



Reducing maternal morbidity and mortality with external aortic compression

The ExAC Trainer



www.exac.no

ExAC has developed the first manikin in the world that allows healthcare workers to practice external aortic compression as well as uterine massage. Both maneuvers are essential to obtain bleeding control.

The ExAC Trainer makes training on external aortic compression possible. This will increase the confidence of health professionals in performing the maneuver, improve medical practice and reduce costs and risks associated with PPH.





The ExAC Trainer has been tested with great success in various contexts: Rwanda, Sierra Leone, Ethiopia, Canada, Sweden, Brazil, Uganda, The Netherlands, Kenya, The Arabic Emirates, Namibia and Norway.

Professionals participating in the testing have reported that they had the chance to successfully use external aortic compression in clinical settings after practicing on the ExAC Trainer.

Features and exercises

The Exac Trainer is a torso that allows the students to recognize the femoral artery and abdominal aorta. The pulsation in the femoral artery will be reduced and ultimately cease when the abdominal aorta is compressed against the spinal column.

When modified to a postpartum torso it allows the students to recognize the changes in the abdominal wall after delivery and how this affects the access to aorta and uterus.

It also allows the students to recognize an atonic uterus and upon instruction learn uterus massage and compression. As the instructor may initiate uterus contractions, the student will be able to recognize a well contracted uterus.

The ExAC Trainer consists of several replaceable parts and does not include advanced electrical or digital functions. This makes it possible to use the ExAC Trainer in most regions of the world independent of level of infrastructure.

The ExAC Trainer allows simulation of the following scenarios:

- ✓ **External aortic compression in postpartum haemorrhage situations**
- ✓ **External aortic compression in trauma situations**
- ✓ **Uterine massage and compression**



Quotes about The ExAC Trainer

I have not performed an aortic compression for the 17 years I have been in the medical profession and my first time to perform it was on the ExAC Trainer.

I truly believe that if this procedure is trained to medical workers and more emphasis is put on the use of this maneuver when healthcare workers treat patients with postpartum hemorrhage, many women will be saved from unnecessary deaths.

- Robert Maina,
Clinical officer
MSF and Ministry of Health, Kenya

This week, for the first time, we had great use of the knowledge when we received a patient who suffered heavy bleeding in the ward. Two assistant nurses had to take turns to maintain aortic compression. Both assistant nurses had participated in the training.

- Madelaine Eriksson
Medic, Head of operation unit
Sahlgrenska University Hospital, Sweden

I have had the pleasure of evaluating the ExAC Trainer over the past month. It is the finest model I've ever used with realistic aortic pulsations and femoral artery confirmation. Great trainer.

- Matt Douma
Adjunct Assistant Professor
Department of Critical Care Medicine
University of Alberta, Canada

The ExAC Trainer has been a valuable tool for introduction, discussion, teaching and training. I recommend all obstetric services and especially all obstetric training institutions to adopt and introduce the model in their future training programs.

- Maarten Glas
Gynecologist obstetrician
MSF Sierra Leone and The Netherlands



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For the benefit of future generations, The ExAC Trainer is produced using recycled materials and parts that can be replaced by similar products. Custom made parts can be ordered separately, making repair and maintenance easy and prolonging the life cycle of the product.