

# The End of See One, Do One, Teach One

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## Aim

Simulated teaching has numerous benefits, including providing an opportunity for trainees to practice skills in a controlled environment to build competence prior to a clinical setting, minimising risk to patients. Teaching on practical skills in Ophthalmology can be delivered on a variable basis. We designed a pilot simulation teaching session with the aim to improve knowledge and confidence in Ophthalmology trainees performing essential practical procedures infrequently encountered in day-to-day clinical practice.

## Method

A two-and-a-half-hour intensive simulation session was run for Ophthalmology trainees currently working in NHS Fife under the supervision of three consultants. A survey was sent prior to and following the simulation session to assess impact on confidence and knowledge for six practical skills:

1. *Aqueous tap*
2. *Vitreous tap and inject*
3. *Corneal suturing*
4. *Corneal gluing*
5. *Loading 3-piece-IOL*
6. *Lateral canthotomy*

## Results

Five trainees ranging from ST1-ST5 took part, with two involved in organisation of the event. The survey was completed by the other three attendees. Following the session there was an average increase in 2/3 points for aqueous tap, 1/1 point for vitreous tap, 1/2 points for corneal suturing, 3/3 points for corneal gluing, 4/4 points for loading a 3-piece intraocular lens, and 1/1 point for lateral canthotomy for knowledge/confidence respectively. On scoring how useful the simulation session was overall, it was rated an average of 9 out of 10.



## Conclusion

- Simulated teaching is extremely helpful at all stages of training. Running successive simulation sessions presents an opportunity to develop skills further and assess progression in competency.
- Furthermore, simulated practice ensures patient safety is prioritised during training.
- This pilot session will provide a foundation to develop a National course for Ophthalmology trainees throughout Scotland, to offer formalised teaching on essential skills and promote excellence in training.

