Title: Novel Mechanism for Psyllium Husk Pericardiocentesis Model

Cardiac tamponade presents a critical challenge among medical providers as the proficiency in pericardiocentesis, a life saving procedure, is limited by lack of training mediums and opportunities. Various models of training were published prior employing multiple mediums including gelatin, agar, psyllium husk, balloon models and 3d printed models to tackle this void.

In response to this, Hospital Miri Emergency & Trauma Department has come up with a novel mechanism for pericardiocentesis training model, utilizing the existing gelatin and psyllium husk recipe to mimic normal soft tissue, pericardial sac, pericardial fluid and heart to enhance the accessibility to pericardiocentesis training using simple daily items found around us. We are reporting our first usage of this model in a Trauma Life Support Malaysia Course in Miri this year.

This report aims to describe the new innovative mechanism created and to discuss its benefits and downsides compared to the existing psyllium husk models within the context of Trauma Life Support Course.

Based on the debut of our model, we have discovered that the preparation of our new mechanism of psyllium husk pericardiocentesis model to be more cost efficient and sustainable. It has also shown to be more user friendly with better visualization and mimic to the anatomy of soft tissue, pericardial fluid and heart.

In conclusion, while the incorporation of psyllium husk pericardiocentesis model is beneficial as educational tools, we deem our new mechanism as an innovation that upgrades the existing model and improves the experience of practicing pericardiocentesis in medical training.