



**HEMODIALYSIS PRACTICE ARM
LF01037U
INSTRUCTION MANUAL**



Life/form® Products by NASCO

About the Simulator...

This *Life/form*[®] Hemodialysis Practice Arm Simulator duplicates a human arm. This special simulator contains an arteriovenous fistula. All aspects of the simulator are lifelike in every detail as modern plastic technology allows. Treatment of the simulator must also duplicate that of a human arm. Rough handling will lead to damage.

This simulator is designed for student and patient teaching/demonstration. Its importance is in facilitating the teaching of techniques of easy access to the arm's blood supply for home dialysis.

It is possible to replace the skin and veins when it becomes necessary. The skin can be easily removed and new veins can be easily reinserted, providing you with a new arm. The life of the restored arm will be prolonged by utilizing only the size needles indicated in the instructions. The Skin and Vein Replacement Kits are available (see list of supplies).

Internal Structure

Internally, the vascular structure (rubber tubing) for the arteriovenous fistula begins in the inner aspect of the upper arm, travels down the arm, makes a loop in the inner aspect of the lower forearm, and then returns to the upper arm.

List of Components

1. 2 IV bags
2. Small towel
3. Container of *Life/form*[®] Artificial Arterial Blood (LF01048U)

4. 10 cc syringe with needle
5. 3 cc syringe with needle
6. Extra needle

General Instructions for Use

- A. Preparing the Artificial Arterial Blood and Vascular System
 1. Add 473 cc of distilled water to the container labeled Artificial Arterial Blood.
 2. Pour the Artificial Arterial Blood into one of the IV bags. Hang the bag no more than 18" above the level of the arm.
 3. Attach the end of the IV bag to the arm tubing (the end without the pinch clamp.)
 4. With the other tubing in an appropriate receptacle, open the clamp on the IV tubing and the pinch clamp, and "flush" the system with the Artificial Arterial Blood. Make sure all air bubbles have been removed from the system.
 5. Once the "blood" has passed through the entire system, use the pinch clamp to close off the blood outlet tubing. Make sure the clamp on the IV tubing is **open** at this time. The system is now full of arterial "blood" and pressurized.
 6. The arm is now ready for demonstration and/or practice of easy access to the arterial system. The standard procedure for venipuncture can be utilized at this point. Insert only small diameter needles (20-25 gauge). This will prolong the life of the skin and veins. (In a patient size 15-17 gauge needles would be used).

Care of Simulator

After each class, disconnect the “blood” and flush the system. Unclamp the pinch clamp at the end of the tubing, and remove IV sets from the arm. Use tap water to flush the system. Wash outside of arm with mild soap and water. Excess water may be removed from the fistula by raising the hand, lowering the upper arm, and draining it into a receptacle. Always drain the excess water from vascular system before storing.

Normal soil accumulated on the surface of the simulator can be removed with mild soap and lukewarm water. Use REN Cleaner (W09919U) to remove stubborn stains from the simulator. Simply spray soiled area and wipe clean with a soft cloth or paper towels.

Solvents or corrosive materials will damage the simulator. Never place on any kind of printed paper or plastic. These materials will transfer indelible stains. Ballpoint pens will also make indelible stains.

3. Peel off skin carefully, turning inside out.
4. Remove all tubing.



- B. Install New Tubing
1. Place tubing, in channel of core.

- C. Lubricate New Skin
1. Pour Lubricant into skin and swirl around so it covers all surfaces.



- D. Slide Skin Over Hand of Core
1. Make certain the palm of the hand and core are in the same position.

- E. Grasp the Skin with Both Hands and Slide Over Core Until Fingers of Core Into Finger Holes



Skin Replacement

- A. Remove Skin
1. Untie lace from base of arm.
 2. Lubricate outside of skin with **Life/form**® Lubricant Kit (LF00985U).

- F. Work Fingers in Place



7. The Vein Tubing Sealant Kit (LF01099U) will extend the useful life of the tubing.

Supplies/Replacement Parts for Hemodialysis Practice Arm

- LF01048U *Life/form*[®] Artificial Arterial Blood — 1 Quart
- LF01099U Vein Tubing Sealant Kit
- LF01040U Skin and Vein Replacement Kit
- LF09919U REN Cleaner
- LF00985U *Life/form*[®] Lubricant Kit

G. Check Tubing Position

1. If tubing slipped from channel, it can usually be pushed back into place by working it with the fingertips from outside of skin.



Cautions

1. This *Life/form*[®] Artificial Blood is specially formulated to be compatible with the special veins and plastics used in manufacturing the arm.
2. DO NOT use dull or burred needles as these will cause leaks in the system.
3. DO NOT allow “blood” to dry on simulator or it may stain arm.
4. Use only 500 cc of infusion fluid as a larger amount will also increase the pressure of the venous system, resulting in leaks.
5. DO NOT clean the simulator with solvents or corrosive materials as they will damage it.
6. DO NOT use for subcutaneous or intramuscular injections. The *Life/form*[®] Intradermal Injection Simulator (LF01008U) and Injectable Training Arm (LF00698U) are specially designed for this

Other Available *Life/form*® Simulators

LF00698U	Adult Injectable Arm (White)	LF03610U	Child Airway Management Trainer Head Only
LF00856U	Female Catheterization	LF03611U	Child Defibrillation Chest Skin
LF00901U	Prostate Examination	LF03612U	Child IV Arm
LF00906U	Ostomy Care	LF03613U	Child Blood Pressure Arm
LF00929U	Surgical Bandaging	LF03614U	Child Intraosseous Infusion/ Femoral Access Leg Only
LF00957U	Enema Administration	LF03615U	Complete Child <i>CRiSis</i> ™ Update Kit
LF00958U	Pediatric Injectable Arm	LF03616U	Child <i>CRiSis</i> ™ Manikin
LF00961U	Intramuscular Injection	LF03617U	Deluxe Child <i>CRiSis</i> ™ Manikin with Arrhythmia Tutor
LF00984U	Breast Examination	LF03620U	PALS Update Kit
LF00995U	Arterial Puncture Arm	LF03621U	Infant Airway Management Trainer Head Only
LF00997U	Adult Injectable Arm (Black)	LF03622U	Intraosseous Infusion Right Leg
LF00999U	Pediatric Injectable Head	LF03623U	Infant Airway Management Trainer
LF01008U	Intradermal Injection Arm	LF03626U	Child Femoral Access Injection Pad Replacement
LF01012U	Heart Catheterization (TPN)	LF03627U	Child <i>CRiSis</i> ™ Replacement Lung Set
LF01019U	Ear Examination	LF03628U	Child <i>CRiSis</i> ™ Replacement Stomach
LF01020U	Supplementary Ear Set	LF03629U	Child IV Arm Replacement Skin and Veins
LF01025U	Male Cath-Ed I	LF03630U	Child Arrhythmia Tutor
LF01026U	Female Cath-Ed II	LF03631U	Child Airway Management Trainer Replacement Headskin
LF01027U	Peritoneal Dialysis	LF03632U	Child Intraosseous Infusion/ Femoral Access Leg on a Stand
LF01028U	Suture Practice Arm	LF03633U	Child Airway Management Trainer with Torso
LF01036U	Spinal Injection	LF03650U	<i>CRiSis</i> ™ Manikin
LF01053U	Cross-Sectional Anatomy, Torso, Head	LF03651U	ALS Update Kit
LF01054U	Cross-Sectional Anatomy, Head	LF03675U	BLS Manikin — 10 Pack
LF01062U	Pelvic, Normal & Abnormal	LF03676U	BLS Manikin — 5 Pack
LF01063U	Stump Bandaging, Upper	LF03677U	BLS Manikin — Single
LF01064U	Stump Bandaging, Lower	LF04001U	<i>GERi</i> ™ Nursing Manikin
LF01068U	Brachial Plexus	LF04020U	<i>KERi</i> ™ Nursing Manikin
LF01069U	Cervical Effacement	LF04021U	<i>KERi</i> ™ Basic Manikin
LF01070U	Birth Station	LF04022U	<i>KERi</i> ™ Advanced Manikin
LF01082U	Cricothyrotomy	LF04030U	<i>GERi</i> ™ Advanced Manikin
LF01083U	Tracheostomy Care	LF04040U	<i>GERi</i> ™ Basic Manikin
LF01084U	Sigmoidoscopic Examination		
LF01087U	Central Venous Cannulation		
LF01094U	Cross Sectional Anatomy — Laminated		
LF01095U	Blood Pressure Arm		
LF01108U	Intraosseous Infusion Simulator		
LF03000U	<i>CPARLENE</i> ® Series		
LF03601U	Adult Airway Management Trainer		
LF03602U	Adult Airway Management on Manikin		
LF03603U	Adult Airway Management Head Only		
LF03609U	Child Airway Management Trainer		

Nasco Fort Atkinson

901 Janesville Avenue, P.O. Box 901
Fort Atkinson, Wisconsin 53538-0901
1-800-558-9595

www.eNASCO.com • E-mail lifeform@eNASCO.com