

User Guide

PROMPT Flex Birthing Simulator

80100 *Standard*

80106 *Advanced*

Simulated
Patient



For more skills training products visit
limbsandthings.com

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Important Information

Please read this before using your PROMPT Flex Birthing Simulator

It is important to follow these simple instructions to avoid damage to your product.

Gloves should be worn at all times, and all jewellery items should be removed. Sharp surfaces such as finger nails and rings can sometimes lead to damage of silicone parts.

Only use the lubricant and simulated blood supplied with this product. Use of non-recommended fluid products may weaken or damage the simulator.

Lubrication is key to the usage of this product; inadequate lubrication could lead to tears or other damage to silicone parts.

Always lubricate the cervix, birth canal, and baby before each birth. Apply at least 2-3 squirts of lubrication to the following areas:

- Inside the vagina and around the edge of the perineum
- The surface of the cervix
- The baby's head, shoulders, body and limbs. Ensure the baby is well covered

From time to time you may notice the cervix is moving free from the pelvic ring clamp. This is due to a build up of lubrication. To stop this from happening, simply remove the pelvic ring clamp and wipe the surface of the cervix clean.

It is vitally important that after each training session all lubrication is cleaned from all Mother and Baby surfaces with a warm damp cloth. You can also use the supplied baby wipes to wipe away any excess lubricant.

For Breech Birth apply extra lubrication in the lowest part of the birth canal so the baby's bottom can slip up over the J-shape of this part of the canal.



Warning: A poorly lubricated baby or placenta may damage the birth canal or the cervix as it is pushed through.

Components

80120



Birthing Mother

80121 *Standard*
80122FM *Advanced*



Baby

80123



Placenta

80124



Abdomen



Pelvic Ring Clamp

80126



Cervix

80125



Perineum and Birth Canal

80130



Support Straps

10193



Lubricant



80110

Optional Lower Legs
(with Knee Joint Interface)

PROMPT Flex - Standard

80100

Simulated
Patient

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

80106

Simulated
Patient



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*

Skills comparison

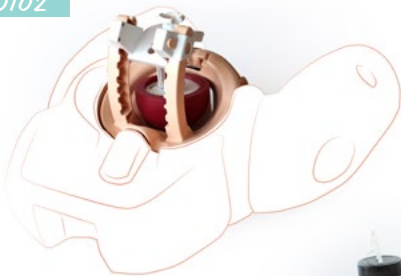
	80100	80106
• Communication & team work skills (SP)	✓	✓
• Normal	✓	✓
• Breech	✓	✓
• Shoulder dystocia management	✓	✓
• Instrumental (forceps & vacuum devices)	✓	✓
• Delivery of placenta	✓	✓
• Cord prolapse	✓	✓
• Urinary catheter placement	✓	✓
• IM injection pads	✓	✓
• Force feedback of baby's head	✗	✓
• Recording of scenarios & force monitoring	✗	✓

	80100	80106
• 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	✓	✓

Additional Modules

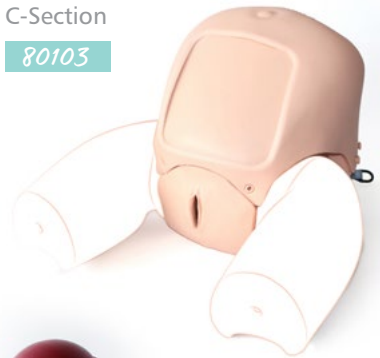
Cervical Dilatation & Effacement

80102



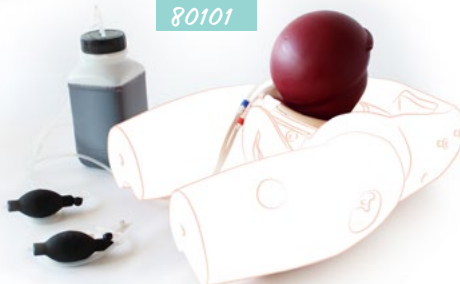
C-Section

80103



PPH

80101



Positions for the Birthing Mother

1



Place the Mother on the work surface in the **all-fours position**. Use 2 pillows as a support under the Abdomen

2



Place the Mother on the work surface for **supine position**, using the straps to secure in place

3



In **Supine Position**, attach the **lower legs**. This is particularly useful for carrying out the McRoberts' Manoeuvrer

Attaching the Straps

1



There are 3 straps provided with the model. The rings that the straps attach to are located at the side and underneath the Birthing Mother

2



Attach 2 of the straps to the rings on the side of the model to secure it to a table top. The remaining strap attaches to the ring at the back of the model, which secures the front and rear of the Simulator to a table top

3



Tighten the straps if necessary to secure the model to the table top

4



The model is now securely attached to the table top

Accessing the Pelvis

The Abdomen can be removed easily to facilitate correct positioning of the Baby within the pelvis if necessary. This is particularly useful when demonstrating the different positions of the Baby.

Note: It is still possible to place and position the Baby without removing the abdomen.

1



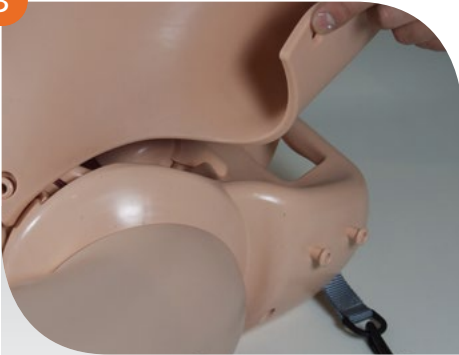
Ensure the thighs are lying flat

2



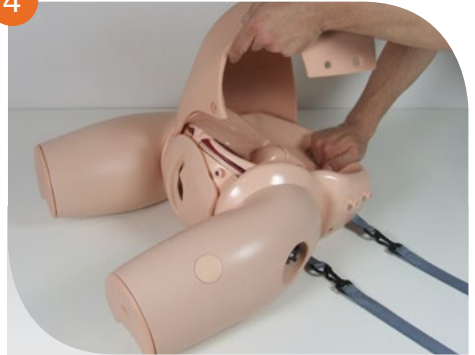
Detach the skin from the 2 securing pegs on both sides of the simulator

3



Lift the skin away from the securing pegs

4



Peel the skin away from the remaining securing pegs on the front of the simulator.

Removing the Cervix

The Cervix will need to be removed when conducting a Breech delivery, Operative Vaginal delivery or Shoulder Dystocia drill.

1



To remove the Cervix, turn the securing bar 90° anti-clockwise to free the pelvic ring clamp



2



Remove the pelvic ring clamp, lifting the posterior end up and sliding the anterior end away from the pubic bone

3



Remove the Cervix from the model

Note: Reverse this process for fitting a Cervix

Removing the Cervix

4



Place the pelvic ring back in place

5



Turn the securing bar clockwise to lock in place



Recommened Setup:

Drills	Cervix Required
Normal Birth	✓
Breech Birth	✗
O.V.D	✗
Shoulder Dystocia	✗

Removing the Perineum and Birth Canal

1



Carefully remove the Perineum and Birth Canal by un-popping the skin from the poppers

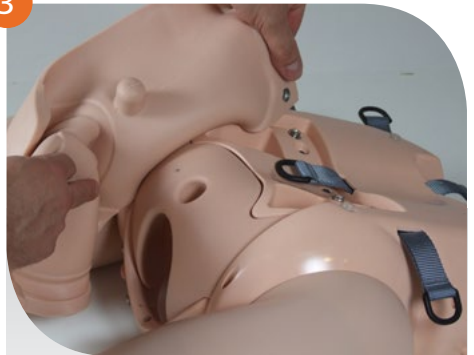
2



Once the Perineum and Birth Canal is free from the poppers, feed it through the front side of the model



3



Turn the model on to its front, and remove the rest of the Perineum and Birth Canal by carefully un-popping the skin from the poppers on the back of the model

Attaching the Lower Legs

The Lower Legs with Knee Joint Interface are an optional extra available for the PROMPT Flex
- Part No: 80110

1



Using the Allen Key provided, unscrew the bolt on the bottom of the thigh

2



Remove the bolt from the model

3



Remove the cover from the thigh

4



Place the knee module on to the thigh

Attaching the Lower Legs

5



Re-attach the bolt to fix the Knee Module in place

6



Tighten the bolt using the Allen Key provided

7



Fit the leg to the Knee Module. Line up the holes and push the connecting rod through the holes to hold in place

8



Fit the white screw into the other end of the connecting rod to hold the leg in place.

Repeat the process for both legs

Normal Birth

1



Remove the Abdomen to access the pelvis - see 'accessing the pelvis' section for instructions

2



Using the Lubricant provided, apply at least 2-3 squirts onto the Cervix

3



Spread the Lubricant evenly over the surface of the Cervix

4



Lubricate the Perineum with 2-3 squirts

Normal Birth

5



Squirt the Baby 2 or 3 times with Lubricant

6



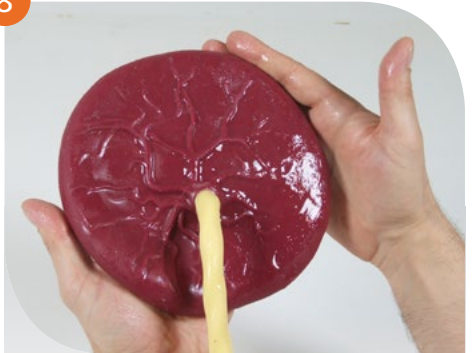
Spread the Lubricant evenly across the head of the Baby

7



Ensure that the Lubricant is also spread evenly across the Baby's shoulders, back, arms and legs

8



Connect the Placenta to the Baby's umbilical cord, then lubricate the front and back of the Placenta

Normal Birth

9



With the Baby's arms and legs fully extended, position the Baby face down (OA) in the pelvis

10



Advance the head until it is engaged in the pelvis. Ensure the shoulders are in the oblique position

11



Replace the Abdomen. The Simulator is now ready for use

To conduct a normal delivery the trainer needs to push the Baby through the pelvis, rotating the Baby as appropriate to mimic the mechanism of normal delivery

Note: It is vitally important that after each training session all lubrication is cleaned from all Mother and Baby surfaces with a warm damp cloth. You can also use the supplied baby wipes to wipe away any excess lubricant.

Extended Breech Birth

1



Remove the Cervix - see 'adding or removing the Cervix' section for instructions

2



Apply at least 2 to 3 squirts of the Lubricant on to your hand

3



Spread the Lubricant evenly over the Perineum and inside surface of the Birth Canal

4



Make sure to lubricate both the inside and the outside of the Perineum

Extended Breech Birth

5



Squirt the Baby 2 or 3 times with Lubricant

6



Spread the Lubricant evenly across the head of the Baby

7



Ensure that the Lubricant is also spread evenly across the Baby's shoulders, back, arms and legs

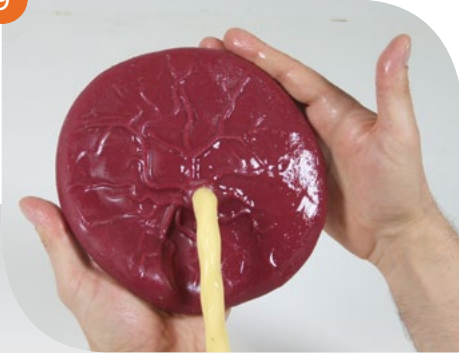
8



Squirt the Baby's bottom with the Lubricant provided another 2 to 3 times. Spread the Lubricant evenly

Extended Breech Birth

9



Connect the Placenta to the Baby's umbilical cord, then lubricate the front and back of the Placenta

10



Load the Baby into the pelvis bottom first

11



Continue pushing the Baby's head until the Baby is fully delivered

To conduct a breech delivery the trainer needs to push on the head to simulate contractions and maternal effort.

Note: Ensure the Baby's arms remain flexed during the delivery (unless nuchal arms are required for training).

Note: It is vitally important that after each training session all lubrication is cleaned from all Mother and Baby surfaces with a warm damp cloth. You can also use the supplied baby wipes to wipe away any excess lubricant.

Shoulder Dystocia

1



Remove the Cervix - see 'adding or removing the Cervix' section for instructions

2



Squirt 2 to 3 drops of the Lubricant provided on to your hand

3



Spread the Lubricant evenly over the Perineum

4



Make sure to lubricate both the inside and the outside of the Perineum

Shoulder Dystocia

5



Squirt the Baby 2 or 3 times with Lubricant

6



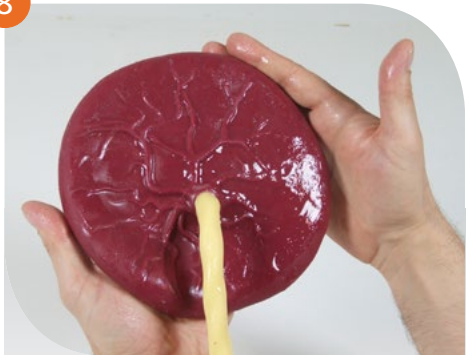
Spread the Lubricant evenly across the head of the Baby

7



Ensure that the Lubricant is also spread evenly across the Baby's shoulders, back, arms and legs

8



Connect the Placenta to the babies umbilical cord, then lubricate the front and back of the Placenta

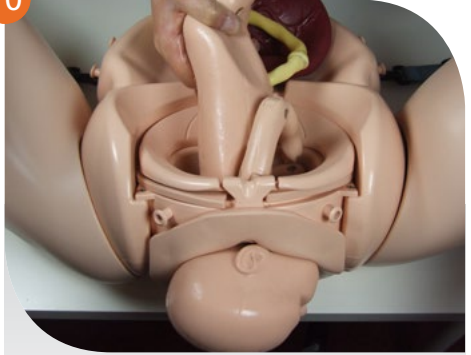
Shoulder Dystocia

9



Place the Baby's head into the pelvis in the OA position and reattach the Abdomen if desired

10



Deliver the Baby's head through the Perineum.

To conduct a shoulder dystocia delivery the trainer needs to ensure that the anterior shoulder of the Baby is wedged behind the symphysis pubis, the Baby must be held in this position by the trainer when delivery commences.

Note: It is vitally important that after each training session all lubrication is cleaned from all Mother and Baby surfaces with a warm damp cloth. You can also use the supplied baby wipes to wipe away any excess lubricant.

Wireless Force Monitoring (Bluetooth) Setup

For customers who have the PROMPT Flex Advanced (Wireless Force Monitoring - Bluetooth) Solution Part No: 80106

For full instructions on how to set up the PROMPT Flex Advanced (Wireless Force Monitoring - Bluetooth Baby and software), please refer to the User Guide included with the Force Monitoring Baby, or you can download the user guide from our website: www.limbsandthings.com

Notes:

You may also be interested in Additional Modules

PPH

80101



Cervical Dilatation & Effacement

80102



C-Section

80103



To find out more visit:

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