

IMPORTANT - Please take the time to read the contents of this guide before putting your *Lifecast* manikin into use.



‘PATIENT’ CARE PLAN

Please treat me like a real patient



LIFECAST

• BODY SIMULATION •

The world's most realistic teaching tools

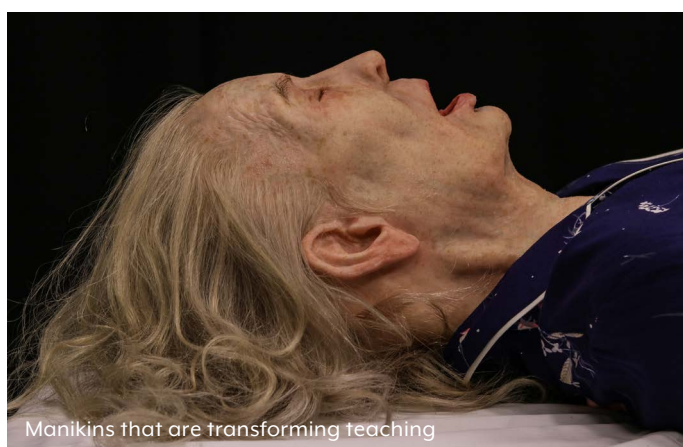
www.lifecastbodysim.com

INTRODUCTION

Created at the world famous Elstree Film & TV Studios in London, **Lifecast's** ultra-realistic manikins help create unrivalled emotional response and engagement, transforming the way medical simulation training is delivered and absorbed.

The **Lifecast** range includes Pre-Term & Full Term Babies, Children, Adults and Elderly Adult manikins in a range of ethnicities.

Lifecast manikins have been designed to be an integral part of medical simulation and we would emphasise that they are not designed as a single intervention task trainer. The use of alternative specific task trainers should be considered for this purpose.



Manikins that are transforming teaching

ABOUT THIS GUIDE

This guide contains essential information regarding the care and maintenance of your **Lifecast** manikin including:

- Cleaning, Maintenance and General Care.
- Sizing Guides (airway adjuncts, clothing etc.).
- Materials and Environmental Specifications.
- Warranty, Repairs and Support.

Please take the time to review this information to ensure optimal performance of your **Lifecast** Manikins.

CLEANING & MAINTENANCE

OUTER BODY

- Wash with a soft sponge and water.
- A PH neutral, non-coloured mild liquid soap may be used if required.
- Dry thoroughly before storing.
- Avoid fluids from entering the mouth or nose.
- Do not submerge the body in fluid.
- Do not use any abrasive cleaning agents or materials.
- Once clean and dry, bodies can be lightly dusted with talcum powder to dull any shiny areas.

HAIR

- Hand wash with a mild baby shampoo and leave to dry.
- Hair products can be used (styling wax etc.) but avoid bleaching agents.

CASUALTY SIMULATION MAKEUP REMOVAL

- Wash off makeup using a bleach free gentle liquid soap.
- A dry flannel may be used for stubborn effects.
- Remove activator pallet colours with activator spray or alcohol wipes.
- Once dry, lightly dust with talcum powder to dull any shiny areas.

GENERAL CARE

STORAGE

- Allow to dry thoroughly before storing.
- Store face up in a cool and dry place.
- Do not store in an air-tight container.

MOVING & HANDLING

- Move in the bags / cases / stretchers provided.
- Do not move by pulling the manikin limbs.
- As the Adult manikins weight is between 30-37kg, we recommend that a moving and handling risk assessment be conducted.

FEATURE SPECIFIC GUIDANCE

EYES

- Open eyelids carefully. Eyes are not removable.

AIRWAY

- Avoid putting liquids or solids in the nose, mouth or airway.
- Use recommended airway adjunct sizes (see Sizing Guides).
- Only use Cottonseed Oil as the lubricant for airway adjunct insertions.

LIMBS

- Avoid moving limbs into abnormal anatomical positions.

HAIR

- Avoid over working or pulling the hair.

AIRWAY MANAGEMENT AND VENTILATION

- **Lifecast** manikins are designed to enable step wise airway management and allow for the insertion of nasopharyngeal, oropharyngeal, supraglottic airways and endotracheal tubes. Please refer to the Sizing Charts on Page 6. for guidance.
- Do not perform mouth to mouth ventilation (mouth to mask with a one-way valve is acceptable). Bag Valve Mask / Tube ventilation and mechanical ventilation can also be performed.

CHEST COMPRESSIONS

- Manual chest compressions can be performed on all **Lifecast** manikins.
- Please contact **Lifecast** for advice before using mechanical chest compression devices.

CANNULATION

- All **Lifecast** manikins can be cannulated, however as there are no functional veins, flashback is not possible. The only exception is for Pre-Term and Full Term Babies which feature cannulateable umbilical cords and 5ml fluid reservoirs thereby enabling flashback to be achieved/observed.

CATHETERISATION (OPTIONAL ON ALL ADULT MANIKINS)

- If your manikin has a urinary catheterisation feature, you will see a small port located on the left hip that is used for introducing fluid into the in-built bladder. Around 125-150ml of fluid is sufficient to achieve the desired effect upon inserting the urinary catheter.
- When the simulation session has ended, flush the port with clean water and aspirate as much of the bladder content as possible.
- Periodically flush the fill port, bladder and ureter with a non-corrosive anti-microbial solution, aspirate as much as possible and leave to dry.

NASOGASTRIC TUBE (OPTIONAL ON ALL ADULT MANIKINS)

- If your manikin has a nasogastric tube insertion feature, you will see a small port located on the left side of the manikin just below the armpit. This port is used for introducing fluid into the in-built stomach. Around 125-150ml of fluid is sufficient to achieve the desired effect upon inserting the nasogastric tube.
- When the simulation session has ended, flush the port with clean water and aspirate as much of the bladder content as possible.
- Periodically flush the fill port, and stomach with a non-corrosive anti-microbial solution, aspirate as much as possible and leave to dry.

INTRAOSSSEUS ACCESS (OPTIONAL ON FULL TERM BABIES, TODDLER & CHILD)

Intraosseus 'pods' are placed in various locations within the Lifecast manikins to facilitate IO access training.

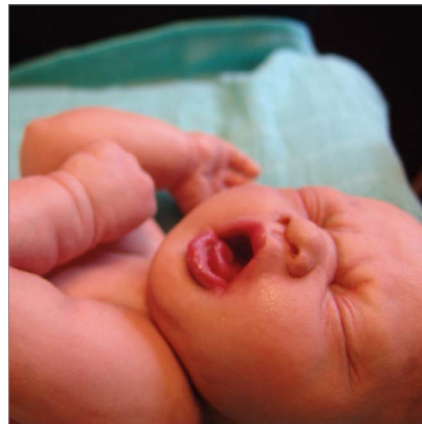
These IO 'pods' contain powdered simulated blood that is initially activated by injecting 5-7ml of water on first IO needle insertion. Thereafter, aspirated liquid should be re-injected into the IO 'pods' prior to needle removal.

USING ELECTRODES, DEFIB PADS AND ADHESIVE TAPE

The silicone skin surface is extremely smooth and as a result, many conventional training ECG/EKG electrodes, training defibrillation electrodes and some adhesive tapes fail to stick adequately to the manikins.

In view of this, please note the following guidance:

- We recommend using ECG/EKG electrodes and defibrillation electrode pads that have a hydrogel coating across the full electrode surface.
- For securing dressings or airway adjuncts etc. to the manikin skin surface, we recommend using 3M™ Kind Removal Silicone Medical Tape 2770 (CAT No. 2770, Part Number M2770, 3M ID 70200764549).



SIZING GUIDES

INTERNATIONAL CLOTHING SIZE RECOMMENDATIONS													
		Shoes / Socks				Tops / Chest				Bottoms / Waist			
		UK	US	EU	Aus	UK	US	EU	Aus	UK	US	EU	Aus
LifeCast Manikin	Age/Weight												
Pre-Term Baby	28 weeks / 1kg	-	-	-	-	-	-	-	-	-	-	-	-
Full-Term Baby	36 weeks / 2.2kg	-	-	-	-	-	-	-	-	-	-	-	-
3-6 Month Baby	3-6 months / 5kg	-	-	-	-	-	-	-	-	-	-	-	-
Toddler	3 / 14kg	-	-	-	-	-	-	-	-	-	-	-	-
Child	7-8 / 24kg	-	-	-	-	-	-	-	-	-	-	-	-
Adult Female	24 / 32kg	6	8.5	39	7	12	10	40	14	12	10	40	14
Adult Male	45 / 37kg	10	10.5	44	10	42-44	42-44	52-54	42-44	36	36	52	36
Adult Elderly Female	84 / 32kg	6	8.5	39	7	10	8	38	12	10	8	38	12
Adult Elderly Male	82 / 32kg	9	9.5	43	9	38-40	38-40	48-50	38-40	34	34	50	34

Note - For Babies and Children please select clothing sizes based on their respective age or weight

LifeCast Manikin	Airway Adjuncts				Endotracheal Intubation		
	NP	OP	SG	NTL	ET	O-T Length	Blade
Pre-Term Baby	2	000	1	9.5cm	2-2.5	8.5cm	0-1
Full-Term Baby	2.5	00	1.5	10cm	2.5-3	9cm	1
3-6 Month Baby	2.5-3	0-1	1.5	15cm	2.5-3	10cm	1
Toddler	3	1.5-2	2	16.5cm	3-3.5	14.5cm	1-2
Child	4	2	3	18cm	4-5	16cm	2
Adult Female	7	3-4	3-4	27.5cm	7-7.5	21cm	4-5
Adult Male	7-8	5	5	28.5cm	7.5-8	23cm	5
Adult Elderly Female	7	3-4	4	27.5cm	7-7.5	21cm	4-5
Adult Elderly Male	7-8	5	5	28.5cm	7.5-8	23cm	5

Key:

- NP = Nasopharyngeal Airway
- OP = Oropharyngeal Airway
- SG = Supraglottic Airway (e.g. LMA, i-Gel etc.)
- ET = Endotracheal Tube
- NTL = Nasotracheal Length
- O-T Length = Oro-Tracheal Length

MATERIALS AND ENVIRONMENTAL SPECIFICATIONS

MATERIALS

- Skin: Silicone
- Hair: Human Hair
- Latex Free
- Airway: Silicone
- Eyes: Acrylic
- Core: Urethane & Silicone

ENVIRONMENTAL SPECIFICATIONS

- Temperature Range - Storage: 0°C to 40°C
- Temperature Range - Use: 10°C to 35°C
- Humidity: <75% RH"

WARRANTY, REPAIRS AND SUPPORT

WARRANTY

Lifecast warrants their manikins to be free from manufacturing defects for a period of 12 months from the date of shipping. Accidental or malicious damage is not covered under this warranty.

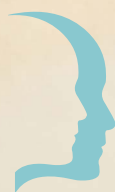
REPAIRS

For warranty repairs or for repair quotations not covered under warranty, please contact **Lifecast Body Simulation** by e-mail: info@lifecastbodysim.com or by phone: **+44 (0)7576 197519** or contact your local distributor.

SUPPORT

For any other support, please contact **Lifecast Body Simulation** by e-mail: info@lifecastbodysim.com or by phone: **+44 (0)7576 197519** or contact your local distributor.

If you have any questions please get in touch.
Call **+44 (0)7576 197519** or email info@lifecastbodysim.com
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