

BASIC MOULAGE RECIPES

BLOOD

Ingredients & Supplies:

1 cup white/clear corn syrup (thicker consistency)
1 cup liquid starch (thinner, flowing blood)
1 tbsp water
2 tbsp red food coloring
1 tsp yellow &/or blue food coloring
Chocolate syrup

Preparation:

Mix corn syrup or liquid starch with red food coloring and water to desired consistency. Adjust color by adding a drop at a time of yellow or blue food coloring or chocolate syrup.

Clean-Up:

Will stain so protect manikins and clothing with layer of petroleum jelly or plastic wrap. Wipe off with water and hand wipes.

Storage:

Will keep a long time in refrigerator.

BLOOD CLOTS

Ingredients & Supplies:

Sugar-free Black Cherry gelatin
2 tbsp betadine
1 tbsp red food coloring
Chux or gauze pad

Preparation:

Make gelatin as directed on the box (for thicker clots, use less water). Add betadine and red food coloring for effect. Chill the mixture until gelatin is set. Stir the gelatin mixture to desired clot size and apply to chux pad or gauze pad on top of fake blood. Wet with small amount of water if surface becomes dry.

Clean-Up:

Wipe any gelatin off manikin immediately as it may stain.

Storage:

Clots will keep for months.

BURN

Ingredients & Supplies:

Petroleum jelly
Kleenex tissues, separate layers
Black eye shadow, charcoal or ashes
Bubble wrap, multiple-sized bubbles
Fake blood
Plexi glass pieces
Glycerin (optional drainage)

Preparation:

Cover any fluid ports with scotch tape to keep out jelly
Apply layer of petroleum jelly where burn will be
Apply one layer of tissue over jelly
Apply more jelly over tissue to mold melted skin
Cut bubbles from bubble wrap & place on jelly/tissue
Use charcoal/black eye shadow to scrape small amount to smear or dust
Use blood to show ooze over blisters or where burned through flesh
Place small pieces of plexiglass in burn to simulate broken glass

Clean-Up:

Use dry paper towels to remove most of Vaseline burn mess
Use baby wipes or orange cleanser solution to remove excess jelly

CYANOSIS – CIRCUMORAL OR PERIPHERAL

Ingredients & Supplies:

Blue eye shadow
Zinc oxide containing cream (baby diaper rash cream)

Preparation:

Wipe a very thin layer of zinc oxide on patient lips or finger tips. Brush on small amount of blue eye shadow and blend. Zinc oxide can also be used for making skin pale. Remove and reapply as patient's oxygenation improves.

Clean-Up:

Alcohol wipe or hand wipes.

EDEMA

Ingredients & Supplies:

Memory foam, 1/4" – 1/2" thick
Coban self-adherent wrap, tan color
Knee- high hose (optional)

Preparation:

May need to have scrap of memory foam cut horizontally for thinner piece. Place over limb and wrap with coban wrap to cover foam and hold in place. May then cover with Knee-high hose to match skin color. Foot may be cut from hose and edges sealed with clear fingernail polish to prevent running.

Storage:

Memory foam reusable.

EMESIS

Ingredients & Supplies:

Oatmeal, regular or instant
Cottage cheese
Raisins, cut into small pieces
Corn kernels, cut up or whole
Water
Betadine or yellow, green food coloring
Creamed vegetable soup
Other small pieces of food of your choice
Parmesan cheese, grated (for smell of emesis)
Lemon juice (with cheese for smell of emesis)
Coffee grounds (optional for hematemeses)
Red jelly (optional for hematemeses)
Hemocult test kit (optional for hematemeses)
Emesis basin

Preparation:

Mix oatmeal, cottage cheese and water to desired thickness. Add betadine and/or food coloring for desired color. Add raisins, corn or other small pieces of food and mix. Mix in red jelly or coffee grounds for hematemeses. Add lemon juice to parmesan cheese for smell of emesis (some students may react unfavorably)—needs to set a while to work. Adding betadine will yield a positive hemocult test.

Clean-Up: Food coloring may stain gowns, sheets or manikins.

Storage: Keeps in refrigerator for a short time.

INFILTRATED IV SITE

Ingredients & Supplies:

Schkin to match manikin
Red blush or lipstick

Preparation:

Apply Schkin over IV catheter to appear swollen
Brush with blush or lipstick for redness (optional)

Clean-Up:

Remove Schkin with paper towel then alcohol wipe or soap & water.

JUGULAR VEIN DISTENTION

Ingredients:

Use rolled up cotton batting or gauze,
Licorice or other tubular candy.

Preparation:

Roll or cut into 4-6mm x 8 cm length.
Place under manikin neck skin to mimic
venous distention.

Clean-Up:

If candy used, remove at end of day.

Storage:

Candy may become hardened.

MUCUS SECRETIONS or SPUTUM

Ingredients & Supplies:

1 tbsp water-soluble lubricant jelly
1 tbsp dishwashing detergent
½ tbsp water
½ tsp baby powder
Baby peas (optional for purulent drainage)
Hawaiian Delight (Gerber®) baby food
Syringe

Preparation:

Mix all ingredients till correct consistency. Fill barrel of syringe. For nasal secretions, have pedi manikin head flat, place tip of syringe into nostril and inject a small amount of mixture. Elevate head of manikin to allow mixture to flow naturally from nose. May apply to gown and tissues as needed. For sputum, mix in baby foods for appropriate color and place in a tissue. Adding blood streaks is optional.

Clean-Up:

Wipe away with paper towel or wipes. Use cotton-tipped applicator to clean nares.

Storage:

May be stored in syringe in refrigerator indefinitely if peas not added.

NASOGASTRIC DRAINAGE, BILE

Ingredients & Supplies:

Fine grain wheat cereal
Cream soup
Few drops yellow or green food coloring or betadine
Diet cola (diluted ½ with water)
Dark corn syrup for darker and thicker mixture
Coffee grounds (optional GI bleed)
Wall suction container, NG tube

Preparation:

Texture and color of bile varies from yellow to dark green. Experiment with various combinations of liquid and coloring to achieve desired drainage. Diet cola will have a pH 4.0.

Clean-Up:

Do not run through manikin. May stain.

Storage:

Will keep a few weeks in the refrigerator.

SWEAT

Ingredients & Supplies:

Glycerin
Water
Spray bottle, dropper or cotton ball

Preparation:

Mix 3 parts glycerin with 1 part water. Apply with a spray bottle, dab with a cotton ball or drop with a dropper.

Clean-Up:

Wipe off with a hand wipe

Storage:

Will keep indefinitely in refrigerator

SCHKIN – SIMULATED SKIN

(Found on: www.medsimforum.com blog)

Ingredients & Supplies:

Petroleum jelly

Baby powder or corn starch

Acrylic paint

Cocoa powder (not hot chocolate mix)

3G SimMan: 2.5 cc Folkart acrylic paint Skintone (949)

(Laerdal) 2 oz. (1/4 cup) petroleum jelly

3 oz (1/2 cup + 4 tsp). baby powder

SimMan: 2.5 cc Folkart acrylic paint Skintone (949)

(Laerdal) 1 oz. (2 tbsp) petroleum jelly

1.5 oz. (1/4 cup + 2 tsp) baby powder

iStan: 2.5 cc each acrylic paint Folkart Skintone (949) & Apple Barrel Nutmeg brown (20432)

(METI) 1 oz. (2 tbsp) petroleum jelly

1.5 oz. (1/4 cup + 2 tsp) baby powder

Alternate method: 1/4 tsp to 3 tsp. cocoa powder (vary amt to match)

2.5 oz. (1/2 cup + 1 tsp) corn starch

1.5 oz.(3 tbsp) petroleum jelly

Preparation:

Have baby powder measured out and paint ready to draw-up into a 3cc syringe. Melt petroleum jelly carefully by placing in a glass or stainless steel bowl that is sitting inside of a bowl filled with boiling water (or use a double boiler). When melted, remove and add paint to the jelly and mix thoroughly. Jelly will start to solidify as it cools but that is okay. Mix in powder quickly using a spatula. Allow to cool and then knead to right texture, adding more baby powder as needed. Test on forearm to adjust texture—not too gooey and not too dry.

Alternate method: Mix cornstarch and cocoa powder. Melt petroleum jelly and add to cornstarch/cocoa mixture. May skip melting jelly and mix with a spatula and eventually kneading with your fingers. Vary the amount of cocoa powder to match your human subject or manikin. (Haley Rich)

Clean-Up:

Easy to remove from hands or manikin first with a paper towel then use alcohol or soap and water to remove completely.

Storage:

Store in air-tight container for months.

STOOL - FORMED, DIARRHEA, COLOSTOMY

Ingredients & Supplies:

Pre-mixed chocolate frosting or refried beans
Butterscotch or other flavor pudding (diarrhea)
Water
Oatmeal
Raisins, cut into small pieces
Corn kernels, cut up or whole
Ziplock bag, glove (tie off fingers except thumb) or pastry tube/bag
Red jelly (option for blood in stool)
Betadine (optional for positive occult blood test)
Hemoccult test kit (optional)
Bedpan, colostomy bag

Preparation:

For formed stool: Combine water with oatmeal to soften. Add oatmeal to about ¼ cup chocolate frosting and add water until desired thickness—want it to hold its shape. Mix in a few pieces of raisins and corn. Add betadine if a positive hemoccult desired. Place in pastry tube or ziplock sandwich bag and refrigerate. Take out 30 min. before ready to use. Force through the pastry tube/bag or cut the tip off a glove thumb or corner of sandwich bag for shape and size desired.

For diarrhea stool: liquefy with water, above mixture or use pudding.

For colostomy bag: mix lubricant jelly, peas and instant coffee to right color.

Clean-Up: Throw away mixture used that day.

Storage:

Unused mixture will keep in refrigerator for a few weeks.

STOOL - NEWBORN & BREAST-FED BABY

Ingredients & Supplies:

Honey-mustard salad dressing
Black food coloring
Green food coloring
Refried black beans or chocolate cake frosting
Water
Baby diapers

Preparation:

For meconium, mix black food coloring with chocolate frosting and a little water to make sticky consistency or green food coloring to black refried beans.

For transition to other stages, add more honey-mustard dressing and less “meconium” mixture till all honey-mustard stool.

Clean-Up: None

Storage:

Keep in ziplock bag in refrigerator for a few months.

URINE

Ingredients & Supplies:

Water

Yellow food coloring or tea (brewed or instant sugar-free)

Red food coloring for hematuria

Ammonia for urine smell

Milk or chalk dust (optional cloudy urine of infection)

Tapioca soaked in red food coloring for clots (optional s/p surgery)

Foley urine bag or urinal

Urine dipstick supplies (pre-color pads for abnormal results)

Urine cup

Preparation:

Mix water and food coloring to desired color—concentrated, dilute, etc.

Or dilute tea until desired color

Add a few drops of ammonia.

Add a few drops of milk or chalk dust for cloudy urine.

Optional tapioca blood clots

Clean-Up:

Should not be run through the manikin's system.

Food coloring or tea may stain.

Storage:

Without milk or tapioca, will keep indefinitely.

Throw away after one use if milk or tapioca added and rinse urine bags or containers thoroughly.

WOUND DRAINAGE – INFECTION

Ingredients & Supplies:

Hawaiian Delight (Gerber®) baby food
Peas - baby food
Water
Fake blood & blood clots (see recipe)
Gauze pads or other wound dressings
Morning breeze (optional, a foul smelling liquid, order online)
Schkin wound (optional)

Preparation:

Mix baby foods and water to desired color and consistency. Spread with stick or brush onto dressing or wound. Optional: Dip toothpick in blood and streak drainage.

Clean-Up:

Clean off with hand wipe. Be careful with fake blood as it may stain manikins, clothing or bedding.

Storage:

Let dressings dry thoroughly and store in zip lock bag in freezer. Will last for a few months.

WOUND DRAINAGE - SEROUS OR SEROSANGUINOUS

Ingredients & Supplies:

Fake blood
Water
Green tea, brewed
Syringe
Fake blood & blood clots (see recipe)
Gauze pads or other wound dressings
Schkin wound or burn (optional)

Preparation:

Serous: Fill syringe with tea and slowly drop onto a gauze pad. Color will concentrate where drops fall and then spread out from there. Do not allow to go too close to edge of dressing.
Sero-sanguinous: In the center of a 4x4 gauze, place a drop of fake blood. Drop tea from a syringe onto blood spot until drainage spreads not quite to edge of gauze.

Clean-Up:

Clean off with hand wipe. Be careful with fake blood as it may stain manikins, clothing or bedding.

Storage:

Let dressings dry thoroughly and store in zip lock bag. Will last for a few months.