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**Title:** Increasing the efficiency of laparoscopic surgical training: assessing the effectiveness of training interventions
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Propositions

1. Spacing laparoscopy training over three consecutive weeks yields superior retention of skills compared to massed training on a single day or spaced over three consecutive days (this thesis).

2. Time in between training sessions and overnight sleep consolidation have a bigger impact on learning than recovering from fatigue and boredom after practicing for an extended amount of time on a complex motor task (this thesis).

3. Since task variability can increase task complexity and exogenous cognitive load, it should be implemented with caution when training an inherently complex motor task like laparoscopy (this thesis).

4. Continuous feedback, from a simulator or trainer, can usurp attention and create feedback and context dependency. Feedback centered around the trainee is more ideal (this thesis).

5. Efficiency and safe tissue manipulation skills are two different and low correlating constructs. Measuring both is important when assessing a surgical residents laparoscopic skills (this thesis).

6. A common issue with the introduction of new technology in healthcare, is that they are regularly implemented without scientific evidence supporting the idea they actually lead to superior outcomes for patients.


8. Given enough practice time and the proper instruction, almost all university students (over 350, except one) can learn intra-corporeal suturing in under 6 hours of spaced training (this thesis).

9. A psychologist without a medical degree can assimilate surgical jargon in a relatively short amount of time.

10. One of the advantages of laparoscopy training research is an almost indefinite flow of enthusiastic training participants.

11. “Don’t worry, you can learn so much from failure.” If you succeed, you win.
    -Heimerdinger (League of Legends, 2009)
    If you fail, you win.

12. “Don’t be too timid and squeamish about your actions. All life is an experiment.” But if you remain inactive, passive or hesitant,
    -Ralph Waldo Emerson (Journals of Ralph Waldo Emerson, with Annotations, 1841-1844)
    you gain nothing.