



CEDARS-SINAI MEDICAL CENTER.

NEWS

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HIGHLIGHTS:

Tall, dark and handsome he's not, but SimMan has just about everything else going for him. At 5-foot-5 and 75 pounds, the Laerdal SimMan – a patient simulator used for training at Cedars-Sinai Medical Center since August 2003 – can breathe and speaks in any language, in fact. He has a pulse, blood pressure, respirations, bowel sounds, skin and veins, even interchangeable genitalia. Students and staff can practice skills with no risk to the patient, discerning normal and abnormal heart or breath sounds, practicing intubations, catheterizations and injections, and assessing and treating wounds. It's even possible to simulate a heart attack, and then analyze and correct responses.

PATIENT SIMULATOR "SIMMAN" IS STATE-OF-THE-ART STAR IN TRAINING PROGRAMS AT CEDARS-SINAI MEDICAL CENTER

LOS ANGELES (Jan. 7, 2004) – Tall, dark and handsome he's not, but SimMan has just about everything else going for him. At 5-foot-5 and 75 pounds, the Laerdal SimMan – a patient simulator used for training at Cedars-Sinai Medical Center since August 2003 – can breathe and speaks in any language, in fact. He has a pulse, blood pressure, respirations, bowel sounds, skin and veins, even interchangeable genitalia. "In fact," says Linda Burnes Bolton, Dr. P.H., R.N., FAAN, Vice President and Chief Nursing Officer at Cedars-Sinai, "SimMan is about as close to the real thing – a human patient – as a manikin can get."

Most importantly, she adds, "SimMan can save lives by providing realistic – yet completely safe – patient care experiences for staff and student nurses, physicians and other health care professionals." Cedars-Sinai, which has two patient simulators, is one of only a handful of hospitals in California, and the nation, utilizing this state-of-the-art training tool.

"The main advantage with SimMan is patient safety," explains Magda Bunoy, R.N., M.S.N., critical care educator and coordinator of the Cedars-Sinai CPR Training Center. "Students and staff can practice skills with no risk to the patient. They can discern normal and abnormal heart or breath sounds, practice intubations, catheterizations and injections, assess and treat wounds. You can even simulate a heart attack, and then analyze and correct responses."

In such a scenario, the response team – doctor, nurse, respiratory therapist – can actually perform CPR or even shock SimMan with defibrillators in an attempt to restart his heart. This "scenario-based" training allows participants to practice life-saving clinical, technical, and decision-making skills.

Though simulation technology has existed for some time, cost and maintenance often made purchase of patient simulators prohibitive. Laerdal's SimMan, now priced at just under \$30,000, is manufactured in the U.S. and controlled by "point and click" Windows software produced in Norway. The U.S. Army is its largest user, followed by nursing schools. SimMan is also utilized by fire departments, search and rescue teams, medical schools and in related fields such as pharmacology.

At Cedars-Sinai, SimMan has been incorporated into ICU training for nurses, and CPR programs, including basic life support and advanced cardiac life support for nurses, physicians and emergency medical personnel. SimMan was first

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used in August 2003 to certify anesthesiologists in advanced cardiac life support.

Another important use for SimMan is in the training of Cedars-Sinai's code blue team in which an emergency scenario is developed and the team is called to save the victim. A video records the performance of the team, and a debriefing is held with the team to analyze their performance and correct mistakes.

Instructors and students greatly value working with SimMan, who lies in an ICU bed, attached to a monitor, in the skills lab: "We can use him for every module: heart, lung, bowel, and even administer medications by IV (intravenously) or IM (intramuscular injection)," explains Bunoy.

He will also be utilized by anesthesiologists in training new residents on difficult intubations. "The doctors love him and may wear him out," Bunoy worries jokingly.

Another fan is Phil Booth, R.N., clinical educator for the Emergency Department, who sees SimMan and teaching aids like him as "the future" of medical education.

"The concept is really cutting edge because, by getting experience on SimMan, you can reduce medical errors," explains Booth. "So much in teaching has tended to be anecdotal, with instructors typically describing 'What you don't want to do.' With SimMan you can actually observe what's happening – watch the monitor, check blood pressure, administer oxygen or an IV. It's so much more realistic."

Another plus is the ability to preset SimMan for various scenarios, says Booth. "It's like the infomercial, 'Just set it and forget it!' You log in what to do while working against a clock. In real life, if you don't get an airway within a certain time the patient could die."

SimMan also plays a part in his own diagnosis and care. His vocabulary includes phrases ranging from "Help me, nurse, I'm dying!" to the more routine "Give me a sponge bath." He can cough, moan or "vomit" on command in prerecorded scenarios or via a mike connected to the computer. SimMan is also "multilingual." Users can prerecord vocal sounds in any language to be played during scenarios or speak live into the microphone at any time.

Does SimMan have any "flaws?" Well, maybe a couple. No matter which genitalia is attached, the voice is always male. An imperfection that might be explained by another deficiency: "They haven't mastered a brain yet," says Bunoy, "and our neurological nurses are eagerly awaiting the next generation of SimMan with a brain to direct the heart."

Until then, instructors and students are excited and grateful to have access to SimMan and his arsenal of teaching techniques. "We're very fortunate to have this here at Cedars-Sinai," says Booth.

Cedars-Sinai is one of the largest nonprofit academic medical centers in the Western United States. For the fifth straight two-year period, it has been named Southern California's gold standard in health care in an independent survey. Cedars-Sinai is internationally renowned for its diagnostic and treatment capabilities and its broad spectrum of programs and services, as well as breakthroughs in biomedical research and superlative medical education. The Medical Center ranks among the top 10 non-university hospitals in the nation for its research activities.

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