calculus 1 for Biology and Medicine class and two sections of MATH 201: Calculus 1 visited the Sim Center for a hands-on experience with the ASL 5000 Breathing Simulator to learn why math matters. Working in small groups, students

were assigned to use mathematical models to predict what would happen to pulmonary physiologic processes in a healthy condition and in two disease states. Center Director Lisa Seldomridge and Graduate Assistant Eric Dolan programmed the ASL 5000 Breathing Simulator to demonstrate the changes in

airway resistance and lung compliance. Math students were able to compare their models and graphs to "simulated human lungs" leading to an active discussion about the time it takes for "real" lungs to adjust to such changes.

