Light weight, folds into small box & could be assembled in 10 minutes
Android Phone, Laptop computer or I Pad could be used as a monitor
Has been evaluated comparing with the Inovus simulator and has additional features
Ordinary cardboard box and two cell phones — I Pads should suffice for practice
Both for Regular & Single Incision Practice
Thread & Holder could be used for Peg transfer
FLS TRAINING PROGRAM

- Peg Transfer 300 seconds
- Precision cutting 300 seconds
- Ligating Loop 180 seconds
- Extra – corporeal knot 420 seconds
- Suture with intra - corporeal knot 600 seconds
LAPAROSCOPY IN RURAL AREAS

3 D actions from 2 D Images

Extra / Intra Corporeal Knotting

Suturing

Dissection and Cutting
3 D actions from 2 D Images

Use Maryland & Needle holder for the task

Use different hands for pick up & placing

Use different places and angles created by placing gauze piece underneath the board

Use the Single port in the front
**Modified Roeder’s or fisherman’s knot**

*Use Pusher of DJ stent for making the Endo - Loop*
Use gingers of stuffed or non – stuffed gloves to practice

Place two knots and cut between them

Start with 2 ports and then try single port
Use the pole and the single port in front

Could practice pushing from outside first

Use different types of pushers and knot
The shorter thread below the longer one & right hand instrument above the left hand instrument

Go through the loop, leave and pick up the shorter thread

Pull the loop towards you & the needle holder goes through the loop to pick up
Sometimes loop similar to the above automatically forms
Then lift the loop with needle holder from below and go through the loop
Keep both instruments close and chase the shorter thread & hold it
When the needle is used it’s tip is held with needle holder
The tread is brought from below to above the needle with left hand Maryland
The shorter thread is then picked up by Maryland forceps through the loop
Hold the needle as shown with needle holder and rotate clockwise twice. The needle is then held by the Maryland forceps and the needle holder picks up the smaller thread through the loop. Both the ends are then held close to the loop and knot is completed.
Use Gauze piece stretching from one end to the other in the Simulator

Use ordinary needle and thread for making the needle and thread with knots to prevent slipping
Holding the needle at the correct position is important.

Hold at the right direction and place the needle on the ground if necessary for picking up.

While coming out is the most easy time to grasp at correct position.
The Suturing & knotting could be practiced at the same time.
Towards the end if sufficient length is not there the needle could be held while knotting.
The stuffed gauze piece could be used for drawing line and cutting with precision.