

# Nasco *Life/form*®

## CERVICAL DILATATION/ EFFACEMENT SIMULATORS

LF01068U Instruction Card



### About the Simulators

The *Life/form*® Cervical Dilatation/Effacement Simulators are designed to facilitate the teaching, demonstration, and practice of cervical examination prior to birth. Every effort has been made to provide exceptional realism in these simulators so that the visual and tactile sensations experienced provide a positive transition to patient procedures. Actual product may vary slightly from photo. Nasco reserves the right to change product color, materials, or function as needed.

#### List of Components

- Cervical Dilatation/Effacement Simulators (Set of 6)
- Vinyl glove
- Baby powder
- Lubricant
- Acrylic stand
- 6 zip-close bags
- Storage case
- Instruction card
- 5-year warranty card

#### Internal Structure

The complete set of simulators consists of six separate pelvic blocks. The external appearance of all six blocks is identical with the variations occurring only within the internal structure. Internal texture, tissue density, and correct anatomical size are all carefully represented to provide the most realistic condition possible.

The simulators depict six different cervical conditions prior to birth. Each pelvic block is identified on the bottom to indicate which condition exists internally. (See figure 1.) The different conditions depicted are:

Stage 1	no dilation, no effacement	Stage 4	5 cm dilation, full effacement
Stage 2	2 cm dilation, 50% effacement	Stage 5	7 cm dilation, full effacement
Stage 3	2 cm dilation, full effacement	Stage 6	9 cm dilation, full effacement



Figure 1

With predetermined measurements of the internal cervical condition, all guesswork or estimating on the part of the student and instructor is eliminated. Everyone's tactile understanding of 2, 5, 7, and 9 cm dilation and effacement conditions is identical, eliminating misconceptions and inaccurate patient condition evaluations.

### General Instructions for Use

The use of gloves and liberal use of lubricant teach and reinforce good practices and are essential to protect the physical properties of the simulators. Rough usage and lack of lubrication will generate tears in the soft tissue walls.

### Care of the Simulators

Store simulators in clear plastic bags. The soft plastic used in the simulators does attract dust. Occasional dusting with baby powder will help reduce dust and dirt sticking to the simulator. As in a real situation, the user should practice care and good hygiene to assure the lasting life and clean appearance of the simulators.

Solvents or other corrosive materials will damage the simulators. Never place simulators on newsprint or any kind of printed paper or plastic. Avoid contact with ballpoint pens. These materials will transfer an indelible stain.

Normal soil accumulated on the surface of the simulators can be removed with mild soap and lukewarm water. Use Nasco Cleaner (LF09919U) to remove stubborn stains from simulators. Simply apply Nasco Cleaner to soiled area and wipe clean with a soft cloth or paper towels.

### Cautions

DO NOT use any petroleum-based lubricant. Such materials will cause rapid deterioration and permanent damage. Use Lubricant Kit (LF00985U) only.

### Supplies/Replacement Parts

LF09919U Nasco Cleaner

LF00985U Lubricant Kit

## Other Available *Life/form*® Simulators

LF00920U Teen Circumcision Training Kit

LF00935U Young Adult Circumcision Training Kit

LF00690U Episiotomy Suturing Simulators

LF00908U Infant Circumcision Training Kit

LF00911U Pre-Teen Circumcision Training Kit

LF00980U Advanced Breast Exam Simulator

LF01044U Episiotomy & Perineal Laceration Training Kit

LF01206U Micro-Preemie Simulator, Light

LF01212U Micro-Preemie Simulator, Dark

LF01062U Pelvic Examination Simulator Set

LF01070U Birthing Station Simulator



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