

**Posterior nasal packing: illustration by a simple model**

**P Kulloo<sup>1</sup>, R Lakhani<sup>2</sup>**

<sup>1</sup>Heatherwood and Wexham Park Hospitals NHS Foundation Trust, UK

<sup>2</sup>Peterborough and Stamford Hospitals NHS Foundation Trust, UK

**CORRESPONDENCE TO**

**Praneta Kulloo**, E: praneta4@doctors.org.uk

We designed a simple model to illustrate posterior nasal packing to inexperienced trainees in a classroom environment. The plunger and the smaller end of a 20ml syringe, which is cut off, are discarded. The hollow syringe represents the nasal cavity. A Foley catheter is inserted from one end until it exits at the other end, representing the catheter's tip seen in the oropharynx. While pulling the catheter, the balloon is inflated until it rests against the syringe, corresponding to the posterior choana. The anterior end of the catheter is then secured with an umbilical clamp (Fig 1).



**Figure 1** Posterior nasal pack

**The i-Laparotrainer**

**T Antonios, H Abboudi, K Amin**

Brighton and Sussex University Hospitals NHS Trust, UK

**CORRESPONDENCE TO**

**Hamid Abboudi**, E: hamid.abboudi@doctors.org.uk

Laparoscopic training is fundamental to general surgery. In order to aid acquisition of basic laparoscopic skills, we suggest using the iPad® (Apple, Cupertino, CA, US). iPad® ownership among doctors is increasing, with a survey from 2012 showing 31% own or use an iPad® at work.<sup>1</sup>

The iPad® is incorporated into a box with the backlight illumination function turned on and the high resolution camera reversed so that the viewing portal is facing the trainee (Fig 1). This simple method can enable medical students and junior doctors to acquire the basic skills prior to embarking on expensive courses by using a resource that many people already own.

**Reference**

1. Increasing Number of European Doctors Using iPad for Work. Yahoo News. <http://news.yahoo.com/increasing-number-european-doctors-using-ipad-025206825.html> (cited October 2013).



**Figure 1** Using the iPad® as a basic laparoscopic trainer