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NEWS RELEASE

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Mobile Health Simulation Training Lab Visited Northwest Iowa Community College

April 12-14 were very busy and exciting days for Northwest Iowa Community College Nursing Program students. They were working in a Mobile Simulation Lab (Mobile SimLab1). Each NCC nursing student received four hours of training in the mobile lab with the training going from 8 a.m.–9 p.m. each day. All of NCC's nursing students were a part of this experience and training. NCC nursing students specifically were working on a blunt force trauma, shock, and postpartum hemorrhage simulations.

The Mobile SimLab1 featured a fully-equipped training room that utilizes the latest in high fidelity simulation training technology. There are high fidelity mannequins that respond both through verbal communication and bodily function to what the nurses are saying and doing to the mannequin. The mobile lab provided the opportunity to develop team-building and leadership skills. With this technology, it is possible to bring together nurses in real-world critical care scenarios where teamwork is essential to achieving the desired outcome. After all the training sessions the trainees had debriefing sessions so they could have immediate feedback on their performances.

Kara Johnson, Practical Nursing Student, Ashton, commented, "I thought this kind of training was great! Training on a life-like mannequin gives you practical experience of what kinds of things you will face on the job. I am very proud that my patients survived and we did all the care correctly. We had to constantly assess everything going on with the patient and make quick decisions. It is very effective to learn that way. In a regular classroom you can quiz yourself on what you should do given a written scenario but, in that case, you have time to sit and think about what you should do without any pressure of a person bleeding to death right in front of you. The mannequins talk to you like a real person, bleed in front of you like a real person and could possibly die in front of you if you don't provide the right care."

Julia Holm, Associate Degree Nursing student, Chandler, MN, said, "This was very interesting and educational. You don't get to see these types of scenarios everyday in the ER. I would rather practice on a mannequin and had practice facing these types of problems rather than seeing them for the first time in the ER and never had received any real life training. Also, you can't practice on babies so it's nice to be able to learn in a safe environment without having to worry about the outcome. We have learned CPR methods, defibrillation, and about the types of medications in class and read about them in books but to actually put it into practice is so interesting."

Ron Flannigan, Simulation Training Coordinator, said, "The Sim Lab mannequins respond to what the students do and say during the simulation. In one of the simulations we are doing, the postpartum hemorrhage simulation, a sixteen year old mother who has had two previous pregnancies is giving birth. She also is addicted to and took cocaine this morning. If the students didn't take the patient history correctly they will be missing critical information that they would need during the simulation and could put both the mother and child at risk. In this simulation the child will be born with automatic withdrawal systems and will start to have seizures if they don't get the situation under

control fast. We will see if the students react quickly and correctly. That will determine if the mother and baby survive.”

Karie Stamer, NCC Nursing Instructor, commented, “I am even more excited about simulation training than ever! The students are exposed to this in their clinical rotations but in a real situation they would step back and let the nurses make all the decisions and do the procedures. This kind of learning gives them actual experience delegating responsibilities in stressful situations and makes them think on their feet. The simulations also validate to the student what they have learned and points out where they could learn more. The mistakes are all learning opportunities in a safe environment. This active learning technique was as close to real-life as it can be. In one of our simulations they did have a mom bleed to death during a delivery. After the simulation was over they talked about it with the students. Now the students know what they did and what they need to do differently in that situation. They did the simulation again and everyone survived. It was a great learning experience for those students.”

Stamer continued, “High-fidelity simulation is becoming an essential component of nursing education today and we are very thankful that we could provide our nursing students with this opportunity.”

Research shows that the hands-on nature of simulation training is more effective than only classroom based education. SimLab1 utilizes some of the most advanced training tools and techniques available. Coupled with the proven effectiveness of simulation-based training, students were able to utilize practice-based education versus theory-based.

The Mobile SimLab1 is customized to simulate whatever you want it to. After the Mobile SimLab1 was at NCC it headed to three area hospitals who also wanted to take part in training their staff: Sanford Sheldon Medical Center, Sheldon; Baum Harmon Mercy Hospital, Primghar; and Hegg Memorial Health Center, Rock Valley.

Northwest Iowa Community College is covering the cost of the Mobile SimLab1’s travel expenses to northwest Iowa. The only expenses for the local hospitals were the actual travel expenses of the lab from NCC’s campus to their facility as well as the simulation time they used.

To learn more about NCC’s Health Programs or to receive your free copy of the NCC Viewbook, contact the Admissions office at studentservices@nwicc.edu or call 324-5061, 800-352-4907. Or visit our website at www.nwicc.edu. At NCC There’s a Place For You!