Rheumatology trainees usually gain competences in joint and soft tissue injections in an informal basis. Simulation training can provide a realistic and safe learning opportunity to prepare for patient care. Currently there are virtually no such courses available primarily for rheumatology trainees which look at multiple joint and soft tissue injections, and none in the region.

Methods
We developed a one day workshop aimed at rheumatology ST3/ST4. It consisted of 5 procedural stations (with multiple procedures being able to be practiced at 1 station) and 1 communication station.

Structure of course:
- Introduction and orientation to facilities
- Talks
  - Lecture
- Station 1 – communication station with 3 actors
  - Consenting patients for procedure with appropriate discussions of risks and benefits
- Procedural stations with anatomy demonstration on models and surface anatomy on actors
  - Knee
  - Shoulder (AC/SAC/GH)
  - Elbow (post/lat, med/lat epicondyle)
  - Wrist (joint/carpel tunnel/trigger finger)
  - Ankle & foot (joint/MTP/plantar fascia)

Results
We found that our workshop improved trainee confidence in injection techniques, in particular in those joints which tended to be performed less frequently in clinical practice.

The course is to be run on an annual basis and will be opened up to trainees in other regions.

Course development challenges
1. Obtaining deanery approval and necessary funding for the course and subsequent courses. - Education sub committee meetings, developing proposal including anticipated costings, obtaining TPD support.
2. Cultural resistance to use of simulation
3. Making sure new starters had opportunity to attend, With TPD support, trainers were asked to block relevant clinics and allow SL.
4. Obtaining appropriate joint models, Negotiating regarding (in particular back up) model use.
5. Recruiting adequate number of experienced faculty.
6. What to tell trainees regarding procedures when often there is no clear consensus. We did a regional survey to look at these issues.
7. Anticipated future challenges; attracting adequate delegate numbers each year. We intend to offer first priority to regional trainees, but open it out to other deaneries and other specialities if spaces are available. Continuing to maintain faculty, and funding each year

Personal development
Developing course proposals/business plan
Team working
Delegation skills
Managing conflict
Teaching skills
Networking
Leadership