

# SIM'n'Social

# A simulation day for new Obstetric and Gynaecology trainees

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### 1. Objective:

SIM'n'Social is a simulation day launched in October 2024 to enhance training and wellbeing for ST1-2 Obstetrics and Gynaecology (O&G) trainees in Wessex. It was created in response to low morale and rising attrition among junior trainees in the region. Trainees had reported feeling overwhelmed by administrative duties, felt they lacked hands-on practical experience, and often faced isolation in smaller units.



### 3. Results:

18 trainees attended the day - 10 ST1s and 8 ST2s. 100% of participants found the event beneficial to their learning and said they would recommend it to others. Increased confidence was reported across all practical procedures. Informal feedback since the event suggests trainees feel more confident performing procedures under supervision, and value their new peer connections. The day has since been repeated, and there has been no recorded attrition in ST1-2s since the launch in October.

*“Brilliant models, very hands-on”*

*“Good to cover things not included in the practical skills course”*

*“Enjoyed informally trying out new skills”*

*“Thank you - I really appreciate this”*

*“No improvements - it was excellent”*

### 2. Methods:

The session, led by senior trainees in a relaxed setting, began with an icebreaker and talks on practical skills, procedural steps, ST2 tips, and supporting wellbeing. Trainees then rotated through hands-on stations covering core practical O&G skills and procedures using both formal and creative models, including procedures not covered by other courses. The day included time for discussion and networking, with feedback collected afterwards.

### 4. Conclusions:

O&G is a hands-on specialty, but juniors often face a heavy workload with limited practical experience early on, leading to frustration and burnout. Simulation training offers a safe, supportive environment for skill development and peer connection. This training day was repeated in March 2025 and will continue biannually in Wessex. We hope by sharing this that we can encourage other deaneries to adopt similar initiatives for early-stage trainees to improve training, support and wellbeing.

