

CAN A GREEN SHOEBOX IMPROVE RESIDENT DOCTORS ENDOSCOPIC DEVELOPMENT - YES IT CAN

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Poster

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A pilot study tested a low-cost shoebox-based endoscopic simulator (SBES) for gastroscopy training among first-year residents and endoscopy-naïve nurses in Romania over one month, finding improved performance metrics and confidence though not reaching consultant level.

KEY POINTS

- The SBES training model was created for less than 10 Euro (gastroscope not included) and scored 8 or 9 out of 10 points when compared to real-life gastroscopy
- Simulator-trained residents outperformed endoscopy-naïve nurses by study end in all performance aspects including insertion time, depth of unassisted insertion, independent procedure completion, ability to identify landmarks, and confidence ($p=0.05$)
- A resident with 25 years of gaming and 20 years of instrumental playing experience initially demonstrated shorter insertion time compared to peers without such background
- All assessed parameters improved gradually over the month with confidence reaching a medium level (5 of 10 scale), though consultant performance level was not achieved
- Residents expressed a wish to continue simulated training, and authors conclude SBES allows wider ex vivo training accessibility while supporting faculty efficiency and sustainable care

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