Endoscopic
Dry Lab Skill Training
with +he Academy Model
The vision on training and education in gynaecological endoscopic surgery has changed during the last decades in a revolutionary way. Today the classical apprentice-tutor model is challenged. Learning endoscopic psychomotor skills on a patient:

+ increases patient morbidity and mortality
+ demands a high exposure rate
+ decreases educational efficiency

That is why endoscopic psychomotor skills must be trained and tested prior to training in the operating room. Presence of an expert endoscopist as a mentor is less important than repetition of skill exercises. An educational institution should be able to objectively measure the individual skills and define the entry criteria for in operating room training.

The practical training of +he Academy correlates very well with the necessary skills required for endoscopic surgery.

ID Trust Medical strives to make the access to training and testing tools affordable and easily available. It aims to connect the medical and technical scientific world by developing a platform for innovative training, contributing to improving endoscopic surgical treatment. It is the place to be for hospitals, residents and graduated practitioners who want to train and improve their psychomotor endoscopic skills.
The ESGE, EBCOG, EAGS, ENTOG, ACOG and AAGL, six leading professional organisations in gynaecology, have joined forces in a global recommendation regarding endoscopic surgical training and quality assurance.

This recommendations states that each hospital teaching endoscopic surgery should make available an endoscopic dry lab for training and improving the proficiency of the endoscopic surgery skills of the physician.

### IMPORTANT RECOMMENDATION ON ENDOSCOPIC TRAINING AND QUALITY ASSURANCE

As professional organizations we strongly recommend that each hospital teaching endoscopic surgery should make available an endoscopic dry lab for training and improving the proficiency of the endoscopic surgery skills of the physician.

Evidence is provided that dry lab training prior to training in the OR, reduces patients’ morbidity and mortality in all endoscopic surgical disciplines, and as such the skill testing infrastructure should aim for multi-disciplinary usage.

<table>
<thead>
<tr>
<th>ESGE</th>
<th>EBCOG</th>
<th>EAGS</th>
<th>ENTOG</th>
<th>ACOG</th>
<th>AAGL</th>
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<tbody>
<tr>
<td>[ESGE Logo]</td>
<td>[EBCOG Logo]</td>
<td>[EAGS Logo]</td>
<td>[ENTOG Logo]</td>
<td>[ACOG Logo]</td>
<td>[AAGL Logo]</td>
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Rudi Campo Chiara Benedetto Arnaud Wattiez Maud van de Venne Hal Lawrence Ceeana H. Nezhat

April 8, 2014

PRINCIPLES

+he Academy and ID Trust Medical strive to make training tools available that are universally accessible and follow the international recommendations on providing dry skill lab training.

We have developed training models for laparoscopy, hysteroscopy and suturing which are used throughout the world both for training and certification.

Access to these specific training tools is affordable and easy through the online store of ID Trust Medical at www.id-trust-medical.eu

Information regarding the scientific validity of the training programmes and detailed information on what they entail can be found on the website of +he Academy at www.europeanacademy.org

Steps to start Training with +he Academy Model

+ Select the discipline in which you would like to train

+ Verify whether you have all the necessary equipment (e.g. video tower, optic)

+ Identify the training tools you need

+ Purchase your tools on www.id-trust-medical.eu

+ Start training!
<table>
<thead>
<tr>
<th><strong>Laparoscopy</strong></th>
<th><strong>Suturing</strong></th>
<th><strong>Hysteroscopy</strong></th>
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<tbody>
<tr>
<td><strong>LASTT®</strong></td>
<td><strong>SUTT®</strong></td>
<td><strong>HYSTT®</strong></td>
</tr>
<tr>
<td>+ Video tower</td>
<td>+ Video tower</td>
<td>+ Video tower</td>
</tr>
<tr>
<td>+ 0° optic &amp; 30° optic</td>
<td>+ 0° optic</td>
<td>+ 30° optic</td>
</tr>
<tr>
<td>+ Dissection forceps &amp; grasping forceps</td>
<td>+ Needle holders</td>
<td>+ Hysteroscopic working channel &amp; grasper</td>
</tr>
<tr>
<td>+ LASTT Training Package</td>
<td>+ SUTT Training Package</td>
<td>+ HYSTT Training Package</td>
</tr>
<tr>
<td>p. 7</td>
<td>p. 9</td>
<td>p. 8</td>
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<tr>
<td>+ Online Scoring Platform</td>
<td>+ Online Scoring Platform</td>
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<td>p. 13</td>
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<tr>
<td>+ Pelvic Trainer</td>
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<tr>
<td></td>
<td>+ Laptop</td>
<td></td>
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<tr>
<td></td>
<td>+ Needle holders</td>
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<td>p. 10</td>
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TOOLS
For Training Endoscopic Psychomotor Skills
LASTT®

Laparoscopic Skills Training and Testing Method

The LASTT® method uses the LASTT® model, representing the spatial distribution and orientation of the different planes and angles of a female pelvis.

It provides validated laparoscopic exercises to train and test the individuals on their laparoscopic psychomotor skills. Skills which are mandatory to acquire, in addition to the surgical skills.

Test proficiency should guarantee excellent practical performance like the ability of depth appreciation on a two-dimensional screen, camera navigation, hand-eye coordination, handling long instruments from a fixed position and the knowledge of basic endoscopic instrumentation.

The Exercises

The LASTT® model is placed into a Pelvic Trainer box, mounted with the relevant materials for the 3 exercises, and connected to an endoscopic tower. The exercises are performed with standard laparoscopic instruments: 10 mm 0° optic, 10 mm 30° optic, 5 mm dissection forceps, 5 mm grasping forceps.

The first exercise measures the ability of a person to navigate the camera and to handle the 30° optic; 14 targets have to be identified in a precise order. The second measures the hand-eye coordination by positioning 6 small rings over a nail and the last exercise measures the bimanual coordination by transporting 6 pin-objects from one hand to the other and then to corresponding target.

LASTT® Training Package

<table>
<thead>
<tr>
<th>SKU LAP101</th>
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<tbody>
<tr>
<td>Wooden LASTT model</td>
</tr>
<tr>
<td>Exercise inserts</td>
</tr>
<tr>
<td>Exercise elements</td>
</tr>
</tbody>
</table>
**SUTT®** The Suturing and knot tying Training and Testing model

A series of tests on stitching and knotting have been defined to train and test the quality level of needle handling, stitching, tissue approximation and knot tying.

Two different SUTT® pad exercises are available:

SUTT1® provides one exercise in stitching and knot tying using dominant hand.

SUTT2® provides 4 exercises evaluating the precision of needle manipulation, intracorporeal knotting and tissue approximation using both dominant and non-dominant hand.

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*SUTT® Pads for Certification*

**SKU SUT321**  **SKU SUT331**

20 disposable SUTT1® or SUTT2® Pads for Certification
The SUTT® Training Package allows you to train fine suturing and knotting techniques by using SUTT1® and SUTT2® training pads. Additionally, it includes a Neoderma Suturing Pad, made of a special reusable material simulating human tissue to further hone your suturing skills.

SUTT® Training Package

SKU SUT101

1 Metal base to be used in a Pelvic Trainer
1 Reusable Neoderma Suturing Pad
5 disposable SUTT1® Pads for Training
5 disposable SUTT2® Pads for Training
Stopwatch
Manual, documents and exercise USB made by Prof. A. Wattiez
**E-knot® The Suturing Home Trainer**

The E-knot® is a home trainer developed by +he Academy
to train specifically on the challenging skills of laparoscopic
suturing and knot tying in a simple way at any location
using your own laptop.

The E-knot® trainer box
(with or without needle holders)

<table>
<thead>
<tr>
<th>SKU</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>SUT401</td>
<td>1 E-knot®</td>
</tr>
<tr>
<td>SUT411</td>
<td>2 Needle holders (optional)</td>
</tr>
<tr>
<td></td>
<td>1 Video camera to connect to a portable computer</td>
</tr>
<tr>
<td></td>
<td>1 Training USB made by Prof. A. Wattiez</td>
</tr>
<tr>
<td></td>
<td>with a structured training programme</td>
</tr>
<tr>
<td></td>
<td>and tips and tricks for laparoscopic suturing.</td>
</tr>
</tbody>
</table>

[Image of the E-knot® trainer box and laptop]
Pelvic Trainer

The Pelvic Trainer is an accessory product for the LASTT Training Package and SUTT Training Package.

Alternatively, a Szabo Trainer can be used to perform the exercises.

Academy Pelvic Trainer

SKU PET101

1 Pelvic Trainer box

Note: the trainer box does not come with the displayed tools
HYSTT® Hysteroscopic Skills Training and Testing Method

The HYSTT® model simulates all possible movements one should perform during a hysteroscopic procedure. It tests and trains hysteroscopic camera navigation and instrument handling. The model is made in a shape similar to a human uterus, installed in a Neoderma model simulating the female genital anatomy.

The Exercises

Exercise 1 evaluates the skills of an individual to handle the camera and work with a 30° optic in an hysteroscopic environment. Various sets of modules are used in order to eliminate the memory effect for the participants. Exercise 2 evaluates the skills of simultaneous camera and instrument handling and hand-eye coordination skills as its goal is to pick and extract 14 pins.

HYSTT® Training Package

SKU HYS102

1 Academy Table Model
3 HYSTT1® models exercise 1 and 3 HYSTT1® models exercise 2
3 Diagnostic models
Stopwatch
Manual, documents and exercise USB
OSP® Online Scoring Platform
The universal platform for gynaecologists and surgeons

The Online Scoring Platform is your central hub to manage in-house LASTT, SUTT and HYSTT training.

OSP® for Training Centres
SKU OSP101

+ manage trainees participating in your sessions
+ submit LASTT, SUTT and HYSTT training results
+ see how your trainees relate to the benchmark group and see the group distribution
+ validate when the minimal requirement for entry in the operating room is met
+ issue branded reports for internal use

Exercise 2: Hand-Eye Coordination

A. Benchmark Data

<table>
<thead>
<tr>
<th>Exposure to Laparoscopy</th>
<th>LASTT score</th>
<th>Excellent</th>
<th>Fair</th>
<th>Room for Improvement</th>
</tr>
</thead>
<tbody>
<tr>
<td>Minimal</td>
<td>27.6%</td>
<td>46.5%</td>
<td>25.9%</td>
<td></td>
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<tr>
<td>Intermediate</td>
<td>45.3%</td>
<td>44.3%</td>
<td>10.4%</td>
<td></td>
</tr>
<tr>
<td>Major</td>
<td>67.3%</td>
<td>27.1%</td>
<td>4.4%</td>
<td></td>
</tr>
</tbody>
</table>

B. Distribution Course Group

<table>
<thead>
<tr>
<th>LASTT score</th>
<th>Excellent</th>
<th>Fair</th>
<th>Room for Improvement</th>
</tr>
</thead>
<tbody>
<tr>
<td>90.9%</td>
<td>9.1%</td>
<td>0%</td>
<td></td>
</tr>
</tbody>
</table>

C. Your Personal Score

Exposure to Laparoscopy based on your identification data: Minimal
Your position in the benchmark group: Minimal
Your place in the Benchmark group on a scale from 0 to 100: 98
Mentee name: Chris Farmer (23/8/1976)

Demo Training Centre
Mentor: Joseph ACME

Example
LASTT exercise 2 hand-eye coordination: group performance, benchmark and individual position.
Boxes for Training Centres

The LASTT®, SUTT® and HYSTT® Boxes for Training Centres are specifically designed to equip Training Centres, are packed in bulk plastic boxes and contain tools for 5 stations.

**LASTT® Box for Training Centres**

- SKU LAP201
- 5 Wooden LASTT models
- Exercise inserts
- Exercise elements
- 5 Stopwatches
- Manual, documents and exercise USB

To be used with 5 Academy Pelvic Trainers or Szabo Trainers (not included)

**SUTT® Box for Training Centres**

- SKU SUT201
- 5 Metal bases to be used in a Pelvic Trainer
- 5 Reusable Neoderma Suturing Pads
- 5 SUTT1® Pads for Training
- 5 SUTT2® Pads for Training
- 5 Stopwatches
- Manual, documents and exercise USB made by Prof. A. Wattiez

To be used with 5 Academy Pelvic Trainers or Szabo Trainers (not included)

**HYSTT® Box for Training Centres**

- SKU HYS201
- 15 HYSTT1® models exercise 1
- 15 HYSTT1® models exercise 2
- Additional pins
- 5 Stopwatches
- Manual, documents and exercise USB

To be used with 5 Academy Table Models or Storz EVE Models (not included)
The European Academy of Gynaecological Surgery and ID Trust Medical make training tools available that are universally accessible and follow the international recommendations on providing dry skill lab training.

This brochure gives an overview of our tools and guides you in your training efforts.