1. Gather Supplies

2. Cut Liner Fabric 10”x8”


4. Lay Glued Prep Sponges In Center Of Material-Tack Corners With Glue Gun
5. Wrap Ends Of Block With Coban
   Tack Corners With Glue Gun

6. Place Velcro On Base Of Block

7. Place Velcro On Fabric To Match Velcro On Block
   Wrap Ends Of Material And Attach To Block

   Would Be The Center Of Each Prep Sponge
   *If Fabric Separates From Sponge Too Much, Pull It Tighter Around The
   Block Or Tack Sponge To Fabric With Glue Gun Near ‘Incision Site’
SUTURE BLOCK MODEL SUPPLIES LIST AND INSTRUCTIONS

1 Model/Student

SUPPLIES NEEDED:

MODEL:
1-Block of 2x4 wood, cut 8" long
1-10"x8" Piece of In-Foam Stabilizer Fabric (Specified measurements designed for block, but can be adjusted)
3-Prep sponges from manufacturer prep kits (can use surgical scrub sponges with ‘scrubber’ removed)
Coban
Velcro-Industrial Strength preferred
1-#10 blade
1-#3 knife handle
Glue Gun
Can of Spray Adhesive
Scissors

INSTRUMENTS:
1- Needle Holder
1-Scissor
1-Pick up

SUTURE:
Instructor Preference

INSTRUCTIONS TO BUILD:

Gather supplies
Cut a 10"x8" piece of In-Foam Stabilizer fabric (find on Amazon.com). 10"x8" assumes the measurement of wood listed above is used. Any size of wood can be used-to determine fabric size with another measurement of wood, place prep sponges on wood and wrap material tightly around to the bottom edge of wood; measure.
Using spray adhesive, take one prep sponge and spray both long edges. Attach another prep sponge to each side and press together until dry. Result is 3 prep sponges attached to each other.
Lay fabric down lengthwise and place line of prep sponges in center.
Tack 4 corners of prep sponge onto fabric.
Wrap ends of wood block with coban-tack ends of coban to wood with glue gun.
Place Velcro on four corners of wood base
Place wood block directly on prep sponges
Wrap material somewhat tightly around block so sponges are slightly pressed down
Place Velcro on four corners of material so it attaches to wood base.
Using #10 blade on #3 handle, make 3 'incisions' approximately ½" deep along what would be the middle of each prep sponge.
If fabric pulls away from sponge too much, use glue gun and place a dab of glue approximately ½" back on sponge and fabric
When fabric gets worn from use, keep block but replace fabric and prep sponges

CAN BE USED FOR:
ACS/APDS Surgical Skills Curriculum for Residents-Phase 1 Module 2: Suturing
ACS/APDS Surgical Skills Curriculum for Residents-Phase 1 Module 3: Knot Tying
ACS/APDS MS Simulation-Based Surgical Skills Curriculum-Year 3 Module 2: Basic Knot Tying
ACS/APDS MS Simulation-Based Surgical Skills Curriculum-Year 3 Module 3: Basic Suturing

University of Utah Surgical Skills Lab-Suture Block