

# How to Save a Life:

## A Surgical Simulation of Dilation and Evacuations

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### Objective:

1. Create a low-cost, reusable model to teach dilation and evacuation
2. Develop a simulation to apply procedural skills to patient care



### Model Materials:

- Small Balloons
- Dried pasta
  - Casarecce for extremities and connecting pieces
  - Rigatoni for thorax
- Hot glue
- Newspaper strips (we used recycled paper grocery bags)
- Flour and water paste or Mod Podge
- Model magic clay
- Quilting batting
- Hot water bottles



### Assembling the Model

1. Tie small balloon around piece of dry pasta
2. Paper mache a calvarium around the balloon
3. Use hot glue to create a stick figure of dry pasta
4. Cover the stick figure in model magic clay, leaving the top of the rigatoni uncovered
5. Attach the calvarium to the clay model using hot glue
6. Remove plastic cap from hot water bottle
7. Cut 10 cm incision in hot water bottle to insert materials and clean the model

### Simulation Materials:

- Spinal needle and syringe for vasopressin
- 14 mm suction cannula
- 8 mm suction cannula
- Curved mayo scissors
- Bierer or Sopher forceps
- Hegar dilators
- Ring forcep
- Allis
- Gauze
- Kidney basin
- Red rubber catheter

### Example Simulation

- Patient with IUFD at 19 weeks
- Trainee provides patient counseling
- Procedure is performed using model
- Trainee must manage complications such as hemorrhage

