RCOG Operative Birth Simulation Training (ROBuST)

Guidance Notes
ROBuST courses are intended for local delivery to facilitate obstetric trainee attendance, and thus benefit from this teaching at the most appropriate time in their training. This course may also be valuable for any obstetrician wanting to refresh their knowledge and skills.

The training package consists of a Trainers Manual for use by local trainers once they have attended the ROBuST Train the Trainers day, a DVD containing all the presentations and videos for use on local ROBuST Courses, as well as a Course Manual intended for the participants attending local ROBuST Courses. Those attending the Train the Trainers day at the RCOG will be given a manual and DVD at the course and there will be an opportunity to buy additional manuals for other trainers at a later date if needed.

The training package has been designed by a team of clinicians with extensive experience of obstetric simulation training and is intended for local delivery in franchised centres, supported by the RCOG. The aim of ROBuST is to improve training in all aspects of operative vaginal birth, including technical and non-technical skills, to help obstetric trainees gain the necessary competences and confidence required to safely assist and expedite birth in the second stage of labour.

The course can be delivered locally provided that the necessary requirements in terms of facilities, equipment and faculty are met. These guidance notes list the equipment and consumables likely to be needed to run the course (Appendix 1) and also the RCOG franchise application process.

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1. Introduction

The ROBuST package has been developed to provide guidance and materials for local trainers to deliver operative vaginal birth training within their own regions.
2. Assessment

To get the most out of ROBuST training, it is recommended that trainees access other RCOG training packages e.g. StratOG and EaSi (eLearning and Simulation for Instrumental delivery). It is essential that trainees have a good knowledge of pelvic and fetal head anatomy prior to attending a course, and are able to perform an accurate assessment of fetal position in the second stage of labour.

There is no assessment at the end of the training course. Following attendance at the course, trainees would be expected to undertake supervised clinical practice in the workplace until clinical competences are achieved. Assessment of competence should be made using the standard RCOG OSATS (Objective structured assessment of technical skills) assessment process in clinical practice.

3. Faculty requirements

Convenors

The Convenor must be a consultant obstetrician/gynaecologist or senior midwife and must be active in the delivery of the course. Course Leads and Trainers must be suitably experienced to train and support the delegates and it is the responsibility of the Convenor to ensure this.

The Convenor must have attended a ROBuST Train the Trainers course run at the RCOG before the course takes place locally.

The Convenor bears the ultimate responsibility to ensure RCOG policies are met, guidelines are followed and revenue is collected and sent to the RCOG.

Course Leads

It is expected that Course Leads should be experienced teachers/trainers who have taught on several courses. They will be responsible for organising the teaching sessions each day including allocating lectures to each trainer. The Course Lead must have attended a ROBuST Train the Trainers course run at the RCOG.

The Course Lead and Course Convenor can be the same person.

Trainers

The Trainers will form the course faculty and should deliver the set lectures and evaluate the delegates. We recommend that all trainers attend the ROBuST Train the Trainers course but at the very least should observe at least one course run locally prior to teaching.

If possible, aim to include an experienced midwife as part of your local training team, as the course very much emphasises a team approach to managing operative vaginal birth and the importance of effective communication, not only with the woman and her partner, but also between all staff present at the birth.

Number of trainers and participants

The course is designed for approximately 9-12 participants and 3-4 trainers (i.e. three obstetricians and one midwife). Ideally there should be at least one facilitator for each of the practical sessions, however this can be adapted for local circumstances.

It is important that all trainers are well prepared and familiar with the contents of the ROBuST training package prior to running their first local course. Therefore, having attended the Train the Trainers (T3) day, it is a good idea to organise a meeting with the other trainers that will be helping to run your local course to jointly review the training materials and the supporting information.
4. Marketing and advertising

If you want to advertise your course we are happy to provide a listing in the RCOG events section of the website free of charge (www.rcog.org.uk/events). Simply let us know when you send in your application.

Approved centres will receive an electronic version of various marketing templates. This will include the marketing brochure and website banners with RCOG branding. All material provided by the RCOG is copyright protected and should be used only for the duration of the organised course.

5. Evaluation of the course

In order to continue to monitor the performance of the ROBuST course at the RCOG and regional centres all trainees will be required to complete a feedback survey. Delegates will receive an email from the RCOG with a link that will direct them to SurveyMonkey.com, where they will complete the feedback on the course. Once the feedback has been completed, they will be automatically diverted to a page were the certificate of attendance will appear. Delegates must type their names on the certificate and remember to save a copy. They will have only two weeks to ensure they complete the feedback and obtain their certificates, after which the feedback link will be deactivated and the results will be sent to you.

The RCOG reserves the right to review all course records and/or to visit regional courses for evaluation purposes.

6. RCOG Franchising fee

We recognise that some centres or deaneries may not wish to charge or subsidise their delegates to attend the course so the RCOG fees allow for this possibility:

If the centre is not charging delegates to attend the course then a flat fee of £53 + VAT per delegate is payable to the RCOG by the centre.

If the centre is charging delegates to attend then a flat fee of £53 + VAT per delegate or 20% + VAT of the fee charged to delegates is payable to the RCOG, whichever is greater.

The franchising fees include a copy of the ROBuST Course Manual for every delegate.

When setting your delegate registration fee you will need to take into account the other costs of running the course, such as catering and room hire. The equipment and consumables needed to run the course are listed in Appendix 1.

The minimum you will be charged is whatever you state on your initial application form, but this can be no fewer than 6 delegates.
7. Manuals

Within the franchising fee, the RCOG will provide a copy of the Course Manual for each course delegate to keep. Additional copies for course faculty can be purchased as required from Cambridge University Press, these faculty copies may of course be reused.

All faculty who attend the ROBuST Train the Trainers Day will receive a copy of the Trainers Manual and DVD when they attend the day. Additional Trainers Manuals can be purchased from Cambridge University Press with prior approval from the RCOG. More information will be sent to you once the course is confirmed.

8. Payment

It is the Convenor’s responsibility to ensure delegate revenue is collected and payment for the minimum numbers (as per the application form) is sent to the College. Please note if you are unable to reach your minimum numbers by the given deadline then you will need to consider cancelling the course. If the course runs with below the minimum numbers contracted, you will still have to pay the RCOG the agreed minimum number fee.

In the event that numbers exceed the minimum requirement please contact the College with final numbers two weeks prior to the course to ensure additional manuals are sent in time for the course.

An invoice will be raised and enclosed within the course material and should be paid within 30 days of receipt.

9. Applying to run the course locally

Centres that wish to run this course must first submit an application to the RCOG for approval. This is to ensure that the necessary requirements in terms of facilities, equipment and faculty are met. All RCOG educational courses must be run in accordance with RCOG Franchising Policy which can be viewed here: www.rcog.org.uk/franchising-policy

10. RCOG contacts

For further information about the ROBuST Course please contact:

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APPENDIX 1: Technical requirements (provided for guidance)

The Trainers Manual and DVD both contain information to be used during your local course. Included on the DVD are PowerPoint Presentations for use in the lectures, and also other materials such as the RCOG OVB documentation proforma, that should be printed prior to the course.

The Trainers Manual has individual modules that provide guidance on how to run each of the practical, hands-on sessions.

Room requirements
You will need enough rooms (or space in one large room) to run 3 practical stations concurrently, and ideally an additional room with Powerpoint facilities for lectures.

Equipment
It is vital that the correct equipment is available on the day. There is an equipment list provided for each practical session, including suggestions for training mannequins.

Training mannequins
There are four different training mannequins featured in the manuals that the ROBuST development team have found reasonable for simulating/demonstrating the different circumstances of OVB effectively. There may be other mannequins that can be used, depending on the simulation equipment available in your unit/department/region.

Below are the manufacturers of the mannequins featured in the ROBuST manuals:

- Desperate Debra – Adam, Rouilly UK
- Model MED – Lucy – ModelMED
- PROMPT Birthing Trainer – Limbs & Things UK
- SimMOM – Laredal Medical/Limbs & Things UK

Other equipment
It may be a good idea to have an equipment box, kept in a central location, for storage of the equipment required for the practical sessions, including:

- Example of OVB pack that is used in your unit/region
- Gloves, syringes, blunt drawing up needles, normal saline ampoules (to be used instead of lignocaine)
- Equipment for a pudendal block (sharps protected)
- Laminated copy of the ROBuST OVB Flow Chart – (ABCDE)
- Laminated copy of the RCOG OVB documentation proforma.

A contents list on the lid of the box can be helpful to facilitate stocking up after each course. OVB instruments (e.g. Keilands, Rhodes and silicone vacuum cups) will probably need to be collected from the clinical area on the day of the course and it is important that these are returned to the labour ward at the end of the day, so that the clinical area is not depleted of OVB instruments.

Patient actors
Using a patient actor integrated with a mannequin can increase the realism of the practical sessions and also enhances communication between the team members and the woman. If you have enough participants in the practical hands-on sessions, they could take it in turns to be the patient-actor and provide feedback from a patient’s perspective on the communication of their colleagues.

Also, the trainees can learn about the mechanism of labour and the positions of the fetus within the maternal pelvis, by guiding the fetal mannequins through birth canal as the patient actor. Alternatively, one of the training team could be the patient actor if there are insufficient trainees.
How to get in contact

For more information visit:
www.rcog.org.uk/franchising

For an initial discussion please call or email the Conference Office:
Tel: +44 207 772 6312
Email: events@rcog.org.uk

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