2017 Catalogue

Learning has never been more lifelike

limbsandthings.com
Limbs & Things was established in Bristol in 1990 by medical artist Margot Cooper to design and manufacture medical training models.

Margot’s vision was to enable healthcare practitioners to become more competent and confident professionals, with the ultimate aim of improving patient outcomes and reducing medical error.

Our manufacturing and corporate head office in Bristol has continued to grow over the years, along with our range of new and innovative products launched each year.

Today, we have offices in the USA, Australia and Sweden as well as partnerships with our distributors across the globe.

Thank you for choosing Limbs & Things
Abdominal Examination Trainer

For practising the palpation, auscultation and percussion elements of abdominal examination
See Page 12

New Skin Tone for Venepuncture Range

We have developed a new skin colour for use with our Venepuncture Arms, for a wide appeal across a number of markets
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Physical Examination Skills
The CFPT Mk 3 is an anatomically accurate and tactile representation of the female pelvis. It is the ideal platform for hands-on examination as well as diagnosis of female conditions and minor pathologies. It can be used for many levels of training from undergraduate onwards, as well as in family health.

In 2014 the 7 uterine modules included with the Advanced model were used in a study by gynaecologists and doctors. Participants performed speculum and bi-manual examinations. The modules were found to be realistic and have construct validity.¹


Skills

- Recognition of perineal and pelvic anatomy including bony landmarks
- Digital vaginal examination
- Bi-manual examination
- Cervical smear procedure (including use of speculum)
- Digital rectal examination
- Professional-to-patient communication

Product Qualities

Anatomy
- Abdomen, pelvis and genitalia
- Vagina, cervix, anus and lower bowel
- Advanced model comes with interchangeable uterine modules with different complications
- Modules:
  - Normal - Nulliparous Cervix
  - Large Fibroid - Nulliparous Ectropion Cervix
  - Small Fibroid - Nulliparous Polyp Cervix
  - Ovarian Cyst - Multiparous Cervix
  - Retroverted - Multiparous Cervix
  - 10-12 Weeks Pregnant
  - 14-16 Weeks Pregnant

Realism
- Abdominal wall with fat layer makes palpation realistic
- Labia can be parted realistically
- Each uterus is presented at the correct anatomical angle

Key Features
- Partial thighs aid anatomical orientation
- Soft and strong perineum and labia

Versatility
- Abdominal wall can be removed quickly and easily
- Modules can be changed quickly and easily

Safety
- Latex free

Cleaning & Care
- Skin surface is washable using soap and water
Images above are for information purposes
& show a simplified representation of anatomy within the CFPT Modules.
Our Breast Examination Trainer provides a highly realistic learning platform for acquiring the skills required to perform Clinical Breast Examination (CBE). Featuring 6 readily interchangeable and multi-positional pathologies, providing healthcare professionals with the tools to identify various complications and pathologies, including carcinomas, cysts, fibrocystic disease and fibroadenoma. Both Simulated Patient and bench top training can be used for any undergraduate programs running OSCEs or healthcare professionals promoting best practice techniques to trainees and patients.

This product was developed in close collaboration with leading clinicians:
- Mr Peter Donnelly, Torbay Hospital, UK
- Clinical Skills Resources Centre, University of Liverpool, UK
- Clinical Practice Centre, St James’s University Hospital, Leeds, UK

**Product Qualities**

**Anatomy**
- Realistic soft tissue breast anatomy
- Pathologies supplied: carcinomas: 2cm, 3cm, 5cm, cyst, fibrocystic disease, fibroadenoma

**Realism**
- Soft tissue breasts look and feel realistic
- Clavicular and axilla pads for accurate lymph node placement

**Key Features**
- Pathologies can be placed in various predetermined location points and are easily changeable
- Dual purpose product: bench top and Simulated Patient
- Hard torso available for bench top use

**Versatility**
- Comfortable to wear for long periods of time during OSCEs and assessments

**Safety**
- Latex free

**Cleaning & Care**
- Skin surface is washable using soap and water

**Skills**
- Clinical Breast Examination (CBE)
- Self Breast Examination (SBE)
- Identification of anatomical landmarks
- Identification of lymph nodes (axillary, supra and infraclavicular)
- Location and diagnosis of pathologies
- Professional-to-patient communication

**Optional Extras**
- 40209 Breast Examination Carry Case

**Patents granted**
- US6336812 • EP099027 • DE69804793 • CA 2293585
- ZL98806331 • HK1023832 • 755575 Australia
**Examination & Diagnostic Breast Trainer**

Our realistic, life-size breast trainer is the ideal platform for training in the examination procedures and diagnostic techniques required for Clinical Breast Examination (CBE).

**Skills**
- Recognised clinical breast examination technique
- Diagnosis of pathologies:
  - Carcinoma
  - Fibroadenoma
- Aspiration of a cyst
- Self Breast Examination (SBE)

**Product Qualities**

**Anatomy**
- Simulated carcinoma and fibroadenoma
- Benign cyst for aspiration

**Realism**
- Breast skin is warm to the touch
- Responds to palpation in a lifelike way

**Key Features**
- Variable cyst volume

**Versatility**
- Lightweight and compact base allows for:
  - Self-examination
  - Bench top presentation

**Safety**
- Contains latex

**Cleaning & Care**
- Skin surface is washable using soap and water

- **40040** Examination & Diagnostic Breast
- **40106** Breast Aspirant (50ml)
- **Rigid two-part plastic base**

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**Rectal Examination Trainer Mk 2**

Our model comprises a realistic representation of the buttocks, anus and rectum enabling the practice of diagnostic skills associated with rectal examination.

**Skills**
- Digital prostate and rectal examination
- Proctoscope insertion and use
- Professional-to-patient communication

**Product Qualities**

**Anatomy**
- Buttocks, anus and rectum
- 2 interchangeable perineums:
  - Normal for prostate examination
  - Pathology featuring polyp and carcinoma
- 5 interchangeable prostates:
  - Normal
  - Bilateral benign
  - Unilateral benign
  - Bilateral carcinoma
  - Unilateral carcinoma

**Realism**
- The prostate is hidden and cannot be seen by the trainee
- Realistic sphincter tone
- Palpable sacrum

**Versatility**
- Prostates can be easily and quickly changed
- Trainer can also be presented in ‘semi-standing’ position

**Safety**
- Latex free

**Cleaning & Care**
- Washable using soap and water

- **60120** Rectal Examination Perineum - Normal
- **60123** Rectal Examination Perineum - Pathology
- **60121** Rectal Examination Prostates (Set of 5)
- **00293** Tube of water-based Lubricant
- **Lower torso**
- **Base**
- **Carry case**
Our anatomically accurate trainer is an ideal platform for teaching and learning hands-on male pelvic examination and diagnosis.

The user-friendly design, combined with clear anatomic landmarks and a range of male conditions and pathologies creates a realistic training experience for students across all levels of healthcare education from undergraduate level upwards.

Developed in collaboration with:
- The Clinical Skills Resource Centre, University of Liverpool, UK
- Imperial College, London, UK
- Guys Hospital, London, UK
- Southmead Hospital, Bristol, UK
- University of Southampton, UK
7 modules available

Images above are for information purposes & show a simplified representation of anatomy within the CMPT Modules

- **Module 1**: Normal
- **Module 2**: Varicocele
- **Module 3**: Testicular Tumours and Penile Cancer
- **Module 4**: Epididymal Cysts
- **Module 5**: Hydrocele
- **Module 6**: Orchitis/Epididymo-orchitis
- **Module 7**: Indirect Inguinal Hernia

**CMPT Module 1: Normal**

**CMPT Module 2: Varicocele**

**CMPT Module 3: Tumours**

**CMPT Module 4: Epididymal Cysts**

**CMPT Module 5: Hydrocele**

**CMPT Module 6: Orchitis/Epididymo-orchitis**

**CMPT Module 7: Indirect Inguinal Hernia**

**CMPT Abdominal Insert**

**CMPT Pubic Bone**

**CMPT Foreskins Pack** (each pack contains 2 foreskins & 3 lubricant sachets)

- Lower torso
- Support base
- LED pen torch
- Carry case

Patents granted
- US6336812
- EP99027
- DE69804793
- CA 2293585
- ZL98806331
- HK1023832
- 755575 Australia
Abdominal Examination

Abdominal Examination Trainer

An anatomically accurate adult male torso, used to teach and practise the palpation, auscultation and percussion elements of abdominal or gastrointestinal (GI) examination. Ideal for OSCE preparation and assessment. With interchangeable organs of varying sizes, and an integral MP3 player providing realistic sounds, the trainer provides the ability to differentiate normal from abnormal pathology.

Product Anatomy & Contents

* CAD Imagery

- 3 Interchangeable Livers
- 2 Interchangeable Spleens
- 2 Enlarged Kidneys
- Normal Aorta
- Aneurysmal Aorta
- Distended Bladder
- Speaker
- Distension Foam Insert
- Distension Set
- Ascites Bag
- Gaseous Distension Bag
- Set of 6 Abdominal Pathologies
### Skills
- Familiarity with the abdominal regions and underlying anatomy
- Practice in abdominal palpation, auscultation and percussion
- Ability to differentiate normal from abnormal pathology
- Identification of ascites, specifically shifting dullness and fluid thrill
- Identification of gaseous distension and bowel obstruction
- Ballottement of kidneys
- Professional-to-patient communication

### Anatomy
- Torso featuring abdomen, pelvis and lower part of thorax
- Bony landmarks include ribs, costal margin, xiphisternum, pubic crest, and anterior superior iliac spines
- 3 Livers: slightly enlarged, enlarged with smooth edge and enlarged with irregular edge
- 2 Spleens: slightly enlarged and markedly enlarged
- 2 Enlarged Kidneys
- Distended Bladder
- 2 Aortas: normal and aneurysmal
- Set of 6 Abdominal Pathologies includes:
  - 4 Smooth masses: 2 sizes, each with hard and soft version
  - 2 Irregular hard masses
- Distension Set includes:
  - Ascites bag
  - Gaseous Distension bag, pump and foam insert
- Simplified representation of lower thoracic & lumbar spine

### Key Features
- Interchangeable organs and pathologies of varying sizes can be quickly and easily inserted into the abdomen
- Trainer or Simulated Patient can vary respiratory movement of liver and spleen by the turn of a wheel
- Integral amplifier and surface mounted MP3 player allow training in auscultation of normal and high-pitched or obstructed bowel sounds, renal and aortic bruits - in variable locations
- Volume of bowel sounds can be adjusted and MP3 player allows for additional sounds to be loaded
- Distension set allows for the following:
  - Realistic checking for ascites using percussion, shifting dullness or fluid thrill technique
  - Simulation of bowel obstruction on percussion and auscultation
- Pulse bulb allows simulation of normal and aneurysmal aortic pulse

### Safety
- Latex free
- Weight of model is within male and female health and safety limits for lifting to chest height

### Cleaning & Care
- Skin surface is washable using soap and water
Take a look at our new videos

Visit the website or YouTube channel

limbsandthings.com
youtube.com/limbsandthings

Subtitles in Spanish, French & German
Procedural Skills
Advanced Catheterisation Trainer - Complete Set

Our Advanced Catheterisation Trainer facilitates the teaching of urethral and supra-pubic catheterisation, as well as how to demonstrate self-catheterisation to patients (when using the optional Self Catheterisation Stand). It has interchangeable accurate male and female anatomy, and both sets of genitalia are realistically soft and pliable. The feel of the catheter passing along the urethra into the bladder corresponds closely to real life.

Skills

- Correct handling of male and female anatomy
- Aseptic catheterisation technique
- Catheter placement: accepts catheters from 14-16 French (male) and 12-16 French (female)
- Fluid management
- Withdrawal of catheter
- Intermittent Self Catheterisation (ISC) when used with the optional Self Catheterisation Stand (60167)
- Suprapubic catheter insertion and catheter management using Suprapubic Bung

Product Qualities

Anatomy
- Male anatomy: realistic meatus, flaccid penis and replaceable foreskin
- Female anatomy: partable labia with realistic urethral meatus and vaginal opening

Realism
- Supple urethra and resistant sphincter providing realistic response

Key Features
- 1 litre fluid bag on stand provides pressurised fluid flow
- Syringe supplied with water-based lubricant to simulate proprietary local anaesthetic gel
- Non-drip valve
- Reusable double-sleeve catheter packaging is supplied for teaching aseptic catheter handling

Versatility
- Easily interchangeable male and female catheterisation units

Safety
- Product is latex free (catheters provided contain latex)

Cleaning & Care
- Skin surface is washable using soap and water
Advanced Catheterisation Trainers - Male & Female

The Advanced Male and Female Catheterisation Trainers are available separately. Both are supplied with a suprapubic site and bung.

Basic Catheterisation Trainers - Value Set

A cost effective Value Set containing basic versions of each of the Male and Female Catheterisation Trainers. These do not contain the suprapubic bungs.

Suprapubic Catheterisation Management Bung

Set of 2 bungs, to be used with Limbs & Things Catheterisation Trainer Range. This Pre-Ported Suprapubic Bung allows for the management of catheters after surgical procedure has taken place.
Our Chest Drain and Needle Decompression Trainer has been designed to meet the specific requirements of healthcare professionals training in surgical or guidewire-assisted thoracostomy and thoracentesis.

This product allows for a variety of chest drain insertion techniques to be performed including ultrasound-guided techniques.

**Skills**

- Needle decompression of tension pneumothorax
- Open, or cut-down chest drain insertion: recognition of correct position, surgical incision, blunt dissection through chest wall, perforation of pleura and finger sweep
- Suture of tube to chest wall
- Ultrasound-guided chest drain insertion (Seldinger-type), including insertion of needle under direct vision and ultrasonic recognition of chest structures
- Management of pleural effusion

**Product Qualities**

**Anatomy**
- Representation of adult male thorax with arms raised
- Bony and soft tissue landmarks: manubriosternal joint, clavicles, ribs, pectoralis major and latissimus dorsi
- Internal ultrasound anatomy: diaphragmatic structures and collapsed lung

**Realism**
- Can give the impression of breathing under ultrasound when using the advanced pad
- Needle decompression air reservoirs provide realistic release of air on insertion of needle

**Key Features**
- Reservoirs can be filled with fluid or mock blood to represent pleural effusion
- Bilateral chest drain and needle decompression pads

**Versatility**
- Suitable for supine, sitting or leaning forwards positions
- Works with thoracic seals when using the standard pad
- Affordable replaceable pads

**Safety**
- Latex free

**Pad feature comparison**

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<tr>
<td>Ultrasoundable</td>
<td>✓</td>
<td>✗</td>
</tr>
<tr>
<td>Use with liquids</td>
<td>✓</td>
<td>✗</td>
</tr>
<tr>
<td>Effusion</td>
<td>✓</td>
<td>✗</td>
</tr>
<tr>
<td>Haemothorax simulation</td>
<td>✓</td>
<td>✗</td>
</tr>
<tr>
<td>Pleural layer</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>Blunt dissection</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>Seldinger technique</td>
<td>✓</td>
<td>✗</td>
</tr>
<tr>
<td>Can be sutured</td>
<td>✓</td>
<td>✓</td>
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<tr>
<td>Needle insertion</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>Guidewire insertion</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>Dilator insertion</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>Drain tube insertion</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>Use with adhesive dressings</td>
<td>✓</td>
<td>✗</td>
</tr>
<tr>
<td>Shows respiratory swing</td>
<td>✓</td>
<td>✗</td>
</tr>
<tr>
<td>Latex free</td>
<td>✓</td>
<td>✓</td>
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Chest Trauma Management

- 60231 Needle Decompression Pads (x2)
- 60232 Advanced Chest Drain Pads (x2)
- 60234 Standard Chest Drain Pads (x2)
- 60240 Chest Drain Ribs (x12)
- 60235 Chest Drain Rib Frame (Left)
- 60237 Chest Drain Rib Frame (Right)
- 60238 Chest Drain Lung
- 60239 Chest Drain Diaphragm
- Torso
- Carry case
Venepuncture

**Standard Venepuncture Arm**

The Standard Venepuncture Arm provides the ideal platform for practising the skills related to venepuncture and IV cannulation.

The bag and stand mock blood supply is perfect for a clinical skills training environment where large numbers of trainees are practise on a regular basis, or for self-directed learning time in a skills laboratory. Little technical knowledge is required for setup and maintenance.

**Bag & Stand Advanced Venepuncture Arm**

The Bag & Stand Advanced Venepuncture Arm contains a more complex vein structure in combination with the bag, stand and mock blood supply.

**Venepuncture Arms**

(Common features for all Venepuncture Arms)

**Skills**

- Venepuncture
- IV Cannulation
- IV Infusion
- Professional-to-patient communication

**Product Qualities**

**Anatomy**
- Soft, flexible skin
- Underlying palpable veins:
  - All models: cephalic, basilic and dorsal metacarpal
  - Advanced model only: median cubital

**Key Features**
- Realistic blood flashback
- Arm allows for digital pressure to stem blood flow
- Infusion tube allows for volume IV fluids to be administered

**Versatility**
- Skin is durable
- Veins last for up to 500 insertions of 21g needle
- Blood has been reformulated to improve leak resistance of veins (concentrated liquid to save you money and space)
- Can be used with vacuum blood collection systems, needle and syringe and IV cannulas
- Can be used for hybrid simulation and for professional-to-patient communication when using the optional Venepuncture Arm Harness

**Safety**
- Veins contain latex

**Cleaning & Care**
- Veins are easy to replace
- Easy to clean, service and maintain
Advanced Venepuncture Arm

The Advanced Venepuncture Arm features a complex vein system, which is connected to a closed blood supply, for easy adjustment of pressure.

Optional Extras & Consumables
(Available for all Venepuncture Arms)

- 00291 Arm Skin - Light
- 00299 Arm Skin - Brown
- 00300 Venepuncture Arm Harness
- 00301 Venepuncture Arm Carry Case
ACF Pad - Venepuncture

This soft tissue strap-on pad can be used to train in venepuncture and represents the antecubital fossa of the right arm.

Skills
- Professional-to-patient communication
- Recognition of the vein pattern through palpation
- Insertion of a needle and cannula
- Management of blood flow

Extended ACF Pad - Venepuncture

This soft tissue pad is supplied on a base for bench top training in venepuncture and insertion of cannulae. It represents the antecubital fossa of the right arm.

Three Vein Pad - Venepuncture

This soft tissue strap-on pad features 3 straight veins, one of which is paediatric size.

Skills
- Professional-to-patient communication
- Insertion of a needle
- Insertion of cannula
- Management of blood flow

Product Qualities

Key Features
- Ideal for professional-to-patient communication and scenario based training using Simulated Patient
- Strap onto the antecubital fossa of the arm
- Veins are: self-sealing for repeated use, re-chargeable via a one-way valve, supplied with mock blood under pressure, and replaceable

Versatility
- The pad can be connected to the Mock Blood Giving Set (60651) to simulate blood flow. Only use Mock Blood - Venous (250ml) (00223)

Safety
- Tough backing plate to prevent needlestick injuries
- Epidermis and veins contain latex

Cleaning & Care
- Replaceable epidermis
- Washable using soap and water

Extended ACF Pad - Venepuncture

This soft tissue pad is supplied on a base for bench top training in venepuncture and insertion of cannulae. It represents the antecubital fossa of the right arm.
Mock Blood Giving Set

A 1 litre blood bag with luer lock connector tube and stand.

This product can be used with Limbs & Things products requiring a mock blood supply.

Product Qualities

Key Features
- Quick and easy to assemble
- Easy storage - collapsible stand
- Bag holds up to 500ml
- Fluid flow shut-off clamp

Versatility
- This product can be used with Limbs & Things products requiring a mock blood supply including:
  - Cutdown Pad (00280)
  - ACF Pad (00140) and Extended ACF Pad (00211)
  - Three Vein Pad (00161)
  - Arterial Procedures Kit (60600)
  - Vermiform Appendix (50122, 50123 and 50124)
  - Gall Bladders (50127, 50128, 50129 and 50132)
  - Abdominal Aortic Aneurysm (AAA) Trainer (60610)
  - Femoro Peroneal Anastomosis (FA) Trainer (60640)
  - Femoral Popliteal Bypass (FPB) Trainer (60630)

Cutdown Pad

A multi-layered pad containing filled veins for practising venous cutdown procedure.

Skills
- Palpation to locate vein position
- Incising tissue layers
- Inserting a cannula
- Vein injection both distally and proximally
- Tying off veins

Product Qualities

Anatomy
- Layers simulate the epidermis and subdermal layers
- 3 straight veins (each 150mm long) filled with mock blood

Key Features
- The pad can be connected to the Mock Blood Giving Set (60651) to simulate blood flow. Only use Mock Blood - Venous (250ml) (00223)

Versatility
- The veins can be used by multiple trainees if tied off after each use

Safety
- Skin and veins contain latex

Mock Blood - Venous

250ml of synthetic solution made to the correct colour and viscosity of venous blood.

Mock Blood - Arterial

250ml of synthetic solution made to the correct colour and viscosity of arterial blood.
Injection Technique

Injection Trainer

Our soft tissue injection pad is designed for practising intradermal, subcutaneous and intramuscular tissue injection techniques.

The Injection Trainer has multiple tissue layers representing the epidermis, dermis, fat and muscle layer, and can easily attach to an arm or thigh to help teach professional-to-patient communication.

Skills

• Subcutaneous injection
• Intradermal and intramuscular injection
• Management of tissue
• Professional-to-patient communication

Product Qualities

Anatomy
– Epidermis, dermis, fat and muscle

Realism
– Tissues are soft and warm to the touch

Key Features
– Epidermis layer peels back to quickly release subcuticular liquid

Versatility
– Strap for hybrid simulation

Safety
– Latex free

Cleaning & Care
– Durable replaceable epidermis

Central Line Management

Ultrasound Vascular Access Trainer

An echolucent and contoured slab with representation of the jugular vein for teaching needle insertion under ultrasound.

Skills

• Use of ultrasound technology
• Handling ultrasound transducers
• Insertion of needles under ultrasound guidance
• Handling and management of guidelines and catheters under ultrasound
• Recognition of vessels using ultrasound

Product Qualities

Realism
– Echolucent material provides realistic ultrasound image

Key Features
– Vein is self-sealing for repeated use and rechargeable with water via a one-way valve
– Designed to be used on the bench top

Versatility
– Fluid volume and pressure can be changed in the vessel to represent variability in patient circulation, providing various levels of difficulty for needle insertion

Safety
– Veins contain latex

• 00311 Skin Pad & Muscle Block
• 00320 Epidermis for Injection Trainer (x2)
• Strap-on base plate
• Soft tissue tray with liner

• 60531 Ultrasound Vascular Access Slab
• Base
• 10ml Syringe
Specialist Skills
Surgical Female Pelvic Trainer (SFPT) Mk 2

The Surgical Female Pelvic Trainer (SFPT) is a simulator for training in a wide range of laparoscopic gynaecological surgical techniques and procedures. The uterus component can be easily removed and replaced after use.

**Product Qualities**

**Anatomy**
- Includes:
  - Uterus
  - Cervix
  - Bladder
  - Ovaries
  - Ureters
  - Ovarian artery
  - Dunn’s pouch
  - Ovarian cyst
  - Fibroid
  - Cardinal ligament
  - Abdominal skin with realistic tissue properties for trochar insertion
  - Pelvic floor with sympathetic features

**Realism**
- Insufflation of abdomen is represented

**Key Features**
- Provides practice and role playing for gynaecological perioperative teams
- Includes a realistic vaginal canal and cervix for inspection, in which a uterine manipulator can be used
- Realistic bleeding when arteries are cut

**Versatility**
- Compatible for use with harmonic scalpels

**Safety**
- Capsule in uterus contains latex

**Skills**

- All skills relevant to performing the following procedures:
  - Salpingectomy
  - Salpingostomy
  - Myomectomy
  - Cystectomy
  - Hysterectomy
  - Oophorectomy
  - Dissection down to and location of ureters
  - Insertion and use of uterine manipulator
  - Working with various gynaecology instruments
  - Identification of anatomical landmarks

**Consumables**

- SFPT Mk 2 Abdomen
- SFPT Mk 2 Surgical Uterus
- SFPT Mk 2 Abdominal Skin Pad
- SFPT Mk 2 Perineum
- SFPT Mk 2 Bowel
- 00020 Venous Blood Starter Kit
- SFPT Mock Blood Kit (includes reservoir and pump)
- Blunt dispensing needle and syringe
- Bed securing strap

**Patents granted**
- US6336812
- DE69804793
- CA 2293585
- ZL98806331
- HK1023832
- 755575 Australia
PROMPT Flex Range

PROMPT Flex Range has become an integral part of many birthing training courses around the world, suitable for all levels of teaching, learning and skill maintenance.

Launched in 2015 the Standard and Advanced units offer closer to life anatomy combined with flexibility to train on routine and a number of difficult birthing management scenarios. Additional modules which fit either the Standard or the Advanced units allow your training to be tailored to your training needs and include PPH, C-Section and Cervical Dilatation & Effacement.

PROMPT Flex - Standard

With improved anatomy, durability and functionality the new PROMPT Flex Standard has a modular design allowing for numerous training scenarios.

Used either for stand-alone training or integrated into hybrid simulation, it is an ideal training solution for all skills relating to routine and difficult deliveries.

PROMPT Flex - Advanced

In addition to the functionality of the Standard, the Advanced unit includes both Bluetooth Force Monitoring and Scenario Training.

Traction applied to the baby’s head can be recorded during a shoulder dystocia drill, with the force applied visually represented.

The multiple scenario training function allows for monitoring and recording of actions taken during birthing including interventions made and time to deliver the baby. Downloadable PDFs create a record of the trainee’s actions and allow for factual debriefing post the scenario.

Download simulator software at limbsandthings.com
**Product Qualities**

**Anatomy**
- Birth canal and cervix
- Ischial spines and pubic bone
- Gynaecoid pelvis
- Articulating thighs
- IM injecting
- Fully articulated baby with detachable umbilical cord and placenta
- Baby includes clavicles, fontanelles and flexible head

**Realism**
- Suitable for use with Simulated Patient

**Key Features**
- Improved and more realistic pelvic floor
- Articulating thighs for McRobert’s procedure
- Stretchable perineum
- Soft flexible birthing canal
- Additional modules to extend learning:
  - PPH management
  - C-section
  - Cervical dilation and effacement
- Optional lower legs for extended realism
- Optional wireless force monitoring for training in shoulder dystocia management

**Safety**
- Latex free

**Cleaning & Care**
- Skin is washable using soap and water

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**Skills comparison**

- Communication & team work skills (SP)
- Normal
- Breech
- Shoulder dystocia management
- Instrumental (forceps & vacuum devices)
- Delivery of placenta
- Cord prolapse
- Urinary catheter placement
- IM injection pads
- Force feedback of baby’s head
- Recording of scenarios & force monitoring

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**Optional Extras & Consumables**

- 80120 Birthing Mother (+Upper Legs)
- 80121 Standard Baby
- 80122 Wireless Force Monitoring Baby
- 80123 Placenta
- 80124 Abdomen for PROMPT Flex
- 80125 Perineum and Birth Canal
- 80130 Bed Straps
- Lubricant
- Carry case

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**Additional Modules**

**Cervical Dilatation & Effacement**

**Caesarean Section**

**Post Partum Haemorrhage**
PROMPT Flex - Cervical Dilatation & Effacement Module

This versatile module is an optional add-on to the PROMPT Flex Standard or Advanced. It allows for training in assessment of both the latent and active first stages of labour.

Skills
- Assessment and Bishop’s scoring of:
  - Cervical dilation (1-10cm)
  - Cervical effacement (0-100%)
  - Cervical ripeness/consistency (soft, medium, hard)
  - Cervical position (anterior, mid, posterior)
  - Foetal station (-3 to +3)
- Assessment of and artificial rupture of membranes
- Assessment of presenting part - flexed, deflexed, brow, face, breech, caput and moulding and caput formation

Product Qualities

Anatomy
- Realistic representation of cervixes, including anterior lip, and presenting parts in soft birth canal, with palpable ischial spines

Key Features
- Inserts to represent early labour cervixes - effacement, dilation and ripeness in line with Bishop’s scoring
- Positioning mechanism allows adjustment of station, dilation and tilt without removal from the simulator
- Dynamic positioning mechanism allows adjustment of dilation in active labour
- Markers allow tutor to read positioning in situ
- Numerous presenting part inserts including flexed, deflexed, brow, face, breech, caput and moulding

Versatility
- Presenting parts and cervix can be set up outside the model for demonstration, then placed inside for examination

Safety
- Latex free

- 80138 Perineum
- 80139 Pelvic Ring
- 80140 Static Rig
- 80141 Dynamic Rig
- 80142 Set of 7 Latent Labour Cervixes
- 80143 Dynamic Cervix
- 80144 Set of 5 Presenting Parts
- 80145 Set of 2 Difficult Labour Heads
- 80146 Amniotic Membrane Set
- 80162 Set of 3 Caputs
This module allows training in performing a transverse incision, (both Pfannenstiel and Joel-Cohen), allowing for the layers to be sutured as well as in-situ repair of the uterine wall. Delivering a difficult baby with an impacted head or a transverse lie can also be practised.

Skills

- Abdominal and uterine wall opening and closure
- Cephalic and breech delivery
- C-section at full dilation:
  - Head disimpaction using vaginal push methods
  - Use of balloon disimpacting device
  - Reverse breech extraction
- Transverse lie
- Instrument assisted C-section delivery
- Delivery of the placenta
- Teamwork and human factors training in emergency C-section

Product Qualities

Anatomy
- Surgical pad has following anatomical layers: skin, fat, superficial epigastric vessels, rectus sheath, rectus muscle, parietal peritoneum, visceral peritoneum, bladder, muscular uterine wall, amniotic membrane

Realism
- Abdominal skin has realistic appearance and soft feel of at-term abdomen
- Realistic feel of uterus interior during delivery
- Head presents at realistic level once incision is made

Key Features
- Uterus holds baby firmly in position for normal and transverse lies, breech and cephalic presentations
- Uterus support positions baby and directs it towards the pelvis/abdominal incision when fundal pressure is applied
- Pre-incised skin option allows easy repeat delivery practice
- Surgical pad allows realistic dissection and closure and is reversible to allow 2 uses
- Single/double in situ uterine wall closure
- Suturing of rectus sheath, fat and subcuticular or cutaneous skin closure
- Accommodates retraction using metal, plastic or rubber retractors

Versatility
- Optional insert to allow presentation of head just below ischial spines for Caesarean section at full dilation

Safety
- Latex free

• 80104 Caesarean Section Surgical Pad (x2)
• 80138 Perineum
• 80170 Uterus for Caesarean Section Module
• 80171 Pre-incised Delivery Only Skin
• 80172 Surgical Skin
• 80173 Cervix for Caesarean Section Module
• 80175 Foam Uterus Support
• 80176 Full Dilatation Pelvic Insert
PROMPT Flex - PPH Module

**80101**

Allowing training in the management of post-partum bleeding, it offers a realistic simulation of an atonic and contracting uterus. This module is an optional add-on for PROMPT Flex Standard or Advanced.

- Fundal massage
- Bi-manual compression
- Haemostatic balloon insertion and management
- Communication skills with mother when used with Simulated Patient
- Intramuscular injection
- Estimating blood loss

**Skills**

**Realism**
- Atonic uterus can simulate contraction on fundal massage

**Key Features**
- Blood loss of up to 2 litres can be simulated
- Air bulbs are used to stimulate blood flow and control atonic state of the uterus

**Versatility**
- Can be quickly and easily fitted into the birthing mother to allow simulation of situations where bleeding occurs directly after delivery

**Product Qualities**

- 80127 PROMPT Flex PPH Uterus Assembly
- 00020 Concentrated Venous Blood - Starter Pack (x2)
- PROMPT Flex PPH blood container

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PROMPT Flex - Lower Limbs

**80110**

A pair of lower legs with knee joint interface for extended realism when running a shoulder dystocia drill or when using a Simulated Patient.

To be used with PROMPT Flex Standard or Advanced.

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Keele & Staffs Episiotomy Repair Trainer

A 3 stage training system for teaching episiotomy, perineal suturing techniques, and repair of episiotomy and second degree tears.

Developed in collaboration with:
- Professor Christine Kettle, Professor of Women’s Health, University Hospital of North Staffordshire and Staffordshire University (UK).
- Professor Khaled Ismail, Senior Lecturer and Consultant Obstetrician and Gynaecologist, Keele Medical School and University Hospital of North Staffordshire (UK).

Stage 1  Episiotomy
A simplified model for teaching safe methods of episiotomy.
- Identification of fontanelles
- Handling of a stretched perineum
- Reducing the risk of damaging the baby or mother
- Infiltration of perineum prior to episiotomy
- Performance of medio-lateral (or midline) episiotomy
- Use of instruments

Realism
– Realistic representation of tissue to represent a stretched perineum

Key Features
– Baby head provides a realistic look and feel providing landmarks and appropriate tactile response when inserting fingers to guard the baby’s head

Stage 2  Perineal Repair Techniques
The Episiotomy and Perineal Repair Pad prompts trainees to learn to suture on 2 planes, one of which has the spatial challenges which exist when suturing within the vagina. Comprises epidermis, dermal and subdermal layer.
- Suturing in 2 planes: inside vagina and on perineum
- Practice of suture techniques: continuous, subcuticular, knot tying

Realism
– Soft skin with a similar drag and strength to human skin
– Epidermis and dermis have a realistic retention of suture

Key Features
– Representation of the anus printed on pad
– Representation of the hymenal remnant printed on pad to assist in assessment of suturing techniques

Stage 3  Perineal Repair Procedures
For the practice of episiotomy and second degree tear repair.
- Tissue layer recognition and handling
- Vaginal mucosal suturing
- Deep muscle suturing
- Subcuticular suturing
- Identification and management of perineal tears
- Enables digital rectal examination before and after repair

Anatomy
– Perineal skin
– Superficial muscle structure and relevant layer for suturing

Key Features
– Cost effective: all layers can be sutured repeatedly
– Each Procedure Block presents 3 repair sites (left lateral is pre-incised, with both midline and right lateral uncut)

- 60451 Episiotomy Incision Pad (x6)
- 60452 Episiotomy & Perineal Repair Pad (x2)
- 60453 Episiotomy & Perineal Repair Block
- 60454 Perineal Repair Perineum
- 60455 Perineal Repair Techniques Jig
- 60456 Perineal Repair Base & Clip
- 60457 Keele & Staffs Baby Head
- Bench top clamps (x2)  • Carry case
Bundles
The products in this range have been specifically designed to meet the core training needs and essential skills required in undergraduate medicine.
PROMPT Flex Range has become an integral part of many birthing training courses around the world, suitable for all levels of teaching, learning and skill maintenance.
At the very heart of the healthcare system is **nursing** and this range of products reflects a number of the core simulation training needs required for undergraduate nursing today.
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