Construction and set-up of Low Fidelity Ovarian Cystectomy Model

1.0 Example Case Scenarios

A 24-year-old nulligravid woman with an LMP three weeks ago has a history of dysmenorrhea for the past several years. Her pain has not been relieved with NSAIDs or cyclic oral contraceptives. She has noted the recent onset of deep dyspareunia. She is sexually active and has not used contraception for the past two years. On physical examination, she has a tender 7 cm mass in the right adnexa. Endovaginal sonography confirms the presence of a right adnexal mass.

2.0 Pre-Simulation Briefing/ Orientation

- Do a thorough orientation of the room, equipment and simulators. This should take no more than 5 –10 min.
- Alternatively, if you want to have the learners build the simulator, this will take 20 – 30 min.
- Set the stage for the simulation by doing the following:
  - Discuss the learning objectives for the day.
  - Have the learners practice patient counselling by counselling you about the procedures.
  - Explain that everything should either be verbalized or done as if this was an actual operating room setting.
3.0 Ovarian Cystectomy Simulation Setup

Objective:
Creating a Cystectomy Model for simulation of performing an ovarian cystectomy to achieve the following educational objectives and surgical skills:
1. Identification of anatomical structures
2. Knowledge of steps in Ovarian Cystectomy including dissection of the ovarian cyst wall
3. Flow of operation and assessment of forward planning, time and motion
4. Knowledge and use of instruments
5. Use of assistants

4.0 Basic Scenario Tips

Answer to common questions that come up:
- The purpose of this simulator is to familiarize the learners with the common steps of an ovarian cystectomy.
- Remember that this is a simulation, nothing can be as exact as real-life.
- Reiterate what is important as the learners goes through the steps of the procedures from start to finish so that they are more familiar with the steps when they actually do these procedures in the operating room.

MATERIALS (cost approximately $5)
Some of the materials can be reused
Most of the materials can be substituted for similar products and are easily found
Fill water balloon with 30cc of plain yogurt. Secure Tightly.
Once all water balloons are filled, insert each one into a 15” balloon. The water balloon and 15” Balloon need to be different contrasting colors.

Insert 1cc of KY Jelly after yogurt filled balloon is inserted, and secure entire balloon as tight as you can possibly get it. When done, they will be attached to the uterine model.
Secure "ovaries" and "fallopian tubes" to uterine model. For now use staples and during lab, have more tubes and ovaries present to replace used ones. Have a staple, staple remover, and trashcan handy during lab as well.
For the lab, we used the FLS boxes. To use them for this lab, the FLS markings on the box need to be covered in some way so that they are not visible to the eye. Place a chux pad in the box. Attach an alligator clip to the back of the box with a string.

The uterus will be secured in the box using only alligator clips, make sure it is fairly secure using the two clips on the FLS box and the one added in the back for this lab.

Instrumentation needed for actual lab:
FLS Box, Maryland graspers, scissors, trocars