# Understanding SIMTICS

**Getting started**

SIMTICS helps you learn and practice healthcare procedures – not just the theory, but how to perform the procedure step-by-step. You learn by acting out each procedure on your computer using an online simulation. This enables you to focus, with no distractions – and practice as often as you want! It’s similar to the ‘mental rehearsal’ that athletes do to improve their performance.

Each SIMTICS module covers one procedure or scan and covers everything you need to know with step-by-step Text, a Video demonstration, Anatomy model, an interactive Simulation, and a Quiz.

Your personal logbook tracks what you study, your scores and completion times, and any errors in the simulations. Our goal is to help you increase your knowledge and competence and be more confident. This means that when you get to a class, lab, sim center, or clinical, you already know all the steps of the procedures, so you can concentrate on more advanced aspects and distinctions.

There should be a **Tutorial** module either assigned to you, or available on the Dashboard, to help you get started. We recommend that you go through that first.

**How To Navigate SIMTICS**

Most SIMTICS modules have four main components: Overview (Text+Video), Anatomy, Simulation, Quiz. However, a few modules are a bit different because of the topics they cover. Some may not have simulations at all, while others may include simulations only.

**For most SIMTICS modules:**

* After you've launched a module, the 4 icons are for **Overview** (video and text), **Anatomy**, **Simulation**, and **Quiz**.

​**Exceptions:**

Some modules may not have simulations but still include text, video, anatomy, and a quiz. A few others only contain simulations.

The following modules contain simulations only (no quiz, text, video, or anatomy):

* Hand Hygiene (soap & water, hand sanitizer)
* Isolation Room PPE Protocol

**What Do I Need to Complete?**

At a minimum, we recommend you go through SIMTICS in these stages:

1. **Start with the Overview section.** This will give you the background information you need to complete the procedure. It offers step-by-step instructions as well as a demonstration video.
2. **Review the Anatomy section.** Explore the anatomy model so you can understand the appropriate anatomy before performing the procedure. Be sure to move the toolbar at the top to dive into deeper layers of the skin, or use the 3D model available on some modules.
3. **Go to the Simulation section.**
   * Begin with **Learn Mode** first. This will guide you through the procedure and provide help if you get stuck. Even if you feel you know the procedure well, always start with Learn Mode so you understand how the simulations work.
   * Once you have scored 80% or higher, you may take the **Test Mode Simulation** (or use Practice Mode first if you want a trial run). The Test Mode Simulation measures your ability to perform the procedure.

You can repeat simulations as many times as you want. Retention is key – the more you complete them, the better you will get, and the more likely you are to retain the procedure in memory.

1. **Finish with the Quiz section.** Choose either the **Owl Quiz** or the **Flash Quiz** to test your knowledge of the procedure.

Your goal is to achieve 80% or higher in both the Simulations and Quiz!

**How to move tools in a Simulation?**

Once you have selected a tool, or item (such as a syringe) from the tools panel and placed it in the correct location, sometimes you’ll need to manipulate the angle right after.

Because SIMTICS runs in common web browsers, cursor control options are limited. There are only two movements you need to remember:

* Side to side (horizontal)
* Up and down (vertical)

Click and drag your cursor in one of those directions. This automatically moves the selected tool. Your cursor can be anywhere on the main background image; you do not need to click directly on the tool.

Do not try to move an item as you would in real life, such as turning a dial. Simply use horizontal or vertical movement. If one direction doesn’t work, try the other.

If you are still having trouble, revisit the tutorial to refresh your knowledge. There is a sample simulation where you can practice tool movement.

***Important notes:***

* Avoid letting your session time out or closing the browser window before logging out. Otherwise, the system will not finalize and log your scores.

**Certificate of Completion:** To receive a certificate, you must complete at least 60 minutes of study time and score at least 80% in a Test Mode simulation. For modules without simulations (e.g., Ultrasound Physics), you must score at least 80% in a quiz.

**Additional HELP Resources:**

* If you get stuck, use the **Intercom Chat** feature in the software (a popup will appear in the lower-right corner). You can also search help articles in the [**SIMTICS Help Center,**](https://intercom.help/simtics/en) **or message our support team at support@simtutor.com**