



UT Health Science Center: SIM112 SIM Standard Patient (SP) Breaks	
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No./Title: SIM 112 – SP Breaks	Resp. Office: CHIPS Approval Body: CASA	Effective Date: 03/02/2021
Category: Academic	Last Review: 03/02/2021	Next Review: 03/02/2024
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Related Policies:	SIM 107 Sim Physical and Psychological Safety	

DEFINITIONS

- 1) Standardized/Simulated Patient (SP) - A person who has been carefully coached to simulate an actual patient so accurately that the simulation cannot be detected by a skilled clinician. In performing the simulation, the SP presents the gestalt of the patient being simulated; not just the history, but the body language, the physical findings, and the emotional and personality characteristics as well (Barrows 1987).
- 2) Round - The entire event flow for a single learner. This includes encounter and post-encounter activity.
- 3) Encounter - This is the time that the SP is in direct contact with the learner. This includes in-person or other technological platforms.
- 4) Post-Encounter- Any additional documentation, feedback, or debriefing requirements.
- 5) Buffer - Dedicated time between rounds needed to transition and reset.
- 6) Break - Protected time where an SP is not actively engaged in a simulation event.

POLICY

- 1) All events utilizing SPs must include breaks in accordance with simulation standards of best practice, as well as state and federal laws.
- 2) Appropriate breaks will be provided to mitigate potential adverse effects of role portrayal and prevent physical injury or fatigue.

PROCEDURE

- 1) All schedules for SP events must be reviewed and approved by the appropriate CHIPS staff.
- 2) Any subsequent changes once the schedule has been approved cannot be made without prior approval.
- 3) A five-minute buffer will be set between rounds to provide adequate time for transition and reset.
- 4) Every fourth round, or 90 minutes, a break will be scheduled according to the criteria below
 - a. A break of five minutes if:
 - i. Minimal moulage or attached medical equipment AND

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- ii. No more than 12 rooms are running.
 - iii. The encounter is on a virtual platform
 - b. A break of ten minutes if:
 - i. High-levels of moulage or attached medical equipment OR
 - ii. More than 12 rooms are running at a time.
 - c. To ensure a safe work environment, more break time may be required at the discretion of appropriate CHIPS staff. This includes when SPs are subject to high levels of physical, cognitive, and/or psychological stress.
- 5) Meal breaks will be scheduled for SP events by CHIPS for the following instances:
 - a. Any event scheduled lasting more than six hours is required by state law to provide a 30-minute break.
 - b. Any event scheduled to run between the hours of 11:00-1:00 is subject to a 30-minute break.
 - c. Any event scheduled to run between the hours of 5:00-7:00 is subject to a 30-minute break.
- 6) If an event is delayed, SP breaks may not be removed, but may be adjusted with prior approval from an appropriate CHIPS Staff member.

APPROVAL HISTORY

Effective: March 2, 2021

Reviewed: March 2, 2021, CASA

Approved: March 6, 2021, Chief Academic Officer