Skill #1: Peg Transfer
Skill #2: Key and Rope Trainer
Skill #3: Multi-Purpose Clips with Large Intestine
Skill #4: Suturing Practice Pad
SKILL #1: PEG TRANSFER BOARD

Goal:
Pick up the various triangles and move them from peg to peg.

Skill Development:
» 3-D to 2-D visual translation
» Left and right hand coordination
» Basic laparoscopic instrument orientation

Exercise:
» Place Peg Board all the way to the back of the LapTrainer base. Bring the camera boom back so that you call see all of the pegs in your field of view.
» Before you start, place six triangles (one triangle per peg) on either the round cluster of pegs or the rectangular cluster of pegs.
» Time yourself completing the following exercise starting with the left hand. Then repeat the exercise in reverse starting with the right hand.
» If you are starting with the triangles on round cluster of pegs to the left, pick up triangles one at a time with your left-handed instrument and pass them to your right-handed instrument. The pass must occur above the pegs without dropping the triangle.
» Place each triangle on its own peg in the opposite cluster of pegs.
» When you have successfully placed all six triangles on a peg in the opposite cluster, you are finished.
» Now, reverse this process and time yourself in reverse.
SKILL #2: KEY AND ROPE TRAINER

Goals:
Pass the key through the key hole.
Pass the rope through the circular hole.

Skill Development:
- Left and right hand coordination
- Understanding instrument limitations and how to manage difficult angles

A. Rope Exercise:
- Place Key and Rope Trainer Board all the way at the back of the LapTrainer base.
- Set the Rope on the pad next to the Trainer.
- Pick up the rope and pass it through the circular hole until it has passed all of the way through the circular hole and you are able to set it down on the pad again.
- Repeat passing the rope through the circular hole in the opposite direction.
- Time yourself at completing the following exercise in both directions.

B. Key Exercise:
- Place Key and Rope Trainer Board all the way at the back of the LapTrainer base.
- Set the Key on the pad next to the key hole.
- Pick up the key and pass it through the key hole until it has passed all of the way through the key hole and you are able to set it down on the pad again.
- Repeat passing the Key through the key hole in the opposite direction.
- Time yourself at completing the following exercise in both directions.
SKILL #3: MULTIPURPOSE CLIPS WITH BOWEL SECTION

Goal:
Develop intermediate suturing and dissection skills.

Skill Development:
» Immobilization techniques
» Left hand and right hand skill development
» Intermediate suturing skills

Exercise:
» Place Multipurpose Clips all the way at the back of the LapTrainer base. Secure Bowel Section in place diagonally with clips.
» Create running incision in the bowel using the appropriate laparoscopic instrument.
» Suture incision closed.
» Rotate Bowel Section 90° on the Multipurpose Clips and repeat the exercise suturing with the opposite hand.

Note: The Multipurpose Clips can be used to secure any tissue simulation.
SKILL #4: TISSUE SUTURE PAD

Goal:
Develop intermediate suturing and dissection skills.

Skill Development:
» Immobilization techniques
» Left hand and right hand skill development
» Intermediate suturing skills

Exercise:
» Place Multipurpose Clips all the way at the back of the LapTrainer base. Secure Suture Pad in place with clips.
» Suture incisions closed.

Note: The Multipurpose Clips can be used to secure any tissue simulation.
1. Peg Transfer Board
2. Triangle Set (Qty: 6)
3. Key and Rope Trainer Board
4. Key
5. Rope
6. Multi Purpose Clips (Qty: 4)
7. Large Intestine
8. Tissue Suture Pads (2)
9. Carrying Case