

# Comparing virtual reality simulation training for resuscitation after cardiac surgery with traditional classroom training

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<b>Registration date</b> 08/11/2022	<b>Overall study status</b> Completed	<input type="checkbox"/> Statistical analysis plan <input checked="" type="checkbox"/> Results
<b>Last Edited</b> 29/12/2023	<b>Condition category</b> Surgery	<input type="checkbox"/> Individual participant data

## Plain English summary of protocol

### Background and study aims

The cardiopulmonary resuscitation (CPR) protocol for patients who undergo open heart surgery through an incision (cut) in the middle of their chest differs from the conventional advanced life support protocol for other patients. These differences have led to the development of the Society of Thoracic Surgeons (STS) Cardiac surgery Advanced Life Support (CALS) protocol that has been widely adopted by cardio-thoracic surgical centres around the world. Adherence and prompt progression through these guidelines has shown to significantly improve outcomes in patients who experience cardiac arrest after cardiac surgery. Learning how to effectively manage such an arrest is difficult, principally because these events occur relatively infrequently, the time critical nature of the event, and the high cognitive load associated with this stressful situation, which impairs short-term memory performance and learning. Currently, the gold standard for CPR education is certified Advanced Life Support (ALS) training based on guidelines by the European Resuscitation Council (ERC). ALS training includes a plenary presentation on ALS and some exceptional ALS cases including for patients after cardiac surgery and several patient scenarios which are executed using a mannequin doll, and are evaluated based on the accuracy of the protocol by certified CPR trainers after which participants will receive a certificate.

Over the past few years, emerging virtual reality (VR) applications have quickly gained broad attention within the medical field, including in cardiology and cardio-thoracic surgery, as well as medical education more generally. Combining VR technology with head-mounted displays (HMD), enables the design of a realistic, custom-built simulation in a 3D fully immersive environment. Such a VR simulation (cardiopulmonary virtual reality simulator or CPVR-sim) was developed to train physicians and members of the multidisciplinary team for several CPR scenarios post-cardiac surgery. CPVR-sim enables the user to train themselves repeatedly and learn the steps described within the protocol in a realistic setting, without the need for other supplies or instructor-led training sessions. At present, only one study on the CPVR-sim has been conducted, to assess the face and content validity, which found that experts and their junior colleagues alike found this training method useful, easy to use, and would be suitable as an adjunct to additional training.

In order to assess the concurrent validity and effectiveness of this simulation, the aim is to

perform the first randomized controlled trial (RCT) to show the value of CPVR-sim, compared with the gold standard of CPR training. It aims to impart the key differences between the standard ALS guidelines versus the ALS guidelines post-cardiac surgery, the components of the STS protocol, and other clinical insights regarding the management of post-cardiac surgery arrests.

The aim is to show that participants who undergo VR training will be able to progress through the algorithm accurately and as quickly as participants who only undertake the traditional training, thereby demonstrating the utility of the CPVR-sim. This trial will therefore compare the scores and timing of predefined clinical endpoints and technical steps, based on the international guidelines between the control group (gold standard training) and the intervention group (CPVR-sim).

Who can participate?

Trainee heart surgeons in the Netherlands who have more than 1 year of experience

What does the study involve?

Participants will be divided into two groups, where one group will undergo VR training and the other will undergo conventional classroom teaching followed by a practical teaching session using a resuscitation doll. The researchers will then compare the performance of these two groups using the aforementioned doll in a physical test scenario. They will time the participants and see how long it takes to reach specific points in the cardiac surgery resuscitation algorithm. They will also monitor if they make any mistakes or do any steps in the wrong order.

What are the possible benefits and risks of participating?

It is expected that participants will gain a better knowledge of the cardiac surgery resuscitation protocol and thereby deliver better patient care. There is a small risk of physical injury when performing the physical assessment due to overexertion, or inappropriate handling of sharp instruments, which will be left sheathed for the purposes of the assessment.

Where is the study run from?

The study is run from the Erasmus Medical Centre, but the training day will be held at QTime in Houten, The Netherlands, where they have the appropriate resuscitation simulation equipment.

When is the study starting and how long is it expected to run for?

January 2022 to November 2022

Who is funding the study?

1. Erasmus MC (Netherlands)
2. The junior association of cardiothoracic surgeons in the Netherlands
3. Gettinge group (Sweden)

Who is the main contact?

Dr Edris Mahtab, e.mahtab@erasmusmc.nl

## Contact information

**Type(s)**

Principal Investigator

**Contact name**

Dr Edris Mahtab

**ORCID ID**

<http://orcid.org/0000-0003-2647-5509>

**Contact details**

Dr. Molewaterplein 40  
Rotterdam  
Netherlands  
3015GD  
+31 (0)107040704  
e.mahtab@erasmusmc.nl

**Additional identifiers****EudraCT/CTIS number**

Nil known

**IRAS number****ClinicalTrials.gov number**

Nil known

**Secondary identifying numbers**

MEC-2022-0227, date 24-03-2022

**Study information****Scientific Title**

Virtual reality simulator versus conventional advanced life support training for cardiopulmonary resuscitation post-cardiac surgery: a randomized controlled trial

**Acronym**

CPVR-RCT

**Study objectives**

A Virtual Reality Simulator for Advanced Life Support after Cardiac Surgery performs comparably to the gold standard of classroom and moulage Advanced Life Support Training in preparing residents for cardiac arrest situations after cardiac surgery requiring resternotomy.

**Ethics approval required**

Old ethics approval format

**Ethics approval(s)**

Approved 24/03/2022, Medical Ethics Review Committee Erasmus MC (Dr. Molewaterplein 40 3015 CD Rotterdam, The Netherlands; +31 (0)10 7033625; metc@erasmusmc.nl), ref: MEC-2022-0227

**Study design**

Single-centre interventional single-blinded randomized trial

**Primary study design**

Interventional

**Secondary study design**

Randomised controlled trial

**Study setting(s)**

Other

**Study type(s)**

Other

**Participant information sheet**

See trial outputs table

**Health condition(s) or problem(s) studied**

Patients who experience cardiac arrest after cardiac surgery

**Interventions**

Participants will be randomized using the Castor software package (Civit B.V., Amsterdam, The Netherlands). The randomisation strategy is block randomisation, using blocks of 4, based on the level of experience of each participant, defined as junior (<4 years), and senior (>4 years), such that the distribution of experience in both groups is roughly equal.

Participants in the control group will receive standard ALS training specifically for patients with cardiac arrest after cardiac surgery, from a certified ALS instructor. This training included a presentation of the protocol ( $\pm 15$  minutes) and simulation training ( $\pm 45$  minutes) with a resternotomy manikin (CSU-ALS 4th generation manikin, CALS, UK).

Participants in the VR group first will receive a short ( $\pm 5$  min) introductory briefing on how the VR headset and controllers work. Next, they will undergo CPVR-sim simulation training including three different (ventricular fibrillation/pulseless electrical activity/asystole) patient cases. This CPVR-sim will take an estimated  $\pm 30$ -45 minutes to complete per participant, depending on their skills and experience with VR/gaming and their knowledge of the CPR protocol.

**Intervention Type**

Other

**Primary outcome measure**

1. Successfully delivered three shocks within a given moment (1 minute) during the training
2. Successfully performed resternotomy within a given moment (5 minutes) during the training

**Secondary outcome measures**

1. Protocol deviations, defined as incorrect order of actions, missed steps, or incorrect execution of an action during the training
2. The time to specific actions that should be performed as part of the CALS algorithm stated in the international guidelines

**Overall study start date**

01/01/2022

**Completion date**

01/11/2022

## Eligibility

**Key inclusion criteria**

1. CTS residents in the Netherlands
2. Have at least 1 year of experience in cardiothoracic surgery. This data will be taken from a baseline questionnaire about their work experience in the field of CTS, cardiac arrest in patients after cardiac surgery, and (emergency) resternotomies
3. Participants must provide informed consent in order to be eligible to participate in this study
4. There are no age criteria

**Participant type(s)**

Health professional

**Age group**

Adult

**Sex**

Both

**Target number of participants**

40

**Total final enrolment**

31

**Key exclusion criteria**

1. Not able to partake in the conventional or VR training
2. Not able to perform the physical assessment
3. Fail to provide informed consent

**Date of first enrolment**

01/05/2022

**Date of final enrolment**

17/05/2022

## Locations

**Countries of recruitment**

Netherlands

**Study participating centre**

Erasmus MC, Erasmus University Medical Centre Rotterdam

Dr. Molewaterplein 40

Rotterdam

Netherlands  
3015GD

## Sponsor information

### Organisation

Erasmus MC

### Sponsor details

Dr. Molewaterplein 40  
Rotterdam  
Netherlands  
3015GD  
+31 (0)107040704  
info@erasmusmc.nl

### Sponsor type

Hospital/treatment centre

### Website

<https://www.erasmusmc.nl/en/>

### ROR

<https://ror.org/018906e22>

## Funder(s)

### Funder type

Hospital/treatment centre

### Funder Name

Erasmus Medisch Centrum

### Alternative Name(s)

Erasmus Medical Center, Erasmus MC, Erasmus Universitair Medisch Centrum, Erasmus University Medical Center, Universitair Medisch Centrum Rotterdam, Erasmus Universitair Medisch Centrum Rotterdam, EMC

### Funding Body Type

Government organisation

### Funding Body Subtype

Universities (academic only)

**Location**

Netherlands

**Funder Name**

Juniorkamer Nederlandse Vereniging van Thoraxchirurgie

**Funder Name**

Getinge Group

## Results and Publications

**Publication and dissemination plan**

The researchers plan to publish in a high-impact peer-reviewed journal.

**Intention to publish date**

01/12/2022

**Individual participant data (IPD) sharing plan**

The datasets generated during and/or analysed during the current study are/will be available upon request for participants only, and they will only be able to access data pertaining directly to themselves, in accordance with GDPR. Anonymised data will be available for audit by relevant public bodies, and/or research integrity organisations, solely for the purposes of auditing the study.

Name: Jette J. Peek

Email: [jj.peek@erasmusmc.nl](mailto:jj.peek@erasmusmc.nl)

The data will be available for audit for a maximum period of 15 years after the conclusion of the study.

Informed consent will be gained from each participant prior to participation in any trial-related activity. Participant data will be anonymised, with a key available to de-anonymise should this be required for audit purposes.

There are no other relevant legal or ethical restrictions regarding our participant data.

**IPD sharing plan summary**

Available on request

**Study outputs**

Output type	Details	Date created	Date added	Peer reviewed?	Patient-facing?
<a href="#">Participant information sheet</a>	version 1	24/03/2022	13/10/2022	No	Yes
<a href="#">Results article</a>		04/02/2023	29/12/2023	Yes	No