

PRONTO believes that simulation-based team-training is critical during this time of COVID-19. However, what must be forefront in all facilitator's minds, is reducing transmission amongst healthcare providers participating in simulation, conserving resources necessary for COVID-19 response, and practicing safe sanitation practices between simulation sessions. To that end, PRONTO has developed this quick reference guide on how to manage simulation supplies and materials, and how to safely conduct simulation and other training activities during this unique time.



CLEANING AND DISINFECTING

All simulation materials and supplies should be laundered and/or sanitized between simulation sessions.



PartoPants, waterproof pants, scrub tops, patient IV arm bands, sheets, the placenta, the baby, and any other cloth-based materials should be washed with hot soapy water, or laundered in a washing machine, between each patient actress. Hands should be washed after handling laundry and laundry bags should be regularly disinfected.



The injection pad(s), PRONTOCry card, blood bags, and other porous simulation materials, should be wiped down or sprayed with a disinfectant solution between each use. Allow to dry before use or putting away.



All hard, non-porous surfaces where simulation activities are conducted (tables, neonatal resuscitation area, IV poles/stands, bed rails, etc.) should be first cleaned with hot, soapy water, and then disinfected or wiped down with a disinfectant wipe or solution. This should be done before AND after simulation activities.



All clinical supplies (BP cuff, oxygen mask, ambu bag, etc.) should be cleaned with a disinfectant solution after each training activity. Oxygen and ambu bags and masks can either be submerged in a bleach-water cleaning solution, or sprayed with disinfectant and left to dry completely.



The resuscitation baby should be sprayed with a non-bleach disinfectant only and left to dry completely.



Any disposable or consumable items used in training activities (adult diapers, cotton, gauze, pads, etc.) should NOT be reused under any circumstances. Set out only the minimum amount of disposable/ consumable materials required for the simulation or training activity. When finished, any consumable materials that cannot be disinfected must be discarded in the garbage.



Before participating in ANY training activities, all participants and facilitators should thoroughly wash their hands with hot and soapy water. Hands should be dried with a disposable paper towel. If water is unavailable, use an alcohol-based hand sanitizer rub to disinfect hands.



SIMULATIONS



To participate in simulation or training activities, all participants should be free of fever or a cough, and feel well.



All simulation participants, facilitators, and observers (including the patient and labour companion) should wear medical or cloth masks. Save N95 masks (or equivalent) for use in actual clinical care of COVID-19 patients; they should NOT be used for simulation.



If the simulated scenario requires an n95 mask, instead of using n95 (or equivalent) masks, write "n95" on a sticker or piece of tape and stick it on the surgical or cloth mask to simulate an n95 for simulation purposes only.



Do NOT place the thermometer into the patient actresses' actual mouth. Instead, hold it to the side of her mouth to simulate taking an oral temperature.



Observers should practice social distancing and be at least 6 feet (2 metres) away from the simulation area and from one another. Observers also can watch the simulation via video.



If participants are uncomfortable with participating due to COVID-19 concerns, never make them participate. Suggest the role of observer if they would be more comfortable.

Recommended Disinfectants and Contact Time for Hard Non-porous Surfaces:

- Bleach-water solution diluted at the rate of 1/3 cup of bleach per gallon of water: 1 minute of contact time required for disinfection.
- 70% alcohol-based solution: 2 minutes of contact time required for disinfection.
- 3% hydrogen peroxide: 2-10 minutes of contact time required for disinfection.



KNOWLEDGE REVIEWS

The group-based question and answer portions of Knowledge Reviews can still be conducted, maintaining social distancing guidelines (6 feet/2 metres distance between all participants). All participants and facilitators should wear medical or cloth masks.

Skills Stations should be conducted while attempting to maintain social distancing measures. Only 1 participant should conduct the activity at a time with 1 facilitator. Both should wear a medical or cloth mask and follow proper hand hygiene before and after all activities.



DEBRIEFS

Debriefing is an integral component of simulation-based learning. Research shows that skilled facilitated discussions after simulation improves participant learning. During COVID-19, debriefing is especially critical.

Debriefing generally involves participants and facilitators sitting in close proximity. To increase safety, all debriefing sessions should be conducted using social distancing measures, with all chairs at least 6 feet (2 metres) apart. All participants and facilitators in the debrief should wear cloth or medical masks.



TEAMWORK ACTIVITIES

Team training activities are an integral part of PRONTO's approach.

During this time, PRONTO encourages following social distancing and safety measures wherever possible. Any teamwork activity should be conducted with all participants wearing a medical or cloth face mask, adhere to appropriate hand hygiene, and be free of symptoms of illnesses. If it is impossible to conduct a teamwork activity within these guidelines, choose an alternate activity or forgo the activity all together.



Acknowledgments:

- Special thanks to SimGeeks Podcast for the disinfection protocols, which helped to inform this document: <https://simgeekspodcast.podbean.com/e/cleaning-and-disinfecting-with-special-guest-nick-brauer/>
- Additional thanks to our partners in Mozambique for allowing us to use the above photos of simulation facilitators safely conducting training activities in Mozambique.