



RECIPE BOOK

Making training sessions as realistic as possible



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We know you want your training sessions to be as realistic as possible. To assist you in bringing your simulation sessions to life and suspending disbelief, we offer this recipe booklet for common healthcare training scenarios. Many of these recipes involve applying moulage.

(Moulage - the art of applying mock injuries for the purpose of training Emergency Response Teams and other medical and military personnel. Moulage may be as simple as applying pre-made rubber or latex "wounds" to a healthy "patient's" limbs, chest, head, etc., or as complex as using complicated makeup and theatre techniques to provide elements of realism to the training simulation.)

See page 12 for full cleaning instructions

Other Tips & Tricks

1. To have the simulator present with the following symptoms;
 - a. Cool skin – use an ice pack on the skin prior to the student entering or fill extremity with water and freeze the night before.
 - b. Warm skin – use an instant hot pack or a heating pad prior to the student entering.
 - c. Diaphoresis – use a mixture of glycerin and water to lightly spray on the manikin with a spray bottle (plant mister).
 - d. Cyanotic fingers – blue plastic wrap or makeup
2. To hide the blood bags used for simulator's IV arm, choose one of the following;
 - a. Place the blood bag (only one of the bags) between the mattress and the bed frame. Be sure to pad the bags if springs are exposed.
 - b. Use a pressure infuser.
 - c. If a pressure infuser is not available, a suitable substitute would be a large blood pressure cuff.

Making training sessions as realistic as possible!

Laerdal offers a complete line of trauma and nursing wound sets, modules and makeup.



Trauma Module Set



Simulated NBC Module



Bleeding Trauma Modules



Trauma Make-Up



BTLS Victim Injury Set

Ask your Laerdal representative for more information and which modules are right for you!

Cleaning Your Simulator

Remember to always have the participants wear gloves. This action alone will cut down on the amount of time required to clean the manikin. However, to clean the chest skin, completely remove it from the manikin and take it to the sink:

- a. Any mild dishwashing soap works well.
- b. Do not use anything that has an acetone base, such as fingernail polish remover; it will remove the clear coat finish on the manikin and any painting (hair, eyebrows, etc.).
- d. Always have a container of Clorox® wipes handy. They do not contain bleach, but work well as a general cleanup cloth.
- e. A bottle of Isopropyl Rubbing Alcohol and a 4x4 gauze pad will also work when cleaning the manikin.

You can use the cleaners listed above to clean the manikin. A general rule of thumb is that if you wouldn't use it on your car (interior or exterior), don't use it on the manikin.

Note - Laerdal is not responsible or liable for any permanent staining to the manikin or any product damage as the result of applying moulage. We offer these “recipes” as a way to bring your simulation to life. But caution should always be exercised to protect your simulator from any staining or damage.

Stool for Specimens and Culture

INGREDIENTS:

Granulated fiber product (i.e. Metamucil®)
Coffee

Alter liquid amount for differing consistencies

INGREDIENTS:

Refried Beans

On a latex glove, tie off all fingers except the thumb. Fill the glove with refried beans and tie it off at the top. Work the beans down into the thumb of the glove. Cut a small whole at the end of the thumb and gently squeeze out desired amount of “stool!”

INGREDIENTS:

Lettuce
Oatmeal
Raisins
Ready to use Chocolate frosting
Water
Corn kernels (a few)

Mix 2-3 tablespoons oatmeal with water until softened. Mix with several tablespoons chocolate frosting and a few drops of water until desired consistency is reached. Cut up several corn kernels and add to mixture. Cut up raisins and lettuce and work in well. Keep refrigerated in covered container until needed. Remove from refrigerator approximately 30 minutes before needed. Place in appropriate container for demonstration. This mixture will last for weeks when kept refrigerated (except when used for class).



Wound Drainage

INGREDIENTS:

Pea Soup (not split pea)
Gauze pads
Water
Food coloring
Cranberry JELL-O

Take desired amount of pea soup and moisten it with a drop or two of water to desired consistency. Determine color of drainage desired and use food coloring to make it a variety. You can make serous, serosanguinous, purulent, or gross bloody drainage. Place desired amount of “drainage” on gauze pad and let it dry. Plain pea soup will be a pale yellow-green color. Moistened jello looks like clots on the gauze pads when it dries. Saturate some pads, while making others with a variety of patterns of drainage. Dry these on paper towels with a protective barrier underneath so the counter doesn't get stained. These dry within a few days and can be stored in zip-lock bags. They should last for some time when stored properly. They're great for teaching how to chart drainage and for evaluation of sterile dressing change. Students never know what the dressing will look like underneath if you keep a supply of drainage dressings at each evaluation station.

Post-Partum Fundus

INGREDIENTS:

2 Large Packages red JELL-O®
Water
Knox® unflavored gelatin, 1-2 envelopes

Mix red JELL-O with half the amount of water called for in the recipe. Add Knox gelatin to mixture. Pour into a bowl that is close to the size of a postpartum fundus. Refrigerate until firm. Unmold and place in ziplock bag, removing as much air as possible. Keep refrigerated until needed. This is a rough fundus, but it gives students something to palpate. This will last for weeks if refrigerated.

INGREDIENTS:

Chocolate syrup
Kitty litter

Mix together for desired effect.



Nasogastric Drainage

INGREDIENTS:

Diet Cola
Water
Green food coloring

Dilute cola, 50% or less, with water. Then add a few drops of green food coloring to reach desired color. This combination resembles GI content and PH tests at a 4.

INGREDIENTS:

Cream soup
Water
Food Coloring
Coffee Grounds (as needed)

This combination is effective for nasogastric drainage associated with peritonitis or paralytic ileus. This can be made a greenish-black with the food colors and a variety of consistencies.

INGREDIENTS:

Chunky Salsa
Water
Food Coloring
Coffee Grounds (as needed)

Pour desired amount of salsa into a blender and blend until vegetable particles are tiny. Add water and food coloring for desired consistency and color. Store in refrigerator until needed. If left at room temperature, mold begins to grow within 2-3 days. If refrigerated when not in use in class, this "drainage" will last weeks. This mixture will give you red/brown nasogastric drainage associated with gastric bleeding, surgery, etc.

Eviscerated Bowel

INGREDIENTS:

- Stool mixture (see recipe)
- Condoms (without reservoir tip)

This recipe is to be used with the Laerdal nursing wound modules (belly with Penrose drain). Remove the Penrose drain, place stool mixture in condom and tie a knot at the end. Slide the knot through the opening, leaving the condom with stool mixture exposed. Place the module on the manikin. For an added effect, use a few small rubber bands to give the bowel a natural look.

Infiltrated I.V.

INGREDIENTS:

- Clear Museum Gel
- Tegaderm
- Blush Makeup

Brush IV site with blush to make a pink appearance. Then apply a small amount of Clear Museum Gel to IV site and cover with Tegaderm.



Post-Partum Blood Clots

INGREDIENTS:

- Sugar-free Black Cherry JELL-O®
- Iodine
- Red food coloring

Make JELL-O as directed on the box (for thicker clots, use less water). Add 2 tablespoons of Iodine and 1 tablespoon red food coloring for effect. Chill the mixture until JELL-O has hardened. Stir the JELL-O mixture to desired clot size and apply to pad or nun's hat.

INGREDIENTS:

- Black Cherry Pie Filling

Cut cherries into small pieces or turn inside out. This mixture is then applied to pad for desired effect.

Mucus

INGREDIENTS:

K-Y® Jelly
Gel Food coloring (yellow, green, and red)
Milk

Use a tube of K-Y Jelly and the gel food color (in a tube). The tip of the food coloring tube fits directly into the K-Y Jelly. If it does not fit, you can draw it up into a syringe. Mix together for desired effect. Green and yellow make a great sample. Add small dash of milk to make it cloudy.

INGREDIENTS:

Baby Food -
Gerber Hawaiian Delight & Peas

Use a combination of the two to create the desired color and amount.

Cerebral Spinal Fluid

INGREDIENTS:

Dish washing liquid on a 4 x 4

Allow to dry for the 'halo' effect.

Colonoscopy Change

INGREDIENTS:

Chocolate syrup
Kitty litter

Mix together for desired effect.



Emesis

INGREDIENTS:

Oatmeal
K-Y® Jelly
Betadine Solution
Cottage Cheese
Raisins
Corn Kernels
Water
Orange Juice (pre-mixed)

Mix oatmeal, cottage cheese and water to desired consistency. Add Betadine for color and K-Y Jelly for effect. Add a few cut up raisins and corn kernels and mix. Keep refrigerated unless being used. This mixture keeps for weeks if refrigerated.

INGREDIENTS:

Vegetable Soup

Campbell's® Soup at Hand® "Blended Vegetable Medley" makes easy emesis on the go - just open and pour.

Sub-Q-Emphysema

INGREDIENTS:

Kellog's® Rice Krispies® Cereal
Zip Lock Bag

Place the cereal in the bag (approximately 2 cups in a 1 gallon bag) and seal the bag shut. Place the bag between the chest area and the skin. The student should feel the snapping and popping of the 'air' beneath the skin.

INGREDIENTS:

Chocolate syrup
Kitty litter

Mix together for desired effect.



Abrasion

INGREDIENTS:

Blood Gel
Cleaning Brush

Apply blood gel to cleaning brush and drag along the manikin's skin in the abraded area.

Skin Tear

INGREDIENTS:

Laerdal Wound Set
Blood Gel
Tegaderm™

Apply wound as directed. Fill wound with blood gel (or wound drainage) and cover with Tegaderm.

Urine

INGREDIENTS:

Water
Food coloring
Milk

Mix together for desired color: amber, straw colored, bloody. Add small dash of milk to make it cloudy. It looks great in a Foley bag or as a specimen in a urinal, bedpan or container.

Sputum

INGREDIENTS:

Clear dishwashing liquid
Water

Mix together for desired effect.

INGREDIENTS:

Baby Food - Gerber
Hawaiian Delight & Peas

Mix together for desired effect.

Kidney Stone

INGREDIENTS:

Strawberry Seed
Calculi Strainer

Pinch off a seed or two from the strawberry and place it in the bottom of the calculi strainer.

Hematuria with Clots

INGREDIENTS:

Water
Black Cherry Pie Filling

Put 2-3 cherries in a food processor until desired size is reached. Then add water and put in manikin bladder for irrigation and Foley bag for effect.



We trust that you enjoy using your Laerdal Recipe Book.
It can help make your training program “come to life.”

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helping save lives

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