



Review the Steps of the Procedure

AMPATH Surgical App

Mental Rehearsal



Overview

Performing surgery requires extensive medical knowledge, critical thinking skills, fine motor control, and physical and psychological endurance.

Mental skills training, also known as mental imagery and mental rehearsal, refers to the implementation of cognitive performance-enhancing strategies to promote optimal performance.

In surgical training, mental skills training has been demonstrated not only to enhance surgeons' performance, but to also improve skill acquisition, knowledge, and confidence, while reducing stress.

Mental Rehearsal



Practice

You have just learned about the steps of the open appendectomy procedure and have seen videos of a live procedure. You are now going to practice mental skills training for this procedure.

Click on the button below to review the steps of the procedure utilized in the mental rehearsal exercise.

Procedure Steps



Now listen to the narration of the steps of the procedure. Visualize each step vividly in your mind.

Mental Rehearsal



Record the Steps of the Procedure

Now it is your turn. Use the recording app on your phone to describe and narrate all the steps of the open appendectomy procedure in the same detail you just practiced during your mental rehearsal exercise.

Click on the audio button below to activate the recording app to submit your dictated steps of the appendectomy procedure.

Dictate Steps

