Hi Everyone,

Thank you to everyone who has helped form Insight U.*

Insight U is a community of practice for simulation based learning in health care. The meeting is coordinated by Dr. Sandra Monteiro, Assistant Director of Research at the CSBL and Scientist with MERIT. At each meeting, local simulation scholars gather to discuss innovations or research related to the use of simulation technology to improve teaching and learning or health care. Please consider sharing your work with us to help strengthen this community and share ideas and resources.

At a recent meeting led by Dr. Kevin Middleton, we learned about his strategies for success in running in situ simulations and ensuring engagement with simulation based learning activities. Here are the main messages:

1. **Success = consistency**: In situ simulations only appear to run on their own. Plan ahead and stick to the plan as often as possible.
2. **Recruit a simulation champion**: most likely that champion is you. We have discovered several simulation champions here at Insight U. Many will be highlighted as scholars within Insight U in the coming months (Kevin Middleton; Sameer Sharif)
3. **Recruit a peer or colleague on the ground**: In situ simulations require everyone to be on board and knowing when the department is NOT swamped is essential to ensuring that. Having a colleague willing to tell you how ready the staff are for a surprise in situ sim can go a long way to maximizing your efforts.
4. **Work constantly to get buy-in from staff**: ensure that staff are involved. Their personal involvement will facilitate buy-in
5. **Integrate recent critical cases**: Everyone can benefit from using simulation to revisit a recent critical case with an aim to improve performance
6. **Integrate seasonal challenges**: If the department is expecting to be challenged with increased demand, plan your in situ simulation to target that challenge in advance. Consider a simulation to address resource planning to deal with common ailments during winter.
7. **Integrate input from the “public”**: Kevin talked about using a public notice board - place a series of large post-it notes in a public place so everyone can contribute ideas towards the next simulation. Or suggest challenges that need to be addressed
8. **Look for innovative ways to incorporate simulation**: One of the most interesting aspects of Kevin’s work with simulation was using the modality to teach parents/patients to prepare for the demands of at home care. This innovation has potential to ensure at home care maintains the same standard received in the clinic.

Last month we started a series called “how people learn” led by Dr. Sandra Monteiro. Please find attached the slides from Part I. Part II will be presented at the next Insight U Group meeting, scheduled for **Wednesday, July 18th, 2018** at the Centre for Simulation Based Learning at MUMC from 5:00 - 6:00pm. The meeting will be held in the main conference room. You may need to call me to get through the security door after 4:30pm (416 857 2157).

A power point presentation is attached to facilitate the discussion:

- In the last session we left off at slide 12. We will pick up again with slide 13.
Furthermore, the McMaster FHS Program for Education Research, Innovation, and Theory (MERIT) invites applications for those with interest in education scholarship to join the community as members, scholars, or scientists ([https://fhs.mcmaster.ca/perm/merit_membership.html](https://fhs.mcmaster.ca/perm/merit_membership.html)).

Unfortunately, video conferencing is not available in this location, but a phone line will be set up to allow you to join from a distance. I ask that you please confirm your attendance for Wednesday's meeting with me ([monteisd@mcmaster.ca](mailto:monteisd@mcmaster.ca)) by **Monday, July 16th** so that catering and preparation for tele-conferencing may be arranged.

Sandra

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*If you wish to be removed from this mailing list, please notify Sandra Monteiro ([monteisd@mcmaster.ca](mailto:monteisd@mcmaster.ca))