



improvement project

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- **Theory:** Surgical residents are inadequately trained to do FAST exams on Trauma rotation
- **Change concept:** Provide formal training and observed practice opportunities
- **Changes ideas:** More training sessions, observed FAST exams, minimum competency volume



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Aim statement:

We aim to increase the number of observed FAST scan performed by University of Toronto first year surgical residents by 50% by May 1, 2017



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Interventions

✓ 2.5h FAST Training Session on April 11, 2017

- Followed mandatory Surgical Foundations lecture on Academic Half Day

✓ Components:

- Book chapter and instructional video distributed prior to training session
- Brief "chalk-talk" led by trauma fellow
 - Indications, benefits and pitfalls of FAST reviewed
- Practice time in Simulation Lab
 - 4 facilitators (2 trauma fellows, 2 General Surgery PGY2s)
 - 10 ultrasound stations with designated volunteer standardized patients
- Consolidation of learning with demo on high-tech simulator
 - Identify and review key findings of a "positive" FAST



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FAST Session



Demographics

- 16 participants, 100% completed both pre and post training surveys
 - 11 in General Surgery
 - 3 in OBGYN
 - 1 in Urology
 - 1 in Plastic Surgery
- 9/16 (56%) had done a trauma rotation as a resident already



Experiences in the training session

- Participants performed 1-7 FAST scans during the training session (mean 3.8)
- Of those, participants had 1-4 FAST scans observed by a facilitator (mean 2.2)
- 9/16 of participants increased the number of observed FAST scan they had performed by 50%

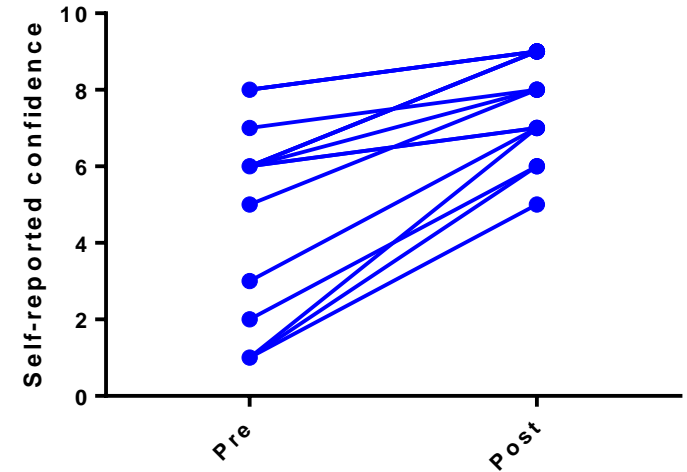
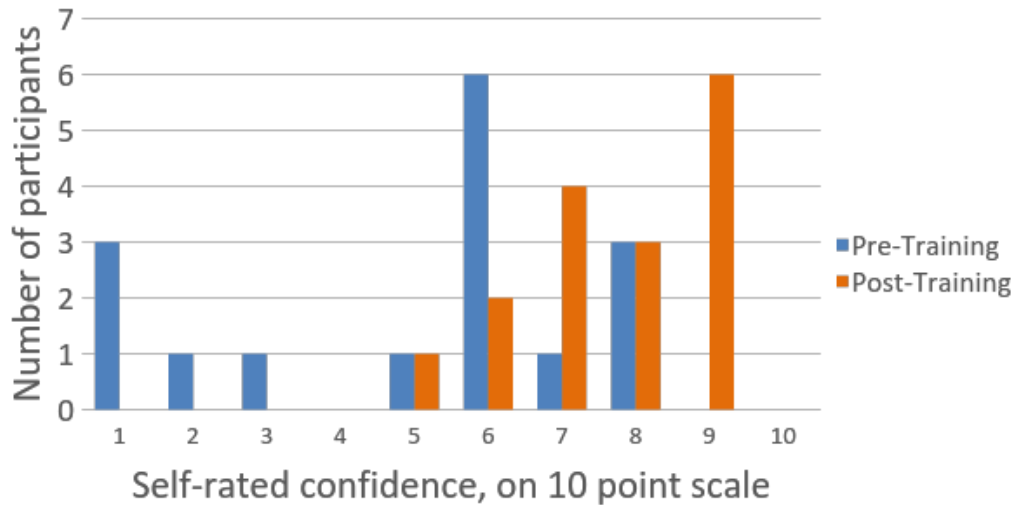


Confidence in performing FAST Scans

- Participants self-rated confidence, on scale from 1-10, with 1 being not confident at all and 10 being completely confident
- Mean pre-training: 5.0
- Mean post-training: 7.7



Confidence in performing FAST Scans

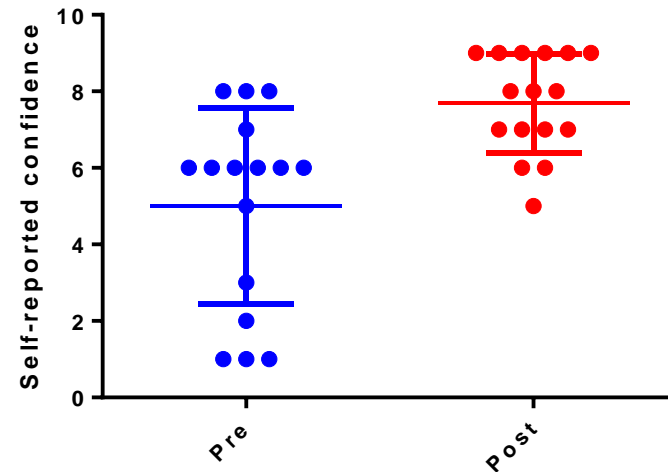
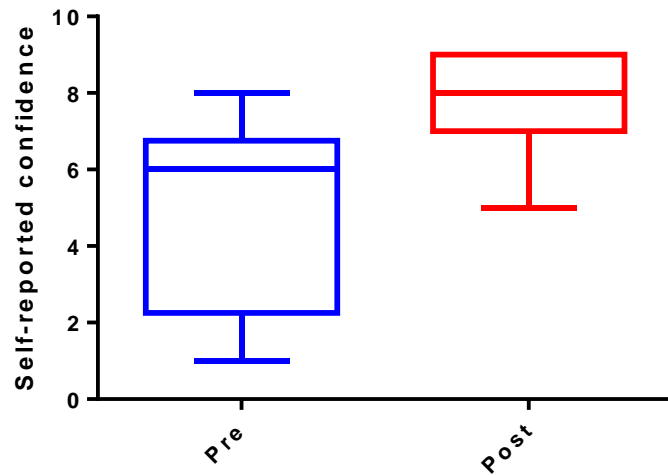


p=0.0008

Mean ± SEM of column A	5.000 ± 0.6390 N=16
Mean ± SEM of column B	7.688 ± 0.3256 N=16
Difference between means	2.688 ± 0.7172
95% confidence interval	1.223 to 4.152



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Feedback from participants

- *“Would be great to have this in boot camp for incoming PGY1s”*
- *“This should be included in the PREP camp in the summer (ie before we begin our rotations)”*
- *“Include in bootcamp”*
- *“More instructors”*
- *“More female volunteer patients”*



Take Home Messages

- The FAST training session was well-received by first year surgical residents
 - Significantly improved self-rated confidence
- Single 2.5 hour session was not adequate to meet our goal of increasing number of observed FAST scans by 50%
 - Longer duration session vs. multiple sessions
 - More instructors in single session
- Optimal timing for this session is most likely earlier in PGY1, e.g. July
 - Gain experience prior to trauma rotation



Acknowledgments

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