

From Confusion to Confidence: One Hour of Simulation, Weeks of Growth

Accelerating Neuraxial Skills with Targeted Training



Katherine Redfield Chan, MD
Noor Raheel, MBChB, MPH
Michaela K. Farber, MD, MS
Brigham and Women's Hospital

The Issue → The Innovation

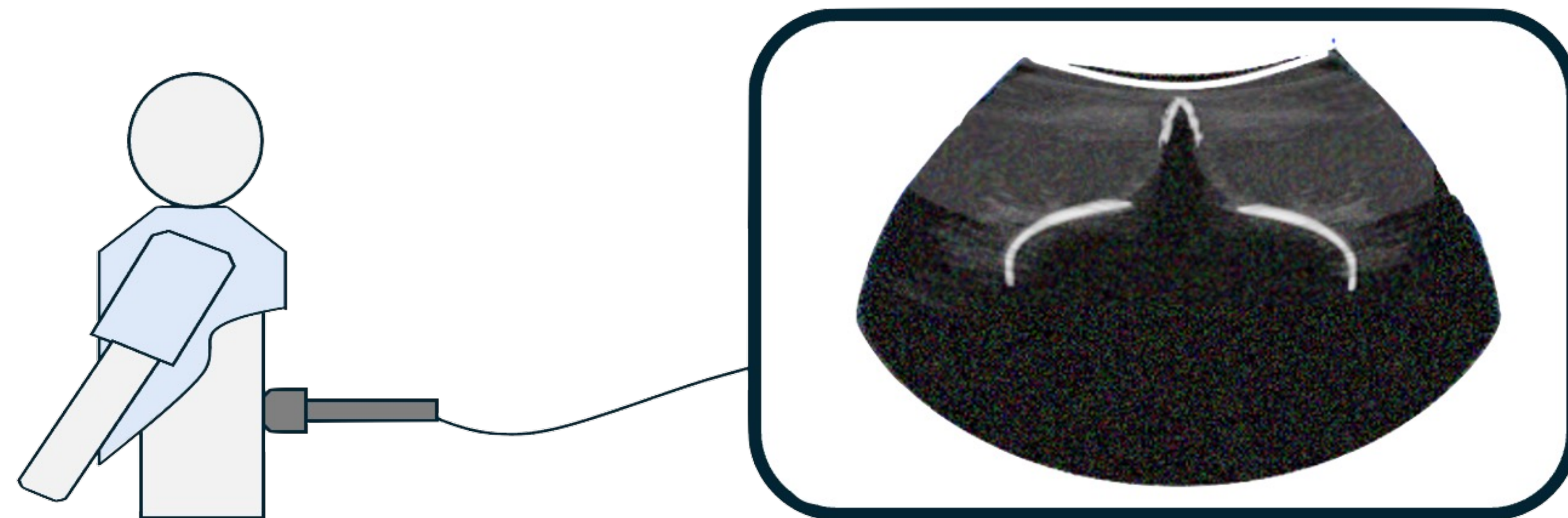
The Issue: Variations & Limitations

Inconsistent Exposure

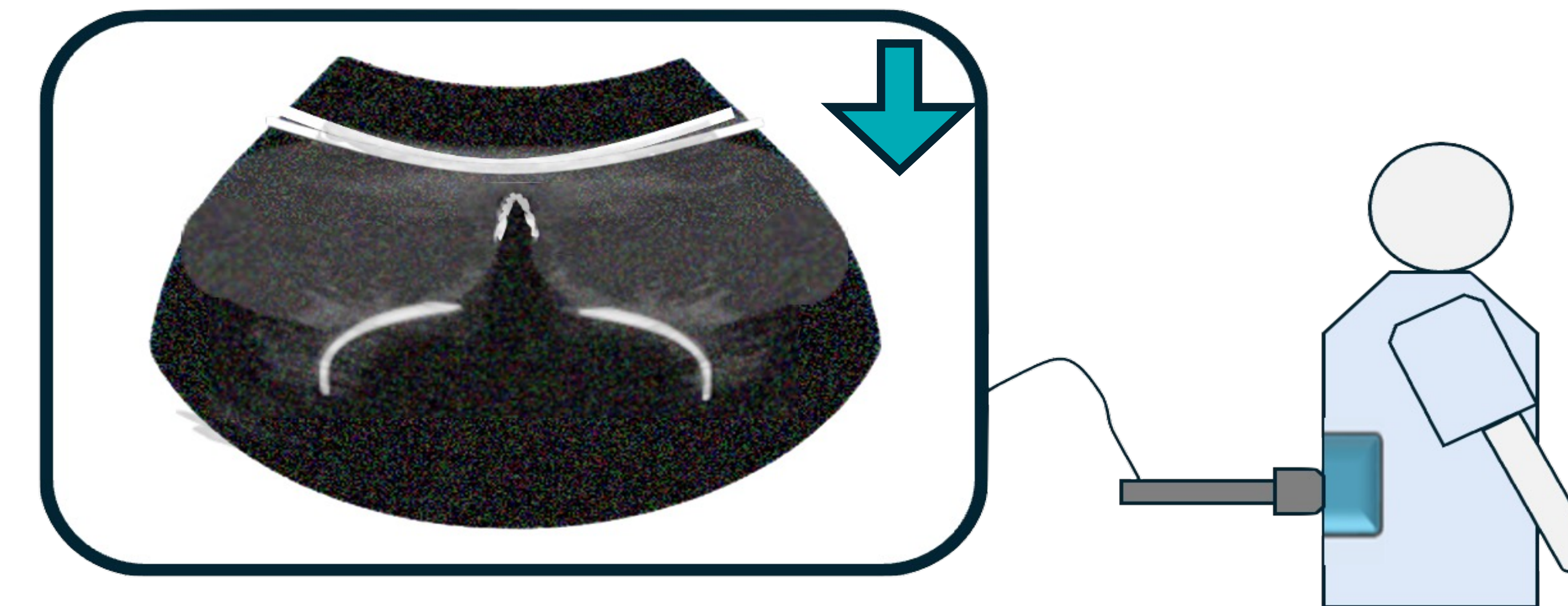
- Case volume & difficulty vary, rarely use US¹
- Advanced learners given greater challenges

Practice Utility Limited

- Co-learners often present 'easy' exams
- Patients frequently challenging



The Innovation: Simulation Jacket



Targeted Deliberate Practice

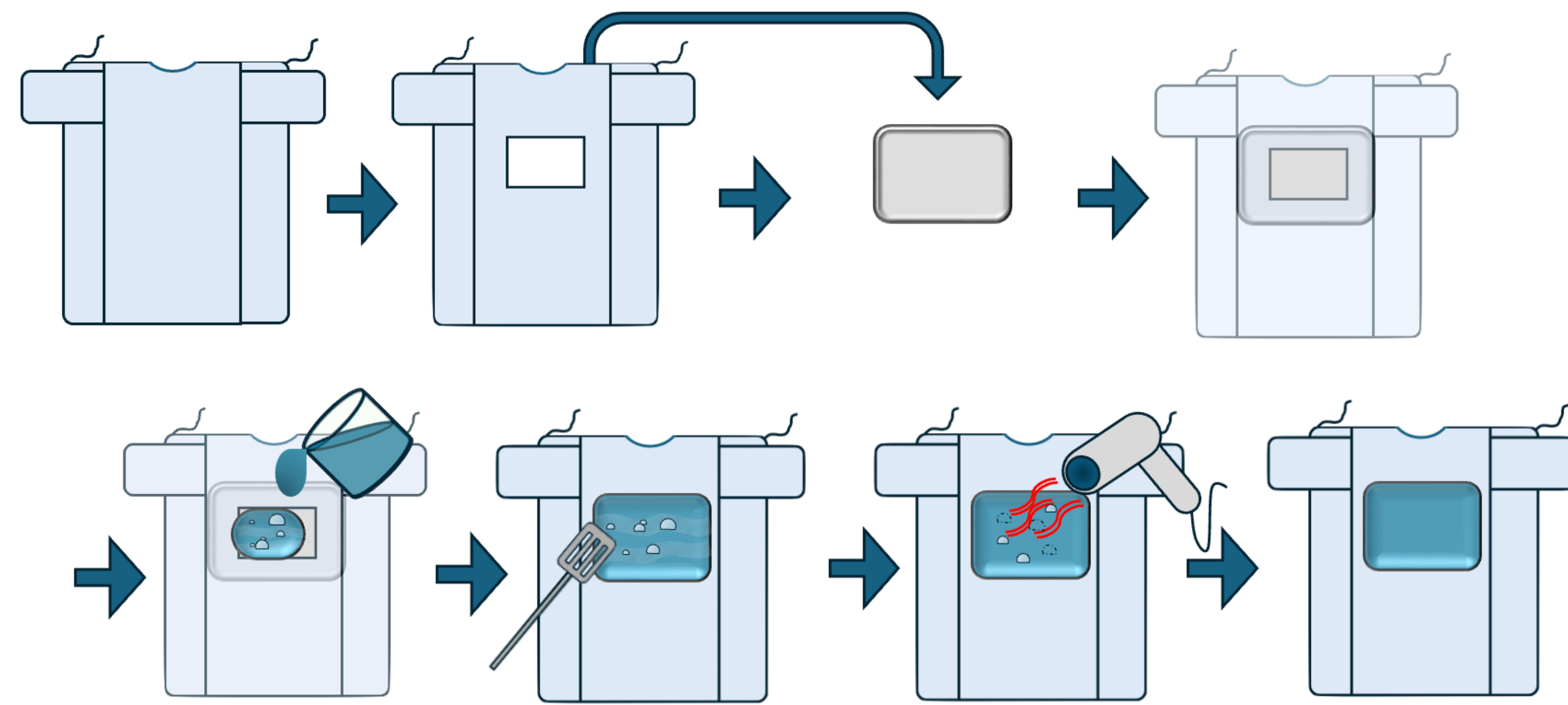
- Realistic challenges, no coordination required
- Early experience in vital skills²

Standardizes Early Experience

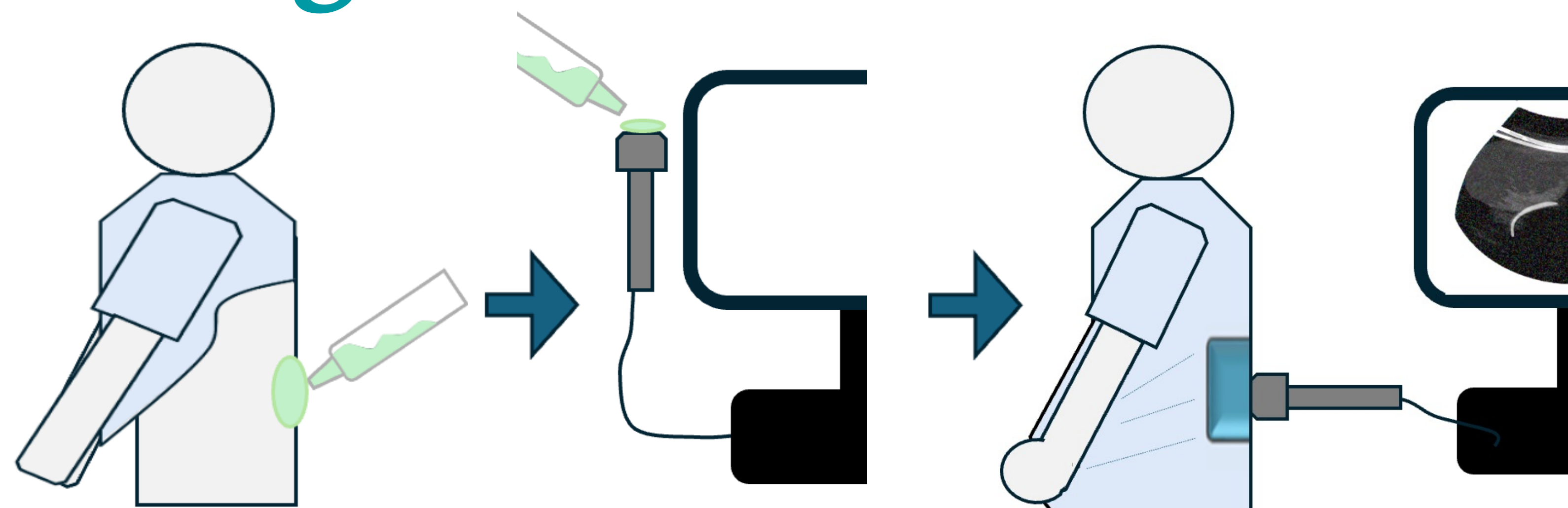
- Does not depend on case load
- All learners get 'difficult' cases

Adjustable Depth With Real, Live Anatomy

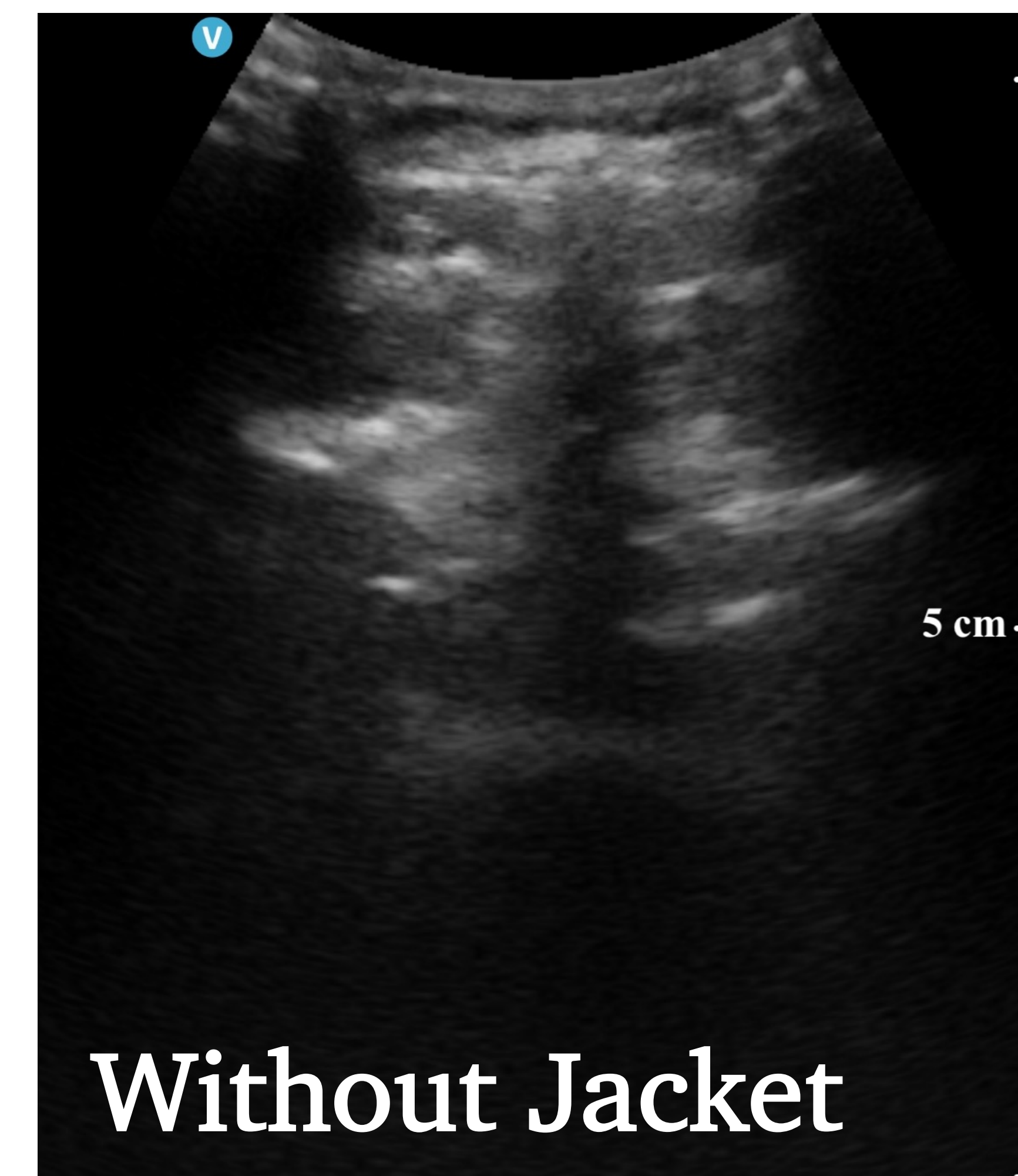
Building A Sim Jacket



Using A Sim Jacket



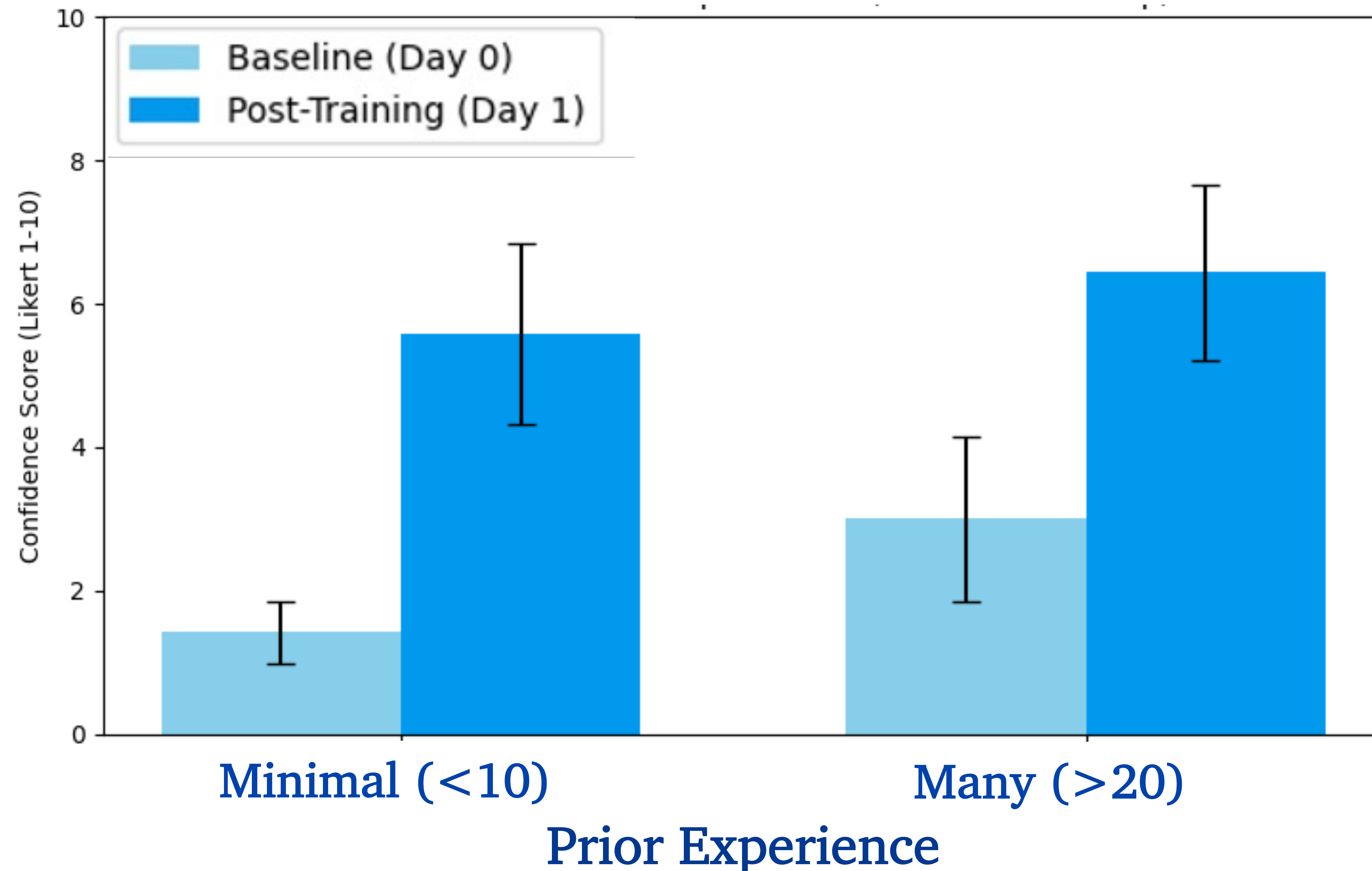
Real Images - Same Person:



- Simulates challenges in palpation & ultrasound
- Titratable depth for progressive difficulty
- Enables rapid-cycle deliberate practice
- Easy to build one yourself (links later)

Results: All Trainee Levels Build US Skills

US Confidence Before/After 1 Hour Session



Large Effect Size

$$d = 1.25$$

Cohen's d
(Intervention vs Baseline)

Statistically Significant

$$p = 0.005$$

All Experience Groups
(Intervention vs Baseline)

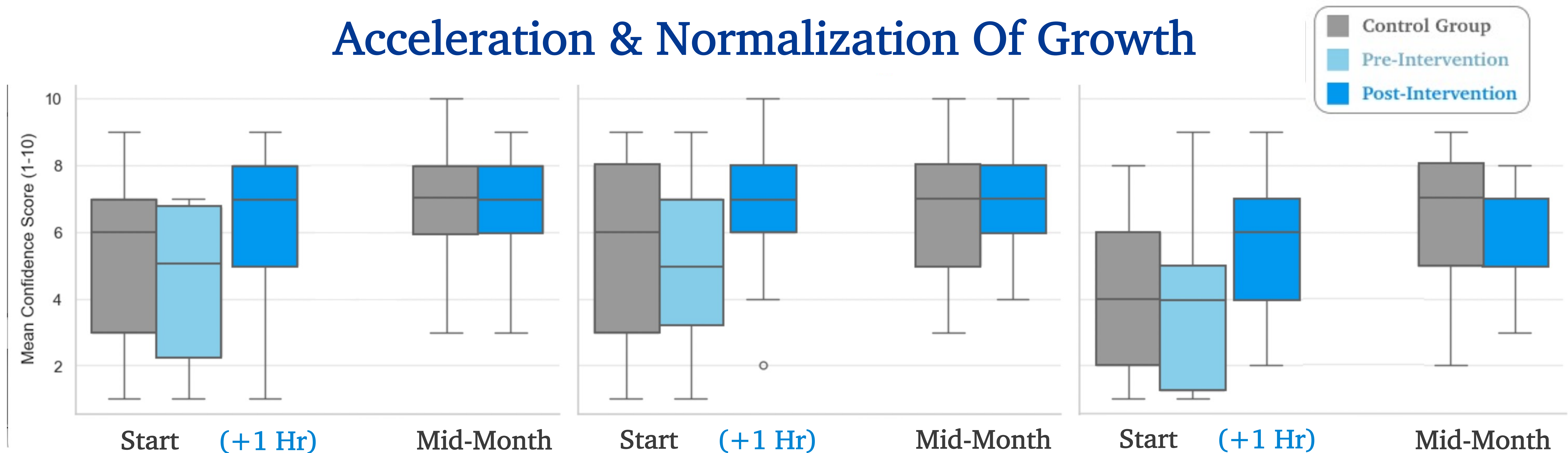
Confidence Boost

23% → 88%

Reporting Confidence ≥ 5
(Intervention vs Baseline)

Fast-Track Novices: Comparable to 2 Weeks

Acceleration & Normalization Of Growth



Palpation

“I feel prepared to use palpation to guide successful neuraxial placement”

Positioning

“I am confident in coaching positioning to optimize neuraxial placement”

Landmarks

“I am able to identify landmarks across different body habitus”

Impact, Persistence, and Invitation – Try It!

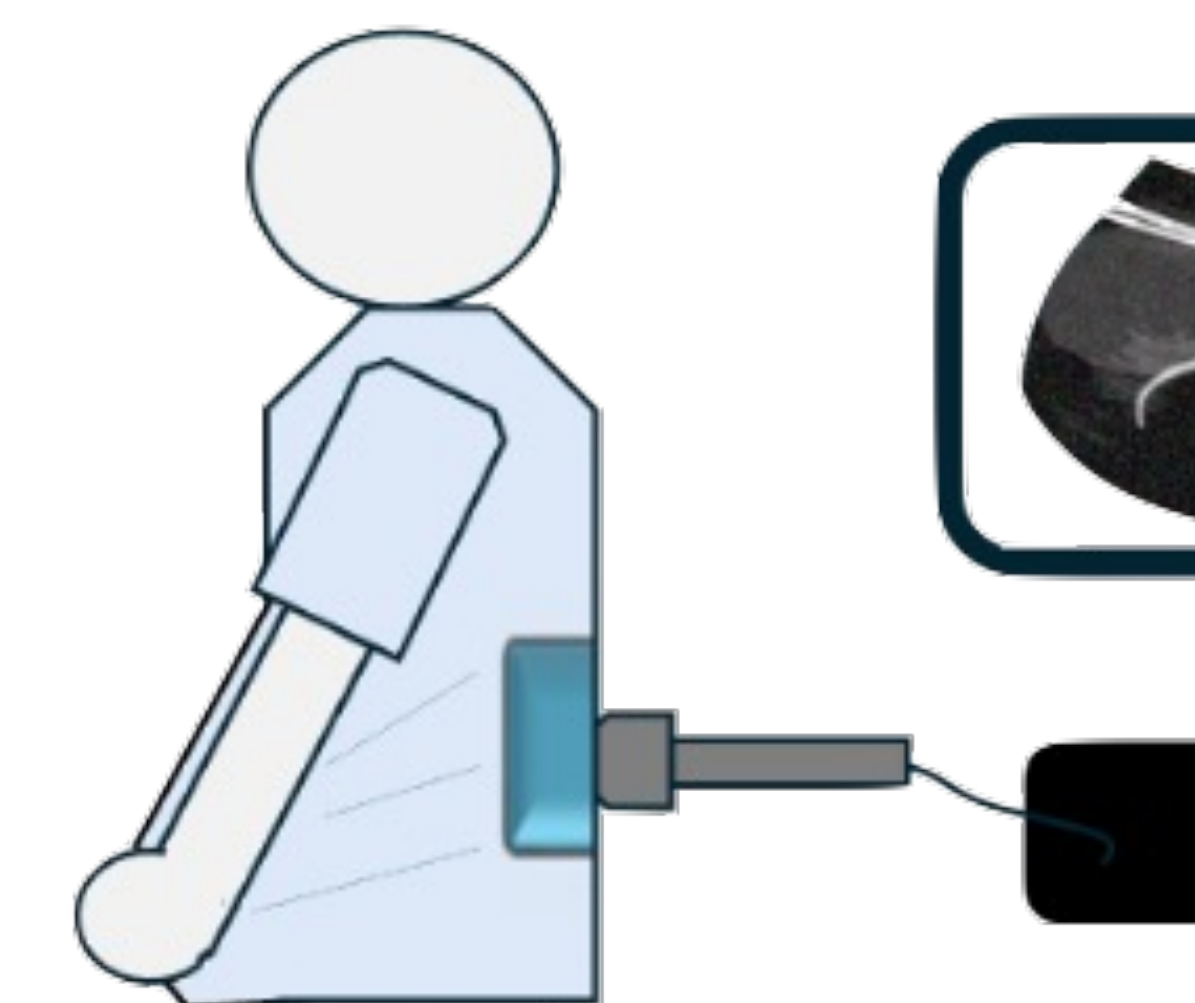
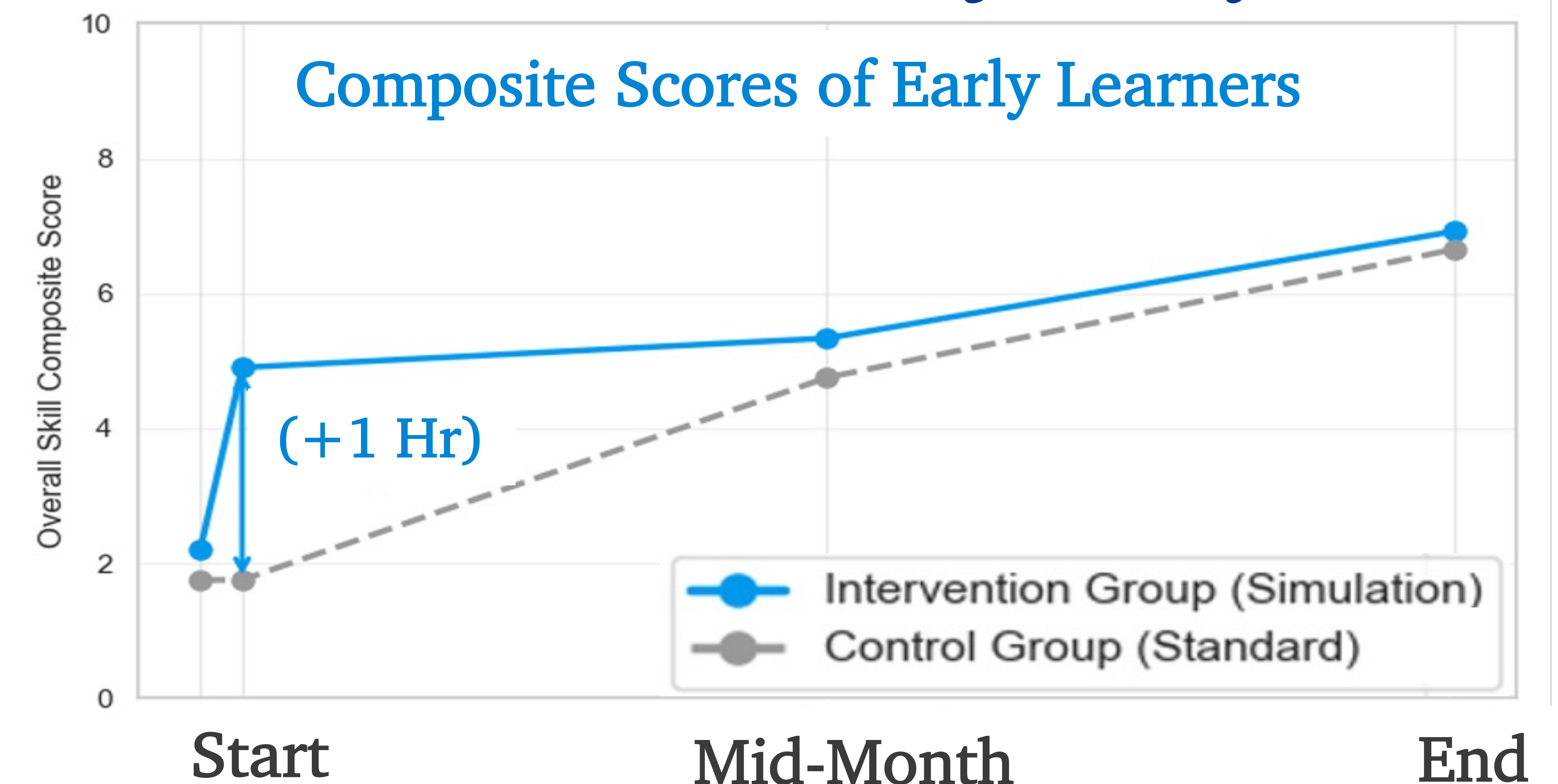
Enduring Skills

- **Accelerates Early Learning:** scores after intervention mimic two-weeks training
- **Consistent Broad Exposure:** multiple exams, varying difficulty for everyone
- **Skills Persist:** immediate, sustained gains

Easy to Implement and Scale

- **Low Resource Requirement:** built with low-cost OTC products without special training or facility
- **Broad Applications:** can be used as adjunct to static training models, adaptable to non-OB
- **Efficient:** 1-hour session, immediate results

Confidence Trajectory



Ask me to try it



Supplies & How-To