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*User Guide*

# PROMPT Flex Birthing Simulator
## Standard (80100)
## & Advanced (80106)

Setting up your
PROMPT Flex Birthing Simulator
(both Standard & Advanced)

Using Force Monitoring
and the PROMPT Flex Birthing
Simulator Software

PROMPT Flex Advanced
Wireless Force Monitoring Baby &
Software - *Frequently Asked Questions*

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*User Guide*

# PROMPT Flex Birthing Simulator

| | |
|---|---|
| *80100* | *Standard* |
| *80106* | *Advanced* |

Simulated Patient

# Important Information

Please read this before using your PROMPT Flex Birthing Simulator

It is important to follow these simple instructions to avoid damage to your product.

Gloves should be worn at all times, and all jewellery items should be removed.
Sharp surfaces such as finger nails and rings can sometimes lead to damage of silicone parts.

Only use the lubricant and simulated blood supplied with this product.
Use of non-recommended fluid products may weaken or damage the simulator.

Lubrication is key to the usage of this product; inadequate lubrication could lead to tears or other damage to silicone parts.

Always lubricate the cervix, birth canal, and baby before each birth.
Apply at least 2-3 squirts of lubrication to the following areas:

- Inside the vagina and around the edge of the perineum
- The surface of the cervix
- The baby's head, shoulders, body and limbs. Ensure the baby is well covered

From time to time you may notice the cervix is moving free from the pelvic ring clamp. This is due to a build up of lubrication. To stop this from happening, simply remove the pelvic ring clamp and wipe the surface of the cervix clean.

It is vitally important that after each training session all lubrication is cleaned from all Mother and Baby surfaces with a warm damp cloth. You can also use the supplied baby wipes to wipe away any excess lubricant.

For Breech Birth apply extra lubrication in the lowest part of the birth canal so the baby's bottom can slip up over the J-shape of this part of the canal.

**!** *Warning: A poorly lubricated baby or placenta may damage the birth canal or the cervix as it is pushed through.*

# Components



**80120**

Birthing Mother



**80121** Standard
**80122**FM Advanced

Baby



**80123**

Placenta



**80124**

Abdomen



Pelvic Ring Clamp



**80126**

Cervix



**80125**

Perineum and Birth Canal



**80130**

Support Straps



**10193**

Lubricant



**80110**

Optional Lower Legs
(with Knee Joint Interface)

# PROMPT Flex - Standard

**80100**

Simulated
Patient

With improved anatomy, durability
and functionality the new PROMPT Flex
Standard has a modular design allowing
for numerous training scenarios.

Used either for stand-alone training or
integrated into hybrid simulation, it is an
ideal training solution for all skills relating
to routine and difficult deliveries.

# PROMPT Flex - Advanced

**80106**

Simulated
Patient

The Advanced unit includes both
Bluetooth Force Monitoring and Scenario
Training.

Traction applied to the baby's head can be
recorded during a shoulder dystocia drill,
with the force applied visually represented.

The multiple scenario training function
allows for monitoring and recording of
actions taken during birthing including
interventions made and time to deliver the
baby. Downloadable PDFs create a record
of the trainee's actions and allow for
factual debriefing post the scenario.

*Download simulator software at
limbsandthings.com*

## Skills comparison

| | 80100 | 80106 |
|---|:---:|:---:|
| • Communication & team work skills (SP) | ✓ | ✓ |
| • Normal | ✓ | ✓ |
| • Breech | ✓ | ✓ |
| • Shoulder dystocia management | ✓ | ✓ |
| • Instrumental (forceps & vacuum devices) | ✓ | ✓ |
| • Delivery of placenta | ✓ | ✓ |
| • Cord prolapse | ✓ | ✓ |
| • Urinary catheter placement | ✓ | ✓ |
| • IM injection pads | ✓ | ✓ |
| • Force feedback of baby's head | ✗ | ✓ |
| • Recording of scenarios & force monitoring | ✗ | ✓ |

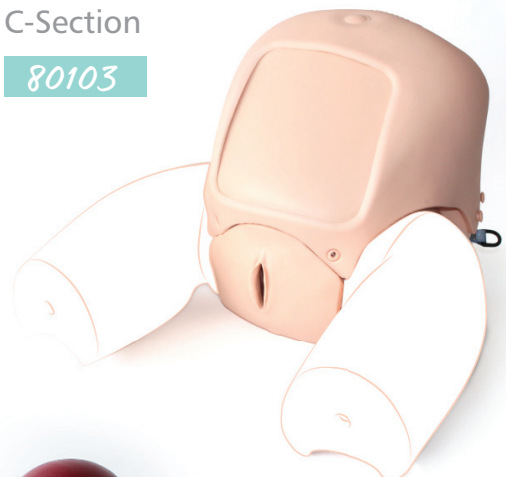| | 80100 | 80106 |
|---|:---:|:---:|
| • **80120 Birthing Mother (+Upper Legs)** | ✓ | ✓ |
| • **80121 Standard Baby** | ✓ | ✗ |
| • **80122 Wireless Force Monitoring Baby** | ✗ | ✓ |
| • **80123 Placenta** | ✓ | ✓ |
| • **80124 Abdomen for PROMPT Flex** | ✓ | ✓ |
| • **80125 Perineum and Birth Canal** | ✓ | ✓ |
| • **80130 Bed Straps** | ✓ | ✓ |
| • **Lubricant** | ✓ | ✓ |
| • **Carry case** | ✓ | ✓ |

## Additional Modules

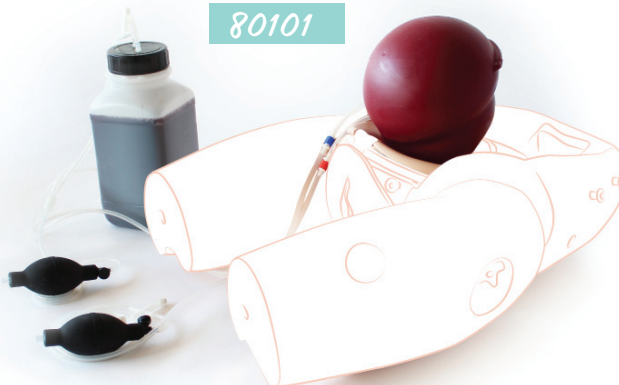### Cervical Dilatation & Effacement
80102
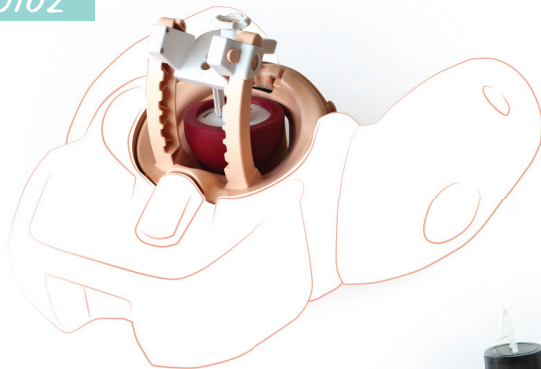


### C-Section
80103



### PPH
80101

# Positions for the Birthing Mother

**1**

Place the Mother on the work surface in the **all-fours position**. Use 2 pillows as a support under the Abdomen

**2**

Place the Mother on the work surface for **supine position**, using the straps to secure in place

**3**

In **Supine Position**, attach the **lower legs**. This is particularly useful for carrying out the McRoberts' Manoeuvrer

# Attaching the Straps



There are 3 straps provided with the model. The rings that the straps attach to are located at the side and underneath the Birthing Mother
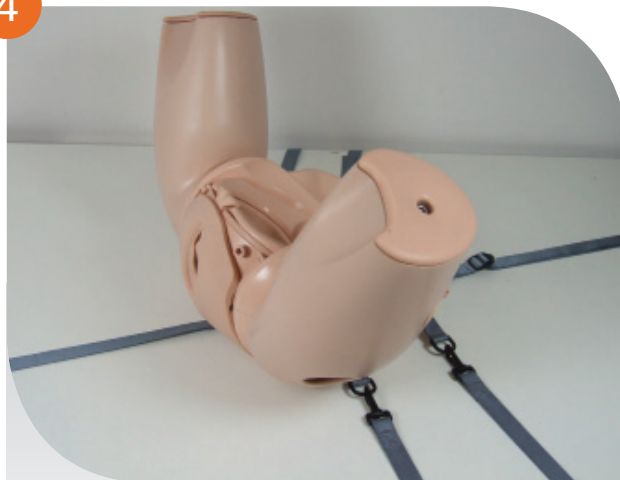


Attach 2 of the straps to the rings on the side of the model to secure it to a table top. The remaining strap attaches to the ring at the back of the model, which secures the front and rear of the Simulator to a table top



Tighten the straps if necessary to secure the model to the table top



The model is now securely attached to the table top

# Accessing the Pelvis

The Abdomen can be removed easily to facilitate correct positioning of the Baby within the pelvis if necessary. This is particularly useful when demonstrating the different positions of the Baby.

Note: It is still possible to place and position the Baby without removing the abdomen.
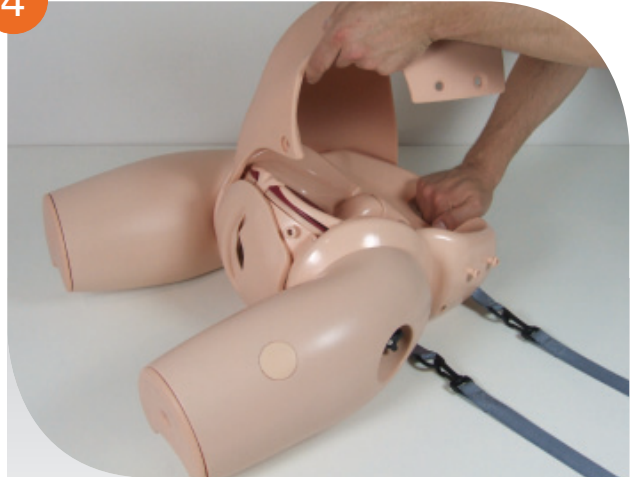


Ensure the thighs are lying flat



Detach the skin from the 2 securing pegs on both sides of the simulator



Lift the skin away from the securing pegs



Peel the skin away from the remaining securing pegs on the front of the simulator.

# Removing the Cervix

The Cervix will need to be removed when conducting a Breech delivery, Operative Vaginal delivery or Shoulder Dystocia drill.



**1** To remove the Cervix, turn the securing bar 90˚ anti-clockwise to free the pelvic ring clamp



**2** Remove the pelvic ring clamp, lifting the posterior end up and sliding the anterior end away from the pubic bone



**3** Remove the Cervix from the model

Note: Reverse this process for fitting a Cervix

# Removing the Cervix



**4**

Place the pelvic ring back in place



**5**

Turn the securing bar clockwise to lock in place



Reccomended Setup:

| Drills | Cervix Required |
|---|---|
| Normal Birth | ✓ |
| Breech Birth | ✗ |
| O.V.D | ✗ |
| Shoulder Dystocia | ✗ |

# Removing the Perineum and Birth Canal



**1** Carefully remove the Perineum and Birth Canal by un-popping the skin from the poppers
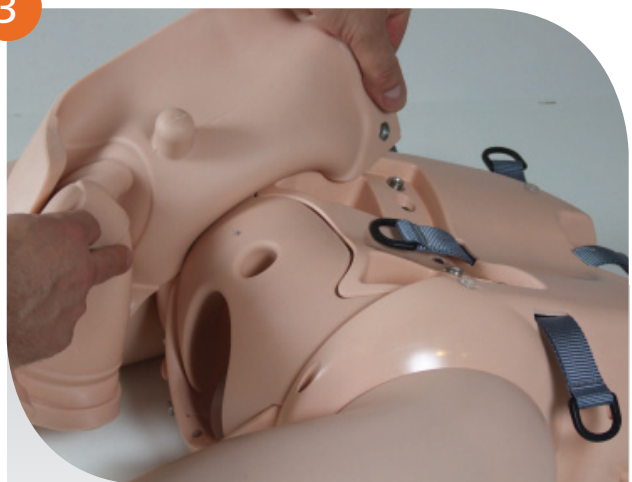


**2** Once the Perineum and Birth Canal is free from the poppers, feed it through the front side of the model





**3** Turn the model on to its front, and remove the rest of the Perineum and Birth Canal by carefully un-popping the skin from the poppers on the back of the model

# Attaching the Lower Legs

The Lower Legs with Knee Joint Interface are an optional extra available for the PROMPT Flex
- Part No: 80110



**1**

Using the Allen Key provided, unscrew the bolt on the bottom of the thigh



**2**

Remove the bolt from the model



**3**

Remove the cover from the thigh



**4**

Place the knee module on to the thigh

# Attaching the Lower Legs



Re-attach the bolt to fix the Knee Module in place



Tighten the bolt using the Allen Kay provided



Fit the leg to the Knee Module. Line up the holes and push the connecting rod through the holes to hold in place



Fit the white screw into the other end of the connecting rod to hold the leg in place.

Repeat the process for both legs

# Normal Birth

**1**



Remove the Abdomen to access the pelvis - see 'accessing the pelvis' section for instructions

**2**



Using the Lubricant provided, apply at least 2-3 squirts onto the Cervix

**3**



Spread the Lubricant evenly over the surface of the Cervix

**4**



Lubricate the Perineum with 2-3 squirts

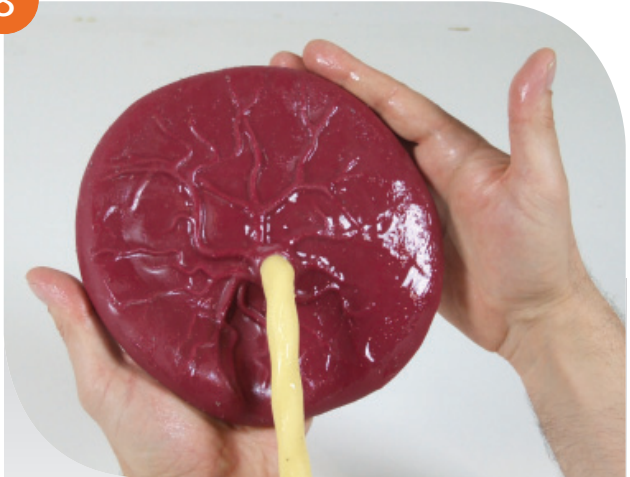# Normal Birth



Squirt the Baby 2 or 3 times with Lubricant



Spread the Lubricant evenly across the head of the Baby



Ensure that the Lubricant is also spread evenly across the Baby's shoulders, back, arms and legs



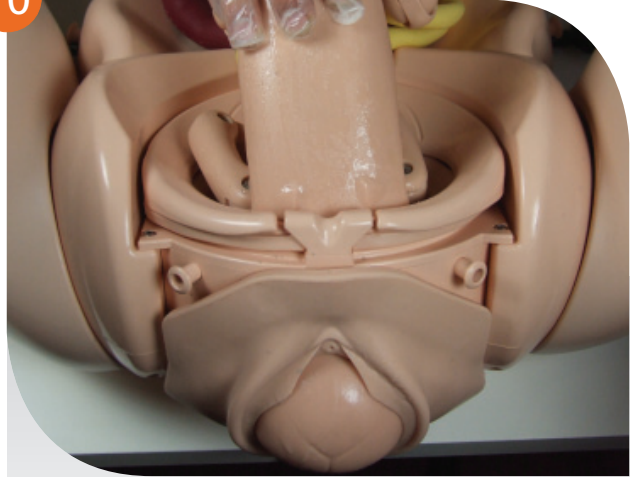Connect the Placenta to the Baby's umbilical cord, then lubricate the front and back of the Placenta

# Normal Birth



With the Baby's arms and legs fully extended, position the Baby face down (OA) in the pelvis



Advance the head until it is engaged in the pelvis. Ensure the shoulders are in the oblique position



Replace the Abdomen. The Simulator is now ready for use

To conduct a normal delivery the trainer needs to push the Baby through the pelvis, rotating the Baby as appropriate to mimic the mechanism of normal delivery

Note: It is vitally important that after each training session all lubrication is cleaned from all Mother and Baby surfaces with a warm damp cloth. You can also use the supplied baby wipes to wipe away any excess lubricant.

# Extended Breech Birth



**1**

Remove the Cervix - see 'adding or removing the Cervix' section for instructions



**2**

Apply at least 2 to 3 squirts of the Lubricant on to your hand



**3**

Spread the Lubricant evenly over the Perineum and inside surface of the Birth Canal



**4**

Make sure to lubricate both the inside and the outside of the Perineum

# Extended Breech Birth



Squirt the Baby 2 or 3 times with Lubricant



Spread the Lubricant evenly across the head of the Baby



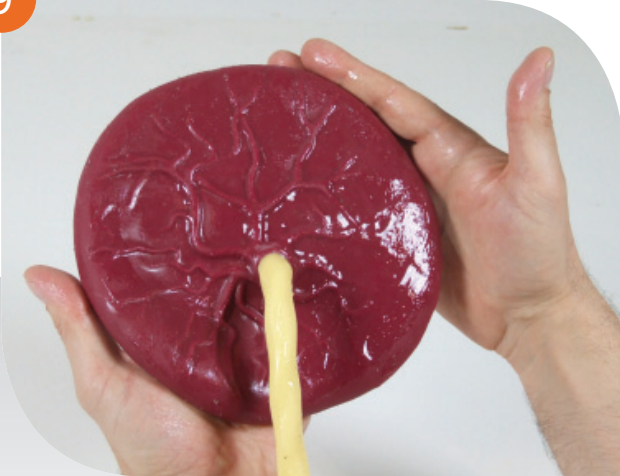Ensure that the Lubricant is also spread evenly across the Baby's shoulders, back, arms and legs



Squirt the Baby's bottom with the Lubricant provided another 2 to 3 times. Spread the Lubricant evenly

# Extended Breech Birth



Connect the Placenta to the Baby's umbilical cord, then lubricate the front and back of the Placenta



Load the Baby into the pelvis bottom first



Continue pushing the Baby's head until the Baby is fully delivered

To conduct a breech delivery the trainer needs to push on the head to simulate contractions and maternal effort.

Note: Ensure the Baby's arms remain flexed during the delivery (unless nuchal arms are required for training).

Note: It is vitally important that after each training session all lubrication is cleaned from all Mother and Baby surfaces with a warm damp cloth. You can also use the supplied baby wipes to wipe away any excess lubricant.

# Shoulder Dystocia

**1**

Remove the Cervix - see 'adding or removing the Cervix' section for instructions

**2**

Squirt 2 to 3 drops of the Lubricant provided on to your hand

**3**

Spread the Lubricant evenly over the Perineum

**4**

Make sure to lubricate both the inside and the outside of the Perineum

**5**



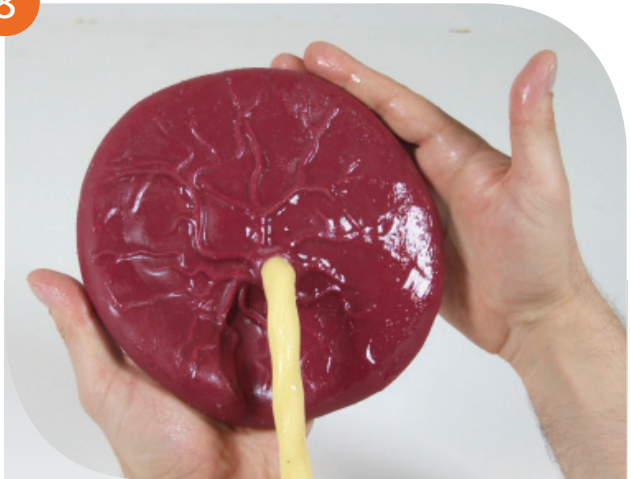Squirt the Baby 2 or 3 times with Lubricant

**6**



Spread the Lubricant evenly across the head of the Baby

**7**



Ensure that the Lubricant is also spread evenly across the Baby's shoulders, back, arms and legs

**8**



Connect the Placenta to the babies umbilical cord, then lubricate the front and back of the Placenta
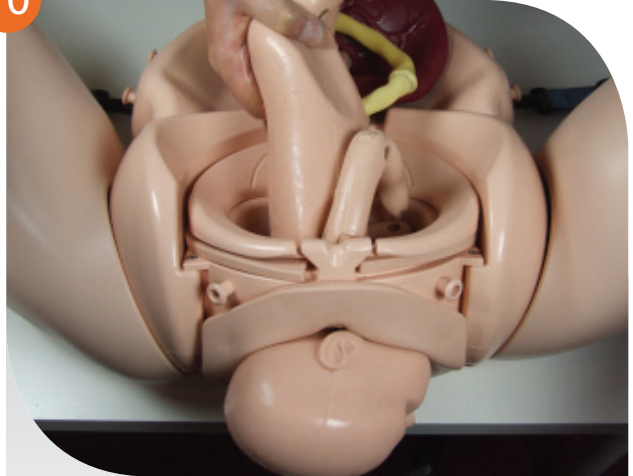
# Shoulder Dystocia

9

Place the Baby's head into the pelvis in the OA position and reattach the Abdomen if desired

10

Deliver the Baby's head through the Perineum

To conduct a shoulder dystocia delivery the trainer needs to ensure that the anterior shoulder of the Baby is wedged behind the symphysis pubis, the Baby must be held in this position by the trainer when delivery commences.

Note: It is vitally important that after each training session all lubrication is cleaned from all Mother and Baby surfaces with a warm damp cloth. You can also use the supplied baby wipes to wipe away any excess lubricant.

# Wireless Force Monitoring (Bluetooth) Setup

**For customers who have the PROMPT Flex Advanced (Wireless Force Monitoring - Bluetooth) Solution Part No: 80106**

For full instructions on how to set up the PROMPT Flex Advanced (Wireless Force Monitoring - Bluetooth Baby and software), please refer to the User Guide included with the Force Monitoring Baby, or you can download the user guide from our website: www.limbsandthings.com

## Notes:

# You may also be interested in Additional Modules

## PPH
**80101**
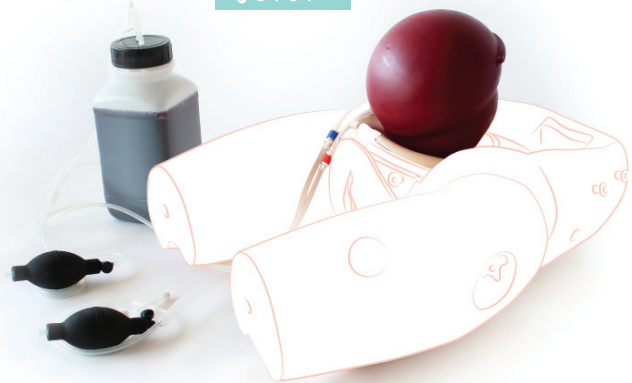
## Cervical Dilatation & Effacement
**80102**

## C-Section
**80103**

To find out more visit:

## limbsandthings.com

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*User Guide*

# PROMPT Flex Advanced
*Force Monitoring Baby (Bluetooth) and Birthing Simulator Software*
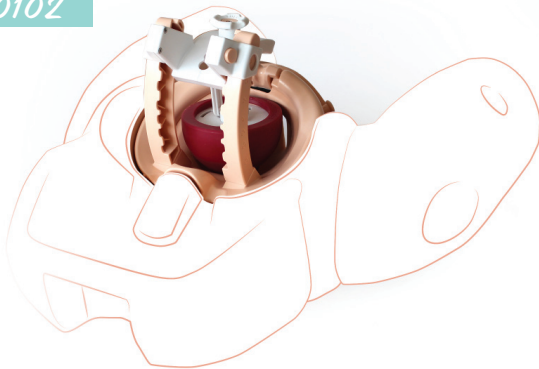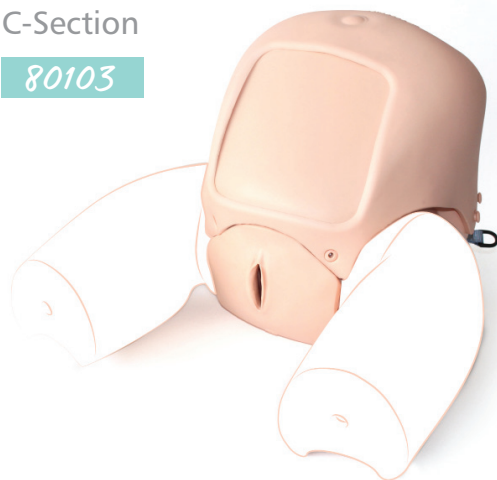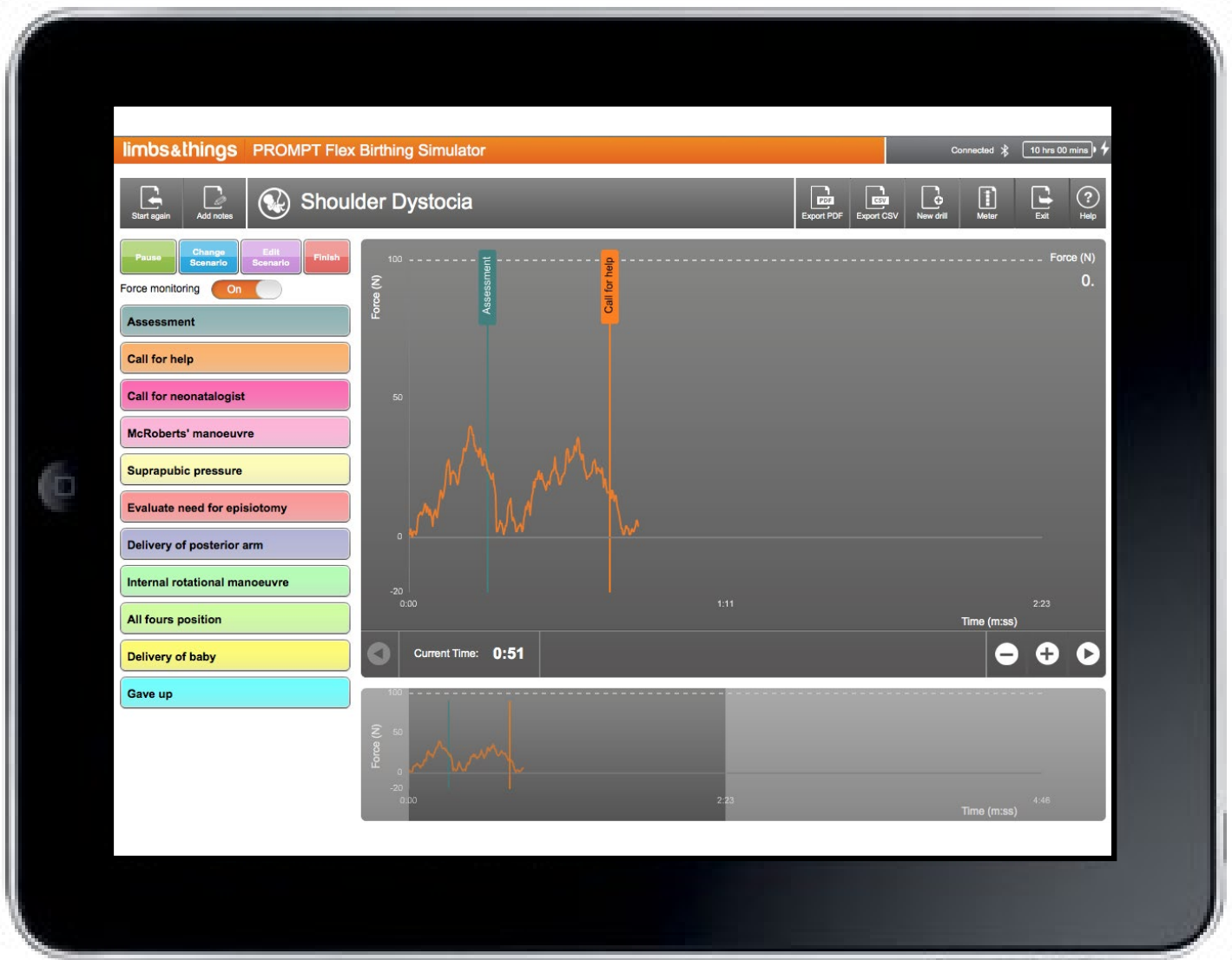
# $C\,\epsilon$

## EC DECLARATION OF CONFORMITY
### In accordance with ISO IEC 17050-1 : 2010

*We*

## Limbs & Things Ltd

**of**

*Sussex Street, St. Philips, Bristol, BS2 0RA*

**Declare under our sole responsibility that the product described below:**

| Brand and Model Name | Limbs & Things Prompt Flex Birthing simulator, Part number: 80122 |
|---|---|

Has been tested and is in conformity with the following standards:

| SUBJECT | STANDARD |
|---|---|
| **Electrical Safety** | **IEC 61010-1 Ed.3.0 and EN61010-1: 2010 Safety requirements for electrical equipment for measurement, control and laboratory use.** |
| **Electromagnetic Compatibility** | **EN61326-1:2013 Electrical equipment for measurement, control and laboratory use.**<br><br>Emissions:<br>EN55016-2-3:2006<br>EN61000-3-2:2006 +A1+A2<br>EN61000-3-3:2013<br>EN55011:2009+A1 (CISPR 11)<br><br>Immunity:<br>EN61000-4-2: 2009<br>EN61000-4-3: :2006 +A1 +A2<br>EN61000-4-4: 2004<br>EN61000-4-5: 2006<br>EN61000-4-6: 2009<br>EN61000-4-11:2004 |
| **Radio performance** | **EN 300 328 V1.8.1:2012-06** |

**Thereby meeting the essential requirements of directive 99/05 EC (the R&TTE directive)**

I hereby declare that the equipment named above has been designed to comply with the relevant sections of the above referenced Standards and meets all essential requirements of the RTTE Directive.

Signed: Nic Riley                                   Signature: ...N. P. Riley...
Position: Managing Director
Location: Limbs & Things Ltd, Bristol, England    Date: .....1st July 2015.....

# FCC

## *DECLARATION OF CONFORMITY*

### *We*

### *Limbs & Things Ltd*

**of**

### *Sussex Street, St. Philips, Bristol, BS2 0RA*

**Declare under our sole responsibility that the product described below:**

| Brand and Model Name | Limbs & Things Prompt Flex Birthing simulator, Part number: 80122 |
|---|---|

Has been tested and is in conformity with the following standards:

| | |
|---|---|
| **Technical regulations** | 47CFR: 2008 Part 15, Sub Part C Intentional Radiators; Conducted (clause 15.207) and Radiated (clause 15.209) Emission Limits |
| **Test laboratory** | York EMC services<br>46 Waverley Road<br>Beeches Industrial Estate<br>Yate<br>Bristol<br>BS37 5QT |
| **Test report number** | B1726TR1 |
| **Test report date** | 9th June 2015 |

This product contains a Panasonic radio module PAN1026 which has been tested in accordance with the necessary standards. This device holds FCC ID: T7VPAN10

Signed: Nic Riley          Signature: N. P. Riley

Position: Managing Director

Location: Limbs & Things Ltd, Bristol, England     Date: 1st July 2015

## Intended Use of Product

The Prompt Flex Force Monitoring (Bluetooth) is a birthing simulator, representing a full term pregnant adult woman and a full term baby. Instructors can articulate mother and baby in multiple positions in order to simulate various types of deliveries. Instructors can demonstrate and students can practise delivery of the baby and monitor the amount of force applied to the baby's head using the software package.

This product is intended for training and demonstration purposes only by those in the healthcare profession.

## Technical Specification

The baby is fitted with an internal electronic strain gauge and a Bluetooth radio that work in conjunction with downloadable free birthing simulator software and allow measurement of the force applied to the baby's head in Newtons. The software is compatible with Windows, Mac, iOS and Android.
The baby contains an internal rechargeable battery which is not accessible. It is charged using the contact charging dock supplied.

| | |
|---|---|
| Run Time | 10 Hours (approximately) |
| Charge Time (from flat) | 4-5 Hours (approximately) |
| Standby Time | 40 Days |
| Auto Power-Off | 2 Minutes |
| Maximum Load (force) | 500 Newtons |
| Charger Cradle Supply (Dock) Rating | 12V DC,500mA |

**FOR USE WITH LIMBS & THINGS APPROVED POWER SUPPLY ONLY**

## General Safety Warnings

To avoid damaging your baby or charging dock and reduce the risk of fire or electric shock, explosion, or other hazards, observe these common-sense precautions:

- Use only with cables, chargers, and other accessories approved by Limbs & Things Ltd
- The plug must be plugged into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances
- Dispose of your baby or charging dock and battery separately from household waste and in accordance with local regulations
- ! Do not drop, strike, or shake your baby or charging dock
- ! Do not damage the power cord by bending, twisting, pulling, heating, or placing heavy items on it
- ! Do not attempt to repair or modify or remanufacture the baby or charging dock. It is equipped with an internal rechargeable battery, which is not user accessible
- ! Do not open, disassemble, crush, bend or deform, puncture, or shred the baby or charging dock
- ! Do not insert foreign objects into the baby or charging dock
- ! Do not expose the baby or charging dock to fire, explosion, or other hazards
- ! Do not handle the charging dock with wet hands or immerse in water or other liquids

## Battery Safety Warnings

• Use the correct adapter when using the battery charger in a country or region where the adapter that comes with your baby or charging dock doesn't fit the power outlets

• The charger and adapter are intended for indoor use only

• To avoid wasting power, unplug the adapter from the power outlet after the baby is fully charged

**!** Do not attempt to remove or replace the battery yourself

**!** Do not expose the baby or charging dock to direct sunlight or use it in places with high humidity, such as a bathroom

**!** To avoid electric shock or fire, unplug the power cord and charger during lightning storms

**!** Improper use may result in a fire, explosion, or other hazard

**!** Do not allow children to charge the battery or use the adapter without adult supervision

## General care

To remove the lubricant, wipe clean with a soft, damp cloth and use mild detergent only. We do not recommend running under the tap, as there is the possibility of water ingress via the arm and leg spigots.

**!** Don't use harsh chemicals (such as alcohol, benzene, or thinners) to clean your baby or charging dock

**!** Do not use or store in ambient temperatures lower than –20°C (–4°F) or higher than 50°C (122°F)

## Charging Your Baby

We recommend you charge your baby fully before first use. Charging time from empty to full battery is approximately 4-5 hours. Every hour of charging gives approximately 2 hours of use.
The dock has a temperature sensor and safety cutout, so it is safe to leave the baby on charge overnight.



**1** Connect the power supply cable into the side of the charging dock and plug into the mains
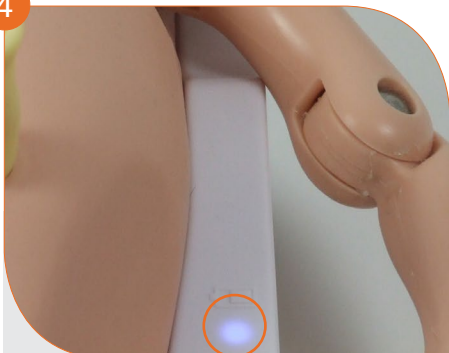


**2** A solid red LED light next to the lightning symbol ⚡ on the side of the dock confirms that there is power going to the dock



**3** Place baby in the dock making sure it is sitting flush with the dock mold, to ensure good contact between the baby and the dock



**4** A blue LED light next to the battery symbol 🔋 on the side of the dock tells you that it's charging.



**5** Charging is also indicated by a red pulsing light on the right of baby's chest

- When charging is complete the red light on the baby's chest and the blue light on the charging dock will turn off. The charge should then give approx. 10.5 hours of use
- Remove the baby from the dock

## Other Battery Information

If the baby is turned on but not paired with a Bluetooth device within 2 minutes, the baby will power off to conserve battery life.
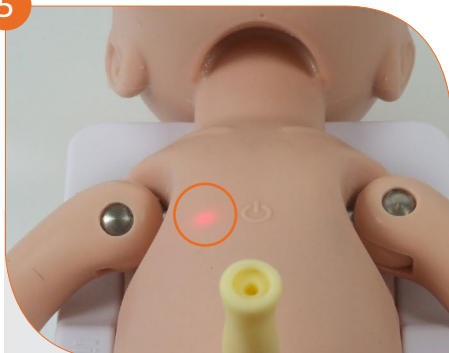
A pulsing red light on the baby's chest when the baby is switched on and out of the dock indicates that baby is low on charge (less than 2 hours of charge left). Place on the charging dock.

If the baby is fully charged but then left in standby mode, the battery should last approximately 40 days.

If the baby is unlikely to be used for a long period, we recommend you charge it fully before storing it to maintain the health of the battery.

**NOTE**: If your baby's battery is totally flat, it may take a while for the blue dock and red baby charging lights to come on and therefore the overall charging time may increase. We suggest you leave your baby on the charging dock overnight.

A rapidly flashing red light on the baby's chest when in the charging dock indicates that the baby has overheated. Remove from the dock and allow to cool down.

The expected life of the battery is equivalent to approximately 1000 charges.

## Prompt Flex Birthing Simulator Software Minimum Specification

The software is compatible with Windows, Mac OS, Android and iOS.

Minimum system requirements:

| Windows | Mac OS | Android | iOs |
|---|---|---|---|
| Windows XP/7/8/10 | Intel® Core™ Duo 1.83GHz or faster processor | ARMv7/x86 processor with vector FPU, minimum 550MHz, OpenGL ES 2.0, H.264 and AAC HW decoders | iPod Touch 4 and above, iPhone 4 and above, iPad 3 and above |
| 2.33GHz or faster x86-compatible processor, or Intel Atom™ 1.6GHz or faster processor for netbook class devices | Mac OS X v10.7, and above | Android™ 2.3 and above | iOS 6.1 and above |
| 512MB of RAM | 512MB of RAM | 256MB of RAM | |

**Important:** Due to the vast number of devices available, we cannot guarantee that the PROMPT Flex software will run on all devices that meet our recommended minimum system requirements. We have tested and successfully run the software on the following devices:

Windows:     - Dell laptops running Windows 7 and Windows 10 Lenovo laptops with the latest Bluetooth driver software (available as a free download from http://support.lenovo.com/us/en/downloads/ds037200) Microsoft Surface Pro 3
              - HP Envy Notebook running Windows 10

Mac:          - Macbook Air
              - Apple iMac

Android:      - Nexus 9, Nexus 7
              - Huawei Mediapad T1, 7"
              * Samsung Galaxy Tab3
              * Tabtronics 7 inch Model A33 8GB
              - LG G Pad 10.1 LTE

iOS:          iPad 2 Air, iPad 3, iPad 4,  iPad mini, iPhone 5, iPhone 6

> * On these devices, the app may crash when you click 'Exit' to disconnect your baby. If you wish to run another drill, the app can simply be relaunched and the baby reconnected.

## Bluetooth Requirements

- Windows, Android and Mac: Bluetooth v2.1 and higher
- iOS: Bluetooth v4.0 and higher

> * NOTE: Windows desktop computers won't usually have Bluetooth functionality and you will need to use a Bluetooth adapter.

# Downloading The Prompt Flex Birthing Simulator Software

Download the Prompt Flex Birthing Simulator Software free of charge by clicking on the **Download Software** link at:

http://www.limbsandthings.com/uk/our-products/details/prompt-flex-advanced

Choose the download applicable to your device (Windows, Mac, Android or iOS) and follow the on-screen instructions to install the software on your device/computer.

- Android:  you must allow your phone to install from "Unknown Sources" (i.e. apps not downloaded via the Google Play Store).To do this, navigate to **Menu/Settings/Applications** and check the box marked **Unknown Sources.**

If you receive the message "Can't open file" when you click on the downloaded file, you will need to use a File Manager application to open it and complete the installation. There are a large variety of File Manager apps available free of charge from the Google Play Store.

- iOs:  The iOS link will take you to the Apple Appstore where you can download the app for free.

Once the installation is complete, launch the software. You should see the Welcome screen.

# Enabling Bluetooth on Your Device

Ensure your device has Bluetooth capabilities, and the Bluetooth receiver is switched to 'on'.  The procedure will vary according to your device. Note that Windows desktop computers won't usually have Bluetooth functionality as standard and you may need to buy a Bluetooth adapter to plug into your USB port.

- iOs: Go to **Settings/ Bluetooth**. Toggle the switch to On

- Mac: Choose **System Preferences** from the Apple menu, then click **Bluetooth** from the **View** Menu. In Bluetooth preferences, make sure "On" is selected (in earlier Mac OS X versions, click the **Settings** tab, then click the Bluetooth On button to turn on Bluetooth). Check the Show Bluetooth in menu bar option to put a Bluetooth icon in the top right of your screen

- Windows:  Most laptops come with a built-in Bluetooth adapter. You might have to turn on the adapter (you can often find a button that toggles Bluetooth on your laptop's keyboard or in your computer manufacturer's included software). Check the manual for your computer or the manufacturer's website if you are unsure

To make your laptop discoverable to the Bluetooth baby, click the **Start** button, and select **Devices and Printers**. Right-click your computer in the list of devices and select **Bluetooth settings**.

Check the Allow Bluetooth devices to connect to this computer checkbox.
Check the Allow Bluetooth devices to find this computer checkbox, and then click OK.

- Android: Go to **Settings/ Wireless and Networks/Bluetooth**. Toggle the switch to On

# Connecting or "Pairing" Your Baby in Bluetooth Settings

You will need to connect or 'pair' the baby with the device/computer onto which you have loaded the software.



Take your baby out of the charging dock and turn it on by holding down the button on its chest for 3 seconds.

- Windows 7/8 PC:  Go to Start/Devices and Printers and choose Add a Device. Your Prompt Flex baby should appear in the list of devices under the name PROMPTFLEX_XXXXXX. Select the baby in the list and click Next to add it. You should receive a confirmation message that the baby has been added.

- Windows 10 PC:  Go to Start/Settings and choose Devices. Choose Bluetooth in the left hand menu. In the Manage Bluetooth Devices window make sure that Bluetooth is On. Turn your baby on and it should appear in the list with "ready to pair" underneath. Click on the baby name and choose Pair. It should now say Paired underneath the baby name.

- Android:  Go Settings/ Wireless & Networks/ Bluetooth Settings.  Check for PROMPTFLEX_XXXXXX in the list of available devices, or tap Scan for devices.  Click on PROMPTFLEX_XXXXXX to pair.  If pairing is unsuccessful on the first attempt, try turning Bluetooth off and on again and repeating the process.

- Mac OS: Click the Bluetooth icon in the menu bar in the upper right of your display. Choose Set up Bluetooth Preferences or Open Bluetooth Preferences. Find the baby in the list of devices and click Pair to connect.

- iOS: With iOS it is not necessary to pair your baby and device in Bluetooth settings before launching the software. This step can therefore be omitted.

The baby is now ready for use with the Prompt Flex Birthing Simulator Software.

> **TIP:** If you have previously paired your baby on an Android device and are now wanting to use it on another platform (Win, Mac or iOS), you should unpair the baby from the Android device before attempting to pair on the new device.
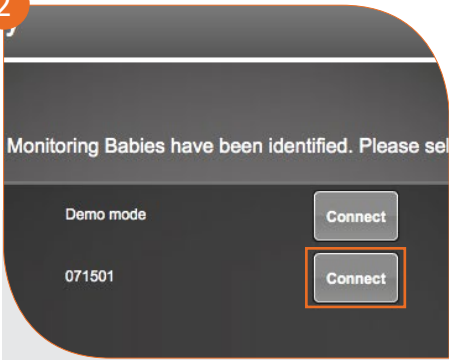
## Connecting Your Baby to the Software

Ensure your baby is turned on (you should have a solid light on the baby's chest) and launch the software. In the Welcome screen you will see the word Disconnected next the Bluetooth icon ⚡ in top right of the window.

| ① | ② | ③ |
|---|---|---|
|  |  |  |
| Choose **Connect your baby** | In the **Select a force-monitoring baby** screen, click **Connect** next to your PROMPT Flex baby, which will be identified by the last 6 digits of its serial number | If your baby does not appear in the list, or if the Connect button is greyed out, press the Rescan button at the bottom of the screen. You may need to press Rescan several times before you successfully connect to your baby. |

**NOTE**: Behaviour varies from device to device. If your baby fails to connect on the first attempt, press Connect again.

When your baby is connected to the software you will see the word Connected next the Bluetooth icon ⚡ in top right of the window and the light on your baby's chest will pulse slowly.



## Registering Your Baby

The first time you connect your baby with the software, the **Register your baby** screen will launch.



* You need to have an internet connection when registering the baby, so that the app can send an email to Limbs &Things with your registration information. Make sure you are connected to your network or have Wifi enabled.

Complete your details in the registration form (fields marked * are compulsory)

**! Important:** the email address you give us here will be used to advise you of any future product upgrades, so please complete this field especially carefully. Note that it is not possible to change the email address assigned to your account once registration is complete, so we recommend using a multiple access (e.g departmental) email address where possible.

Choose a name or number for your baby. If your institution has more than one Force Monitoring baby, you may prefer to use the number embossed on the side of the baby, to avoid confusion between babies when pairing and connecting.

Follow the link to the software licence agreement before clicking I Agree. The licence agreement can be downloaded from the Limbs & Things website at http://assets.limbsandthings.com/documents/PROMPT_Flex_Software_Licence_Agreement.pdf

Registration is a once only operation. The next time you launch the software, it will detect that the baby has already been registered. The baby should appear in the list of Bluetooth devices under the new name/number you chose at registration. However, the length of time it takes for the name to be refreshed is dependent upon your operating system.

## Software Updates

From time to time, we may issue new versions of the software. When you connect your baby in the software, it checks to see that you are running the latest version.  If you aren't, you will see a popup that a new release is available with a link to download it.  You can choose to download, be reminded later or click 'Cancel' to close the popup without downloading the update. NB. If you do choose to download the new version, you need to exit the software before running the installer and relaunch it afterwards.

## Firmware Updates

From time to time, we may issue a new version of the baby firmware (the software embedded inside the baby). When you connect your baby in the app, it will automatically detect if your firmware is not up to date and the new firmware will automatically download onto the baby. This will take around 15 minutes.

## Using the Prompt Flex Birthing Simulator Software

Once your baby has been registered, you will be taken to the Select Mode screen. This offers a choice of two modes:
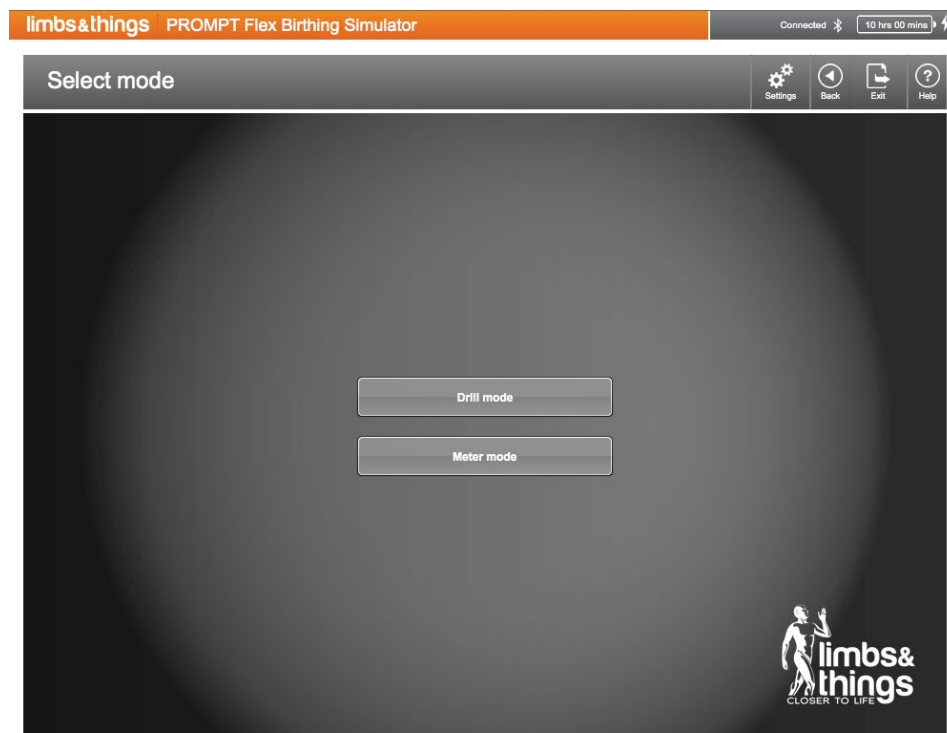


Drill mode: has 6 pre-programmed delivery scenarios (Normal Birth, Shoulder Dystocia, Vaginal Breech Birth, Forceps, Vacuum-assisted Birth and Third Stage of Labour)

- The timing of interventions can be recorded
- Force can be plotted on a graph
- Notes can be added
- Scenarios and interventions within scenarios can be edited or added

> **Important:** Drill mode is not available on smartphones/iPhones due to screen size limitations.
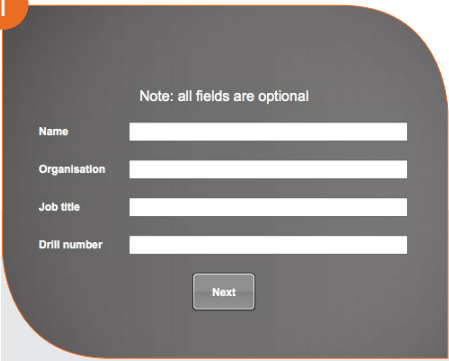
Meter mode:

- Records the amount of force in Newtons being applied to the baby's head during delivery. Gives a reading and plots on a bar graph

# Running a Drill in Drill Mode

In the **Select mode screen** choose **Drill mode**



**1**
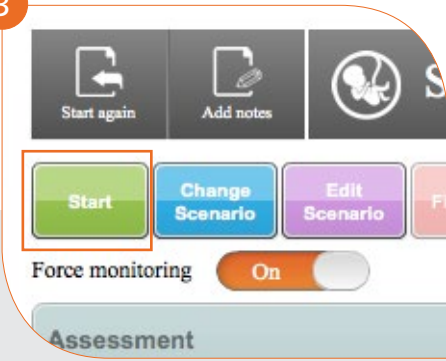
In the **Enter drill data** screen complete fields as required (these will show on the PDF and .csv records of the completed drill) and click **Next**



**2**

In the Select scenario screen choose the type of delivery scenario you wish to run



**3**

Click the **Start** button to start the drill for your chosen delivery scenario. The program is now collecting force data from the baby and displaying the plot line on the graph, and the timer clock is running



The list of Interventions associated with your chosen Delivery Scenario is now active. To record on the graph when a specific Intervention is performed, click on the required Intervention from the list.

Each time an Intervention is clicked a colour coded flag will appear on the graph.



For ease of viewing you can Zoom In and Zoom Out of the graph using the + and - buttons. This can be useful if several interventions are performed very close together.
The left hand 'Display full screen' button allows you to toggle the lower Bird's Eye window on or off.

The lower graph window gives a bird's eye view of the whole drill.
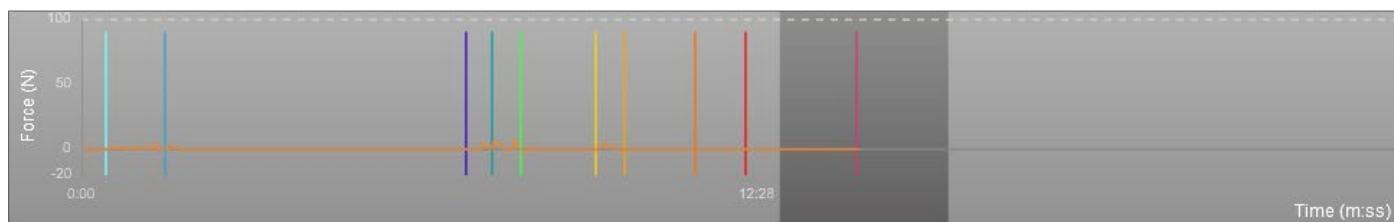


# The Drill Screen Buttons Explained:



| | |
|---|---|
|  | Use **Start again** to begin your drill again from the beginning. Any interventions and force already recorded will be wiped, and the time clock will reset to 0:00 |
|  | You can add any notes on the trainee's performance as the drill proceeds by clicking the **Add notes** button |
|  | You can **pause/resume** the drill at any time by clicking the Pause/Resume button |
|  | You can change from one scenario to another mid drill (for example to simulate a normal birth that becomes a Shoulder Dystocia case) by clicking the **Change Scenario** button. A new scenario flag will drop on to the timeline to register the time of the change |
|  | Choosing **Edit Scenario** allows you to add, rename or reorder interventions and to edit the colour of the flag associated with them |
|  | Once the drill has been completed click the **Finish** button on the Control Panel |
|  | If monitoring force is not relevant to your chosen drill, you can disable the graph using this toggle switch |
|  | Choose **New drill** to start a completely new drill. You will be taken to the **Enter Drill data** screen to complete details as appropriate, and from there on to the Select **Scenario screen** |
|  | This button takes you out of drill mode and into Meter Mode where you can practise applying force to the baby's head and see the result in Newtons |
|  | Choose **Exit** if you have finished using the software and want to disconnect your baby. You will be taken back to the Welcome screen |
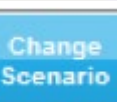
## Saving a .PDF of Your Drill

You will be prompted to save your drill as a PDF before exiting the drill screen, starting a new drill or switching to Meter mode.



- Choose Export PDF
- Windows and Mac Users: In the Select location for download screen, navigate to your chosen location for saved drills and then name the drill (the default name will be <scenario type> <trainee's name><date> <time of export>)
- Android and iOS users: You can email the PDF to an address of your choosing

If you changed scenarios mid drill, this will be reflected in the title of your pdf.  For example, a drill that changed from Normal to Shoulder Dystocia will have the following title: Normal>Shoulder Dystocia.



* Any notes made during your drill will appear here.
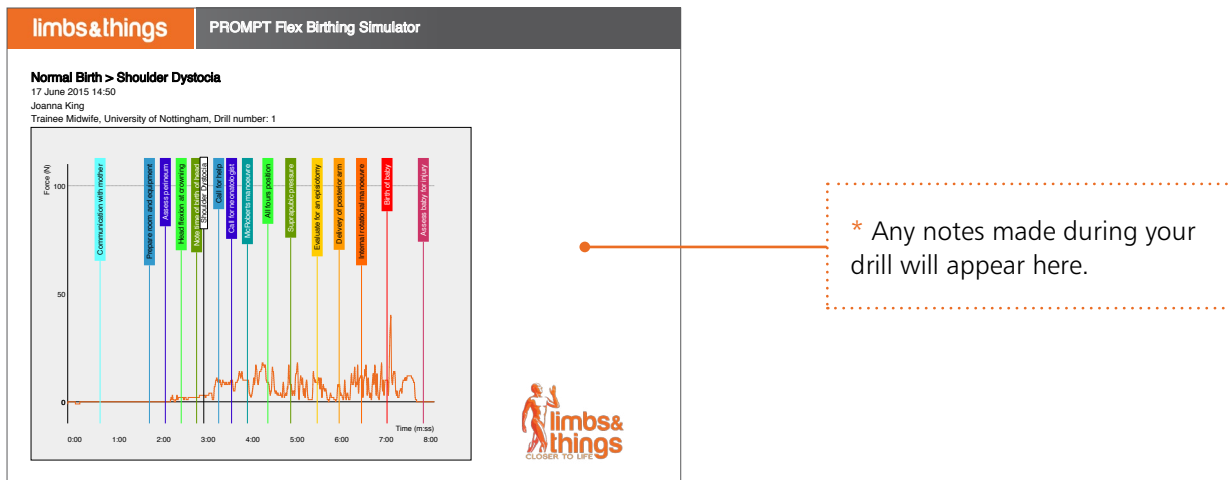
## Saving a .CSV File of Your Drill

This option is useful for collating research results and is displayed using a sample rate of 20 Hz per second.



- Choose Export CSV
- Windows and Mac Users: In the Select location for download screen, navigate to your chosen location for saved drills and then name the drill (the default name will be <scenario type> <trainee's name><date> <time of export>)
- Android and iOS users: You can email the .CSV to an address of your choosing

**Important: If you wish to save your drill as a .csv file, please make sure to do so before exiting the drill screen, starting a new drill or switching to Meter mode, as you will be unable to retrieve the data once you have exited the drill.**

# Meter Mode

Meter mode allows you to monitor the force applied to the baby outside of the context of a scenario.
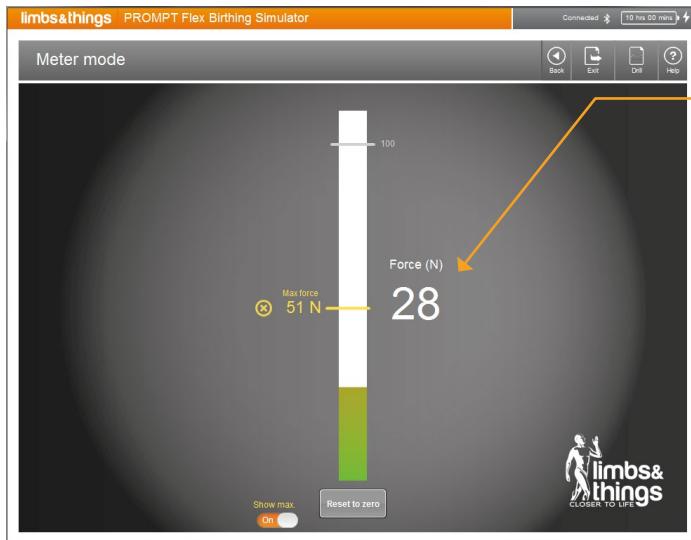


- In the **Select mode** screen choose **Meter mode**
- The bar graph and Newton reading displayed here will fluctuate according to the force currently being applied
- The Show max button, when on, will place a watermark to record the maximum force exerted during the drill. In this sample screen shot, at some point in the drill the user exerted a force of 51N. The force currently being exerted is 28N.

The reading should be at 0 (+ or − 2) when the baby is lying flat on a table and no force is being exerted. If your reading is +/- 5 when the baby is in this position, you may wish to use the Reset to Zero button to recalibrate your baby.

### *"Overloaded"* **flag:**

An overloaded flag will appear on screen and a pop up reading *"Baby sensor has been overloaded – please recalibrate"* if the reading in Meter Mode goes above 500 Newtons. This is extremely rare. If this should occur, put the baby flat on a table and do as follows:

- If the at-rest reading from the baby is less than 50N, you can recalibrate the baby yourself by pressing the Reset to Zero button. This will remove the overload flag on the baby, as well as applying an offset to make that at-rest reading zero. You can continue to use the baby as normal.

- If the at-rest reading is 50N or greater with the baby flat on the table, unfortunately the baby will need to come back to Limbs & Things for recalibration. Please contact Customer Services.

# Demonstrating or Exploring the Software Without a Baby Connected

Demonstration mode allows you to see the functionality of the software without the need to have a baby connected.
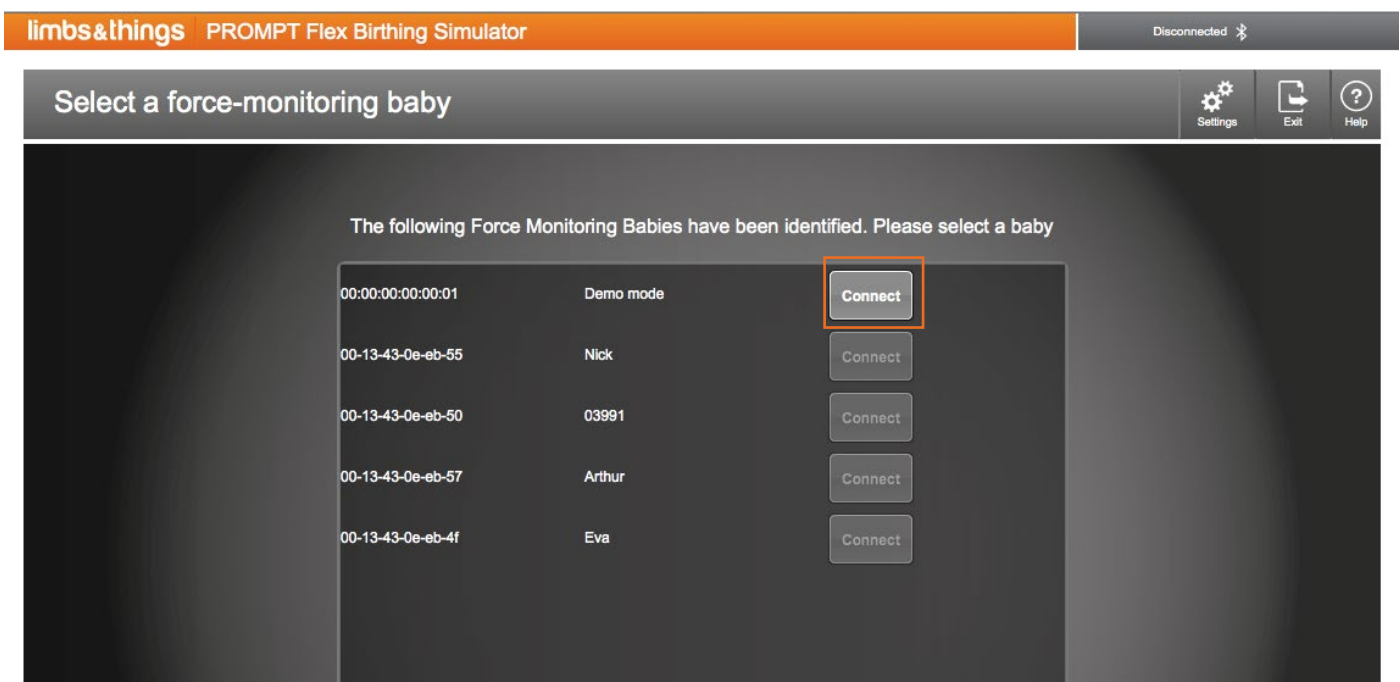


- Choose **Connect** your baby in the **Welcome** screen
- Click **Connect** next to **Demo mode** in the **Select a force-monitoring baby** screen

To demonstrate full functionality in Drill mode, you should choose the Shoulder Dystocia scenario. For all other scenarios, interventions have been disabled and it is not possible to record them on the graph timeline.

# Settings

You can access the software settings from within most screens by clicking on this button in the top right corner of your screen.
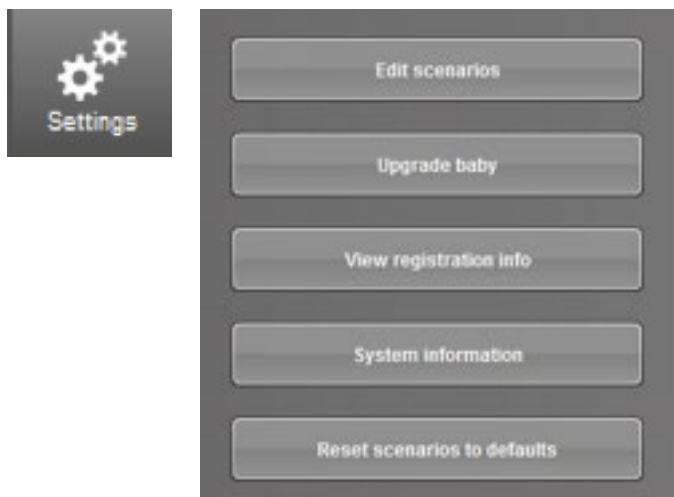


## Edit Delivery Scenarios
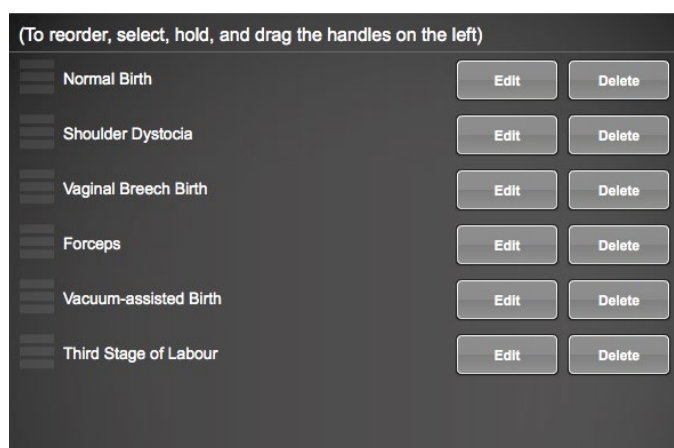


The **Edit delivery scenarios** screen allows addition, deletion and editing of delivery scenarios. Select the scenario you wish to edit or delete from the list.

Choosing **Edit** allows you to add, rename or reorder interventions and to edit the colour of the flag associated with them.

Deleting a scenario will remove the scenario and its associated interventions. It is possible to restore the default scenarios provided with the software but any that you have created yourself cannot be retrieved once the Delete option has been pressed.

## Creating a New Delivery Scenario
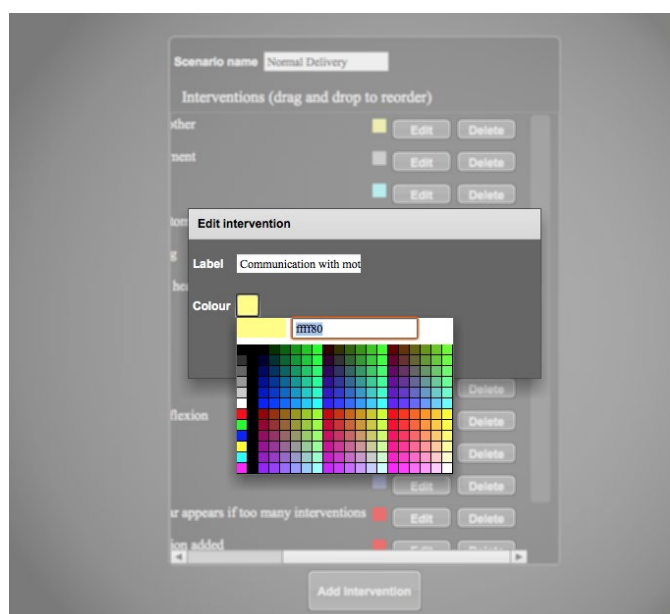


In **Settings**, choose **Edit delivery scenarios**, then click the **Add scenario** button.

Give your scenario a name, then click the Add intervention button to add your first intervention.  Complete the intervention label text box and click on the Colour box to choose a colour for the associated intervention flag.

Repeat this process until you have added all required interventions.

## Upgrade Baby

Firmware upgrades to the baby are automated, but in the rare instance where there is a problem and you have contacted us for technical support, we may ask you to use this option. We'll send you the new firmware file as an email attachment, together with instructions on how to install it.

You will need to use a Windows PC or Mac with the latest version of the PROMPT Flex software installed.

## View Registration Info

This option allows you to see the name and serial number of the baby you are currently connected to, together with details of who the baby is registered to at your institution. This information is not editable.

## System Info

Here you will find a record of the software and firmware version you are using. This information will be useful if you need to contact us for technical support.

The Manage Log function is something we may ask you to enable if you contact us for Technical Support, to help us diagnose your problem.

## Reset Scenarios to Defaults

This is useful should one of the default scenarios supplied, and/or its associated interventions, be accidentally deleted.

**Important: the reset will overwrite any customisations you have made to the default scenarios and will delete any new scenarios that you have created, so we recommend this button is used with caution.**

## Warranty

We recommend that you check the contents of your product on arrival and store it in the appropriate manner.

We recommend that you charge your baby's battery fully on receipt and, if the baby is unlikely to be used for a long periods, charge it fully before storing it to maintain the health of the battery.

We also recommend that you register your baby as soon as received, so that we have the contact details of the person responsible for the baby and can advise them of any important product updates.

Limbs & Things warrants this product against defective materials and workmanship for 12 months from date of invoice and will replace or repair them free of charge.

THIS WARRANTY DOES NOT COVER damage resulting from:

1. Misuse, including but not limited to

> (a) failure to use the product for its intended use or in accordance with Limbs & Things' instructions on the proper use and maintenance, and

> (b) installation or use of the product in a manner inconsistent with the technical or safety standards in force in the country where it is used and

> (c) improper or incorrect installation of software

2. Repairs done by the customer himself

3.  Defects of any system into which this product is incorporated

4. Damage resulting from use of non Limbs & Things Ltd approved accessories

5. Scratching or damage to all plastic surfaces and other externally exposed parts due to normal customer use.

This warranty does not affect the customer's statutory rights under applicable national laws in force, nor the customer's rights against the dealer arising from their sales/purchase contract.

You can view and download the latest FAQs, User Guides and product literature on our website:

# limbsandthings.com

# PROMPT Flex Advanced
*Wireless Force Monitoring
Baby & Software*

*Frequently Asked Questions*

## Safety, Cleaning and Care

Q: What do you advise regarding handling the Bluetooth Force Monitoring baby and charging dock around water or other liquids?
A: The silicone baby is sealed to allow for the use of lubricant but should not be immersed in water or run under the tap as there is a possibility of water entering the baby through the arm and leg joints.

Lubricant can be removed with a soft damp cloth and a mild detergent.

DO NOT handle the charging dock with wet hands or immerse in water or other liquids. To clean the dock, isolate from the power supply and wipe with a soft cloth or baby wipe.

Q: What's the best way to remove lubricant from the baby, mother and/or charging dock?
A: Wipe clean with a soft, damp cloth and use mild detergent only. Don't use harsh chemicals (such as alcohol, benzene, or thinners to clean your baby or charging dock.

Q: Is it safe to leave the baby in the dock to charge overnight?
A: Yes. There is a temperature sensor in the dock and a safety cut out.

## Birthing Simulator Software compatibility

Q. What platforms is the software compatible with?
The software is compatible with Windows, Mac OS, Android and iOS.

Q. What are the recommended minimum system requirements?

| Windows |
|---|
| Windows XP/7/8/10 |
| 2.33GHz or faster x86-compatible processor, or Intel Atom™ 1.6GHz or faster processor for netbook class devices |
| 512MB of RAM |
| **Mac OS** |
| Intel® Core™ Duo 1.83GHz or faster processor |
| Mac OS X v10.7, and above |
| 512MB of RAM |
| **Android** |
| ARMv7/x86 processor with vector FPU, minimum 550MHz, OpenGL ES 2.0, H.264 and AAC HW decoders |
| Android™ 2.3 and above |
| 256MB of RAM |
| **iOs** |
| iPod Touch 4 and above, iPhone 4 and above, iPad 3 and above |
| iOS 6.1 and above |

Q: Will the baby and software work with ALL Windows, Mac OS, Android and iOS devices that meet the minimum system requirements above?
A: Due to the vast number of devices available, we cannot guarantee that the PROMPT Flex software will run on all devices that meet our recommended minimum system requirements. We have tested and successfully run the software on the following devices:

**Windows:**
Dell laptops running Windows 7 and Windows 10
Lenovo laptops with the latest Bluetooth driver software (available as a free download from http://support.lenovo.com/us/en/downloads/ds037200)

**Mac:**
Macbook Air
Apple iMac
Microsoft Surface Pro 3
HP Envy Notebook running Windows 10

**Android tablets:**
Nexus 9, Nexus 7
Huawei Mediapad T1, 7"
LG G Pad 10.1 Lite
* Samsung Galaxy Tab3
* Tabtronics 7 inch Model  A33 8GB

* Note that on these devices, the app may crash when you click 'Exit' to disconnect your baby. If you wish to run another drill, the app can simply be relaunched and the baby reconnected.

**iOS**
iPad 2 Air
iPad 3
iPad mini
iphone 5

NB the force monitoring baby and app is not compatible with iPad 2s.

Q: Will the software work on smartphones/iPhones as well as tablet PCs and PCs?
A: Yes, but there are limitations due to the small size of the screen:
  • Only meter mode is available. Drill mode is not available on smartphones/iPhones
  • The baby registration screen is not optimised for phones, so for first time use we recommend downloading the software onto a tablet/PC in order to complete registration of your baby.

Q: Will the software work on Kindle Fire HDs?
A: Unfortunately not.

Q: Will the software work on iPad 2?
A: Unfortunately not.


# Birthing Simulator Software download and installation

Q: How do I get the Birthing Simulator software?
A: The software is available as a free download from our website (Win/Mac/Android) or the Apple AppStore (iOS). Please go to **https://www.limbsandthings.com/uk/our-products/details/prompt-flex-advanced** and click on the **Download Software** link.

Q: Can I download the Birthing Simulator software onto more than one device?
A: Yes, you can download the software as many times as you like and onto as many devices as you like.

Q: Why can't I find the Android app in Google Play?
A: The Android app can be downloaded directly from our website. Note that you may need to change a setting on your device to allow installations from outside of Google Play.   Go to Settings/Security/Device Administration and check the Unknown Sources box.

Q. Do I need a product key to download the software? Where would I find it?
A: No, you do not need a product key.

Q. How much free space do I need on my device to run this software?
A:  50 MB

Q. How big are the software program files?
A:  Download size is shown when click on download link, but these are the approximate sizes:
   Mac: installer 31MB, installed 75MB
   Windows: installer 25 MB, installed 48MB
   Android: installer 12MB, installed 33MB
   iOS: installer 15MB, installed 24MB

Q. How much memory do I need free on my device to run this software?
A: Windows: 512MB of RAM
   Mac OS:  512 MB of RAM
   Android: 256 MB of RAM
   iOS: 256 MB of RAM

Q. I've downloaded a new version of the software, but am getting an error message when I try and install?
A: Have you got the existing version of the software open already? Close this and try the install again.

Q. I am getting an "Error creating uninstall log" when I try and download the software onto my Windows PC.
A: You need to have administrator rights on the device you are using. Please refer to your IT Department for advice, or, when the software finishes downloading from our website, go to your Downloads folder, right click on the prompt-flex application in the list and choose Run as Administrator.

Q:  On Android I am getting the message "Can't open file" when I click on the downloaded file.
A: You will need to use a File Manager application to open it and complete the installation. There are a large variety of File Manager apps available free of charge from the Google Play Store.

Q. Will iOS, Android etc updates affect the performance of this software?
A: Updates should not affect this software, but we cannot guarantee that; if updates are incompatible with the software we will endeavor to release a compatible version as soon as possible and you will be prompted to download a new version of the software when you launch it.

Q. I am trying to download the free App from the App Store/Play Store.  It wants me to set up an Apple ID and enter payment information.  I don't want to do this as I won't be the only user of this tablet/laptop.
A:  With the Apple App Store, you are unfortunately obliged to give payment details in order to create an Apple ID.
HOWEVER, once you have set up the Apple ID, you can then go back in to your account and change the Payment Information to None in Settings/iTunes & AppStore/View Apple ID. This will then allow users to download free apps only.

Q: I have accidentally deleted the software/got a new computer/device. Can I download the software again?
A: Yes, you can download the software multiple times and on multiple devices under your control – free of charge.


## Charging the Prompt Flex Bluetooth Force Monitoring Baby

Q: How long does it take to charge the baby?
A: It takes 4-5 hours to charge the baby from fully discharged to fully charged. Every hour of charging time gives approximately 2 hours of use.

Q: How long does the Bluetooth baby charge last?
A: Once fully charged it should give approx. 10.5 hours of use in total.  If fully charged but left in standby mode, it should last approximately 40 days.

Q: How do I charge the baby?
A: Connect the power supply cable into the side of the charging dock and plug into the mains. A solid red LED light next to the lightning symbol on the side of the dock confirms that there is power going to the dock. Place baby in the dock making sure it is sitting flush with the dock mold, to ensure good contact between the baby and the dock. A blue LED light next to the battery symbol on the side of the dock tells you that it's charging. Charging is also indicated by a red pulsing light on the right of baby's chest.

Q.  What does a pulsing red light on the baby's chest indicate?
A: A pulsing red light on the baby's chest when it is not in the dock indicates that the baby has less than 2 hours of charge remaining. Plug it into the charging dock. A pulsing red light on the baby's chest when it is in the dock means that it is charging.

Q: How do I know if the baby's charge is getting low? I don't want it to run out mid-training session.
A: When the baby is connected in the software, there is a battery icon in the top right of the software screen and inside the icon you'll see a reading of how many hours and minutes of charge remain.  The reading will show in red when there is less than 2 hour's charge remaining.

Another indicator is a pulsing red light on the baby's chest when it is switched on and out of the dock. This indicates that the baby has less than 2 hours of charge left.

Q. How do I turn my baby on and off?
A: Hold the button on the baby's chest down for 3 seconds to turn it on. A solid white light should appear on the left of the baby's chest. To turn the baby off once you have disconnected from the software, place the baby back in the charging dock. Alternatively, leave the baby to automatically power off. This will occur 2 minutes after disconnection.

Q. Why isn't the light coming on on my baby when I press the switch on its chest?
A:  You must hold the button on the baby's chest down for 3 seconds in order to turn it on.  If you've done this and there is still no light, the baby's battery needs charging. Use the charging dock supplied.

Q: My baby has switched itself off. Why?
A: Several possible reasons:

- It is possible that the battery has run out.
- If the baby is turned on but not paired with a Bluetooth device within 2 minutes, the baby will power off to conserve battery life.
- If you chose Disconnect in the software but did not place the baby on the charging dock, the baby will shut down after approx. 2 minutes to conserve battery life.

Q. Why won't my baby charge?
A: Check:

- that you have the power supply to the charging doc switched on  (confirmed by a red light on the dock)
- that the baby is sitting in the charging doc correctly (confirmed by a blue light on the side of the charging dock). Try pressing the baby down in the dock if you have no blue light.
- If the baby has not been used for some time and the battery is completely flat, it may take some time before the blue charging light on the dock and the red charging light on the baby start to work. Overall charging time may therefore be longer than the usual 4-5 hours.  We recommend you leave the baby overnight on your charging dock.

Q: I have multiple babies and docks. Do I have to use the same baby in the same dock each time?
A: No, the dock isn't configured to any particular baby. Any baby will work in any dock.

Q: What is the expected life of the battery itself?
A: Approximately 1000 charges. However, the battery capacity after 500 cycles is expected to be no less than 60% of its rated capacity.

Q. How much battery life do I need on my baby and on my computer/tablet if I want to run an hour session?
A: There is no hard and fast answer to this. It depends on your device and the state of your battery.


# Bluetooth Connection/Pairing

Q:  How do I turn Bluetooth on on my device?
A: It will depend on what device you are using.

- **iOS** (iPad or iPhone):
  Go to **Settings/ Bluetooth**.  Toggle the switch to On (Green = on).

- **Mac:**
  Choose **System Preferences** from the Apple menu, then click **Bluetooth** from the **View** menu. In **Bluetooth preferences**, make sure "On" is selected (in earlier Mac OS X versions, click the **Settings** tab, then click the **Bluetooth On** button to turn on Bluetooth). Check your device to make sure that it's also powered on.

- **Windows laptops:**
  Choose **Start/Devices and Printers**. Right-click your computer in the list of devices and select **Bluetooth settings**. Check the **Allow Bluetooth devices to connect to this computer** checkbox.
  Check the **Allow Bluetooth devices to find this computer** checkbox, and then click OK.  This makes your PC discoverable to your Bluetooth baby.

- **Android:**
  Go to **Settings** and Under **Wireless and Networks** choose **Bluetooth**.  Toggle the switch to On.


Q. Do I need a particular version of Bluetooth for the Force Monitoring baby to work?
A:          • Windows, Android and Mac: Bluetooth v2.1 and higher
            • iOS: Bluetooth v4.0 and higher


Q: How do I connect the Bluetooth baby with my laptop/tablet/phone?
A: Full instructions are given for each platform in our PROMPT Flex - Force Monitoring Baby (Bluetooth) and Birthing Simulator Software User Guide.  If you are having problems, here are some things to check:

- Make sure your baby is switched on when you are trying to connect – the baby times out if it is not connected within 2 minutes.
- Make sure Bluetooth is switched on on your device. If the baby persists in not connecting, try turning Bluetooth off and back on again.
  If the baby is failing to connect in the software, try pressing **Connect** again.  It is not unusual for connection to fail on the first or second time of trying.
- If the Connect button against your baby is greyed out in the software, press **Rescan** at the bottom of the screen. You may need to do this several times before the button becomes active.

Q. How do I know my computer/tablet/phone is connected to the Baby?
A: You should see the word Connected next to the Bluetooth icon ✳ in the menu bar in the upper-right of the software window, and you should see a white pulsing light on the baby's chest.

Q: I can't find Bluetooth on my desktop computer/Windows laptop
If you are using a desktop computer or a relatively old laptop, it's likely that it won't have Bluetooth functionality as standard. To use the software with this device you will need to buy a Bluetooth Adapter to plug into your USB port.

Q.  Do I need a passkey/pairing code when connecting the Baby to my device?
(The terms passkey and pairing code are often used interchangeably. They are both terms for a number that associates your computer with a Bluetooth enabled device – to help you ensure you're pairing the right device to the right computer.)
A: No. Some devices may display and ask you to enter a pairing code but you can ignore this and just click Pair.

Q: I am having difficulty connecting/pairing the baby.
A: Check the following:

- Make sure Bluetooth is switched on on your device
- Make sure your baby is switched on when you are trying to connect – the baby times out if it is not connected within 2 minutes.
- Make sure the baby is charged. A fuller charge will improve the chance of it pairing.
- Check that the baby you are trying to pair with is not already connected to the Prompt Flex software on another computer/tablet/phone. If it is, go to that device and press Exit in the software to disconnect the baby.   Now try pairing again.
- If none of the above apply, put the baby back in the charging dock to reset it, and turn Bluetooth off on your device. Now turn Bluetooth and the baby back on again and try again.

  Other things that might affect pairing:

- On certain Windows laptops, we have found that updating the Bluetooth driver software has solved a pairing problem. Ask your IT department for advice if appropriate, or check your device manufacturer's website for information on the latest drivers. See the next question for information on how to update the Bluetooth driver on Windows laptops.
- If the baby is close to other devices that use radio frequencies (such as microwave ovens, cordless phones, remote controls for electronics or lighting), those devices might be creating interference. Try moving the baby farther away from the other devices.
- The device's location within building and construction materials used can affect Bluetooth. The following materials have a high potential for interference: metal, plaster, concrete, bullet-proof glass.
- Check that you are in range of the baby with which you are trying to pair. Most Bluetooth accessories typically have a maximum range of approximately 30 feet.

Q. On a Windows laptop, how do I check what Bluetooth driver I have and/or update it?
A: Go to Control Panel/System/Device Manager.  Expand Bluetooth Radios then right click on the driver listed and choose Properties. Click on the Driver Tab then Driver Details to see your current driver, or Update Driver to install a newer driver.

Q: I am running Windows 7 and I can't get my baby to pair in Bluetooth settings.
A: We encountered problems on some Lenovo Thinkpads during our testing.  Some versions of Windows 7 Lenovo Bluetooth 4.0 Adapter software seem to be a problem.  We suggest downloading version 17.1.1411.506 from Lenovo's support site at http://support.lenovo.com/us/en/downloads/ds037200. This driver is suitable for Windows 7 and Windows 8.1.

If you have Bluetooth connection problems on other Windows 7 laptops, we suggest either upgrading to Windows 8, or rolling back your Bluetooth driver to a Classic version  - please contact your laptop manufacturer for advice.

Q. I have bought multiple Bluetooth babies. Can I register them all on the same computer?
Yes, you can register all your babies using the same computer.  Turn the first baby on and go through the registration process. Put the baby back in the charging dock to turn it off when you have completed registration, then repeat this process for the remaining babies.

We suggest that, for ease of identification, you use the baby's serial number (embossed on its side) as its name.

Q. Why can I see more than 1 device to pair to when I search for Bluetooth device?
A: All Bluetooth devices that are within range of your computer/tablet/phone will be listed – these could be Bluetooth keyboards/mice/printers, or other Force Monitoring babies in your establishment.  Search for the name of your baby in the list of all devices (if this is the first time you have used the baby and it has not already been registered by another user, the baby will appear in your list under the name Prompt Flex Baby. You will then be prompted to register the baby and give it a unique name)

Q: I have already used the baby with one device, but I want to use it with a different device?  Can I do this?
A: Yes. Make sure you have disconnected the baby  in the PROMPT Flex  software on the original device by pressing Exit. Then pair the baby with the new device you want to use it on, launch the software and connect to the baby in the software.
TIP: If you have previously paired the baby on an Android device, unpair it on that device before attempting to use the new device.

Q.  Is there a risk that I might accidentally pair my device with a baby that is already being used by someone else?
A: No, if the baby is already paired with another device and connected in the PROMPT Flex software on that device, you won't be able to pair with it until you have disconnected the baby by exiting the software on that device.

Q. My device is already connected to a Bluetooth device (eg Bluetooth printer/mouse). Will this affect the performance of the FM baby?
A: The official Bluetooth specifications state seven is the maximum number of Bluetooth devices that can be connected at once. However, three to four devices is a practical limit, depending on the types of devices and profiles are used. Some devices require more Bluetooth data, so they are more demanding than other devices and may reduce the total number of devices that can be active at the same time. If your Bluetooth baby becomes slow to connect or does not perform reliably, reduce the total number of connected devices.

Q. If I can't get Bluetooth FM to work, is there a cable we can use to connect it, like with the old PROMPT?
A: Unfortunately not. This version of Prompt only comes with wireless Bluetooth.

## Connecting the baby in the Prompt Flex Birthing Simulator Software

Q: The software is telling me "Bluetooth is not switched on on this device. Please enable it then select "Rescan". How do I enable it?

A:
- On an **iPad** or **iPhone**: Go to Settings/ Bluetooth (third in the menu list). It will say On or Off.  Toggle the switch to change (Green = on).

- On a **Mac**: Choose **System Preferences** from the Apple menu, then click **Bluetooth** from the **View** menu. In **Bluetooth preferences**, make sure "On" is selected (in earlier Mac OS X versions, click the Settings tab, then click the Bluetooth On button to turn on Bluetooth).

- On **Windows**: To enable Bluetooth on your laptop, click the **Start** button, and select **Devices and Printers** at the right side of the Start menu. Right-click your computer in the list of devices and select **Bluetooth settings**.
Check the Allow Bluetooth devices to connect to this computer checkbox.
Check the Allow Bluetooth devices to find this computer checkbox, and then click OK.

- On **Android**: Go to **Settings** and under **Wireless and Networks** choose **Bluetooth**. Toggle the switch to ON.

- **Desktop Computers**: (Windows and Mac OS) IF YOU ARE USING A DESKTOP COMPUTER, IT'S LIKELY THAT IT WON'T HAVE BLUETOOTH FUNCTIONALITY AS STANDARD AND YOU MAY NEED TO BUY A BLUETOOTH ADAPTER (APPROX. £10). You would then plug the adapter into your USB port.

Q: The Connect button next to my baby is greyed out
A: Check the following:

- your baby is switched on – the baby will have timed out and switched off if it failed to connect within 2 minutes or if it has run out of battery.
- Try clicking the Rescan button at the bottom of the screen. This may activate the Connect button.
- Windows, Mac and Android users: did you remember to pair the baby first in Bluetooth settings?

## Questions relating to registration

Q. A registration screen has popped up. What is this about?
A: This screen is asking you to register the baby, not the software and should only appear the first time you connect the baby in the software. The information you give us at registration will be useful if you contact us with support queries and will also allow us to send you information on any firmware updates.

Q. How do I register / name my baby?
A: When you turn your baby on and pair it with a device for the first time, a registration screen will pop up when you launch the software. Make sure your device has access to the internet (enable Wifi or connect to your network). Fill in your details and choose a name for your baby. You can use a number for your baby name if you like, or you can use the baby serial number that's printed on the side of the baby and also shows in the registration form. Once you have completed the registration, the information is sent to our registration server. The next time you launch the software, it will detect that the baby has already been registered. The baby should appear in the list of Bluetooth devices under the new name/number you chose at registration. However, the length of time it takes for the name to be refreshed is dependent upon your operating system.

Q. Is registering the baby compulsory before using the software?
A: Yes it is. If you do not register your baby, you will only be able to use the software in demo mode.

Q: I am trying to register my baby on my phone. The registration screen won't fit on screen.
A: Unfortunately, the limited screen size of a phone is not suitable for registering the baby. Please use another device (tablet or laptop) to register the baby.  Registration is a once only procedure.

Q: I'm getting the message: 'An attempt to send registration data to Limbs & Things failed. Please check your internet connection.' what should I do?
A: Make sure your device has access to the internet (enable Wifi or connect to your network). Complete the Registration Form again if necessary, and click I Agree. If you still see the error message, it may be that your system administrator has prevented you from having internet access on the device you are using – check with them.

Q. Can I change the name of my baby once I've registered it?
A: No, unfortunately not. The baby's name is stored on a chip inside the baby on completion of registration, and cannot be amended.

Q. Does my baby's name have to be unique?

A: If your institution has more than one Prompt Flex Force Monitoring baby, we recommend you give each baby a different name or number purely to avoid confusion when pairing; If multiple babies are given the same name, you won't be sure which one you are connecting to if they are in the same room and both turned on.

## Software updates

Q. Will the FM Software need to be updated in the future? Will any updates be free?

A: It is possible that we will need to update or make minor upgrades to the software to fix "bugs" or correct errors. These will be free of charge. Each time the minor release number goes up (e.g. from 1.4 to 1.5) all users with 1.* installed will be prompted to download the new release the next time they launch the app.

We do reserve the right to make a charge for any future Major Release. A major release would contain major functional enhancements and extensions. A major release would mean a change in the digit to the left of the first decimal point (e.g. Software 1.0 >> Software 2.0).

Q. Will you inform us when new versions are available?

A: Yes, when you connect your baby in the software, it checks to see that you are running the latest version. If you aren't, you will see a message that a new release is available and a link to a download it. You can choose to download, be reminded later or click 'Cancel' to close the popup without downloading the update. NB. If you do choose to download the new version, you need to exit the Prompt software before running the installer.

## Drill mode

Q. Can I access data from a session run on my institution's computer from my own device at home?

A: The log files are saved locally, so the only way that you can access data saved on one device from another device is by emailing the data (PDF or cvs file) from one device to the other, or transferring it by memory stick etc.

Q. Can I edit the scenarios – e.g the wording of the interventions, the order of the steps in the drill, add in new steps?

A: Yes. From the **Welcome screen**, choose **Settings** (the cog button in the top right), then **Edit scenarios**. Please note there is a 30 character limit on intervention names, so you may need to abbreviate.

Q. Can I add my own scenarios?

A: Yes. Choose **Settings** (the cog button visible in the top left of most screens in the software), then **Edit scenarios**. Choose **Add Scenario** at the bottom of the screen. Give your scenario a name, then choose Add Intervention. Please note there is a 30 character limit on intervention names, so you may need to abbreviate.

Q. Can I share a scenario that I've created with other devices?

A: Unfortunately not.  You'll have to create the scenario again on any other device you want to run it on.

Q. What if I want to simulate the scenario where there are complications with a normal delivery and it becomes a shoulder dystocia delivery?

A: You can swap from one drill to another mid-way through. Click the blue **Change scenario** button and select your new drill in the **Change scenario** screen. The title of your scenario should change e.g. read Normal>Shoulder Dystocia and this will also be reflected in any PDF you save at the end.

Q. If the baby powers off mid-drill, will I have to start the drill again or will it have recorded the interventions, notes and force monitoring to date?

A: Yes, you will have to start the drill again unfortunately.

Q. Why is the Force Monitoring graph in drill mode not working?

A: There is a toggle switch (it's a check box on Android/iOS) to enable/disable force monitoring underneath the **Start/Finish** (drill) buttons. It's there because the Force Monitoring is only really relevant to the Shoulder Dystocia drill. Make sure it's set to On, or checked.

Q. The intervention buttons for my drill are all greyed out and I can't record any interventions.

A: They are greyed out when the drill is paused, or not yet started. Click **Start** or **Resume** and they will be active again.
In **Demo Mode**, the interventions are only active in the Shoulder Dystocia drill.

Q. I've finished a drill and want to go straight into the next one. How do I do this?

A. Click **New drill** and this will take you to the **Enter drill data** screen where you can enter the name of the person completing the next drill, or bypass this and go straight into the **Select scenario** screen.

Q. I've finished using the software. How do I exit?

A: Choose **Exit** to disconnect your baby and go back to the **Welcome** screen. In Windows, click the X in the top right corner to close the software program. On a Mac, click the red button in the top left corner to close the program.

Q. I finished my drill.  How do I turn my baby off?

A: There is no off switch on the baby. Choose **Disconnect** to end your Bluetooth session and the baby will automatically power off after 2 minutes. Alternatively, put your baby back in the charging dock to turn it off.

Q. I've accidentally deleted a scenario in the Edit Scenarios screen. How can I restore it?
A: If it is a scenario that you created yourself, unfortunately it cannot be restored and you will need to create it again.
If it is one of the default scenarios that came with the software, go to Settings and choose Reset scenarios to defaults. Note that this will remove any customisations you have made, and will remove any extra scenarios you created yourself - so we recommend this setting is used with caution

Q. I forgot to export the PDF of my drill before exiting the scenario screen. Can I retrieve the record of the drill?
A:  No, unfortunately not. That is why we have added a "Confirm exit without exporting?" prompt.  This should appear if you click on **Exit, Meter or New drill** within the drill screen without having first chosen **Export PDF**.

Q. Where does my training data go?
A: The data is stored on an SD card encased within the baby. On completion of a drill you have the option of exporting the results of your drill as a PDF file, or as a CSV file which opens in Excel.  The latter option is more useful for collating research results and is displayed using a sample rate of 20 Hz per second.

You will be prompted to export a PDF of the drill if you try to exit the drill screen without first having clicked the **Export PDF** button.

For Windows and Mac users, you can save the PDF/.csv file to a location of your choice on your computer.

Android and iOS devices do not come with the ability to read PDFs or .csv files as standard.  We have therefore enabled emailing of a drill for Android and iOS devices, so that you can then open it on a device that has the ability to read these types of file.

NOTE you cannot retrieve the drill data once you have left the drill screen.

Q: How can you export out the drill results from a tablet?
A: You can send the drill file by email from within the software, so that you can then read/print it from a device that does have the capability to read pdf and .csv files.

## Meter Mode

Q: The meter is above 0 even when I am not applying any force to the baby.
A: The force reading should be at 0 (+ or − 2) when the baby is lying flat on a table and no force is being exerted. If your reading is greater than +/- 5 when the baby is in this position, you may wish to use the **Reset to Zero** button to recalibrate your baby.

Lay the baby flat on a desk or in the charging dock with the mains cable detached. Turn the baby on and choose **Meter mode** in the software. Press **Reset to Zero** in the bottom right of the **Meter mode** screen. This should recalibrate your baby.

Q: What is the Reset to Zero button for in Meter Mode?
A: If your reading is more than +5 or less than - 5 when the baby is lying flat on a desk and no force is being exerted, it suggests your baby needs re-calibrating to the software. Making sure the baby is turned on and connected to the software, press **Reset to Zero**. You should see the reading change to zero when no force is being exerted.

Q: I am seeing a red "Overloaded" flag and a pop up saying "Baby sensor has been overloaded – please recalibrate". What do I do?
This occurs on the very rare occasion when the reading in Meter Mode goes above 500 Newtons.

Put the baby flat on a table.
- If the at-rest reading from the baby is less than 50N, you can recalibrate the baby yourself by pressing the Reset to Zero button. This will remove the overload flag on the baby, as well as applying an offset to make that at-rest reading zero.
- If the at-rest reading is 50N or greater with the baby flat on the table, then the app can't be used to reset the flag and unfortunately the baby will need to come back to Limbs & Things for recalibration. Please contact Customer Services.

## Bluetooth Baby Firmware Updates

Q. How do I update the baby's firmware?
A: When you connect you baby in the app, it will detect if your firmware is not up to date and new firmware will automatically download on to the baby.  This should take approximately 15 minutes.

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If your question is not answered in this document, please contact our Customer Services team by one of the methods below. It will greatly assist us in answering your query if you give us the following information:

- Your baby's serial number (beginning 80122 and embossed on the side of the baby)
- The platform and device you are using (eg. Windows 7 HP Laptop)
- The software version you are using (displayed in Settings/System Information)
- The firmware version on your baby (displayed in Settings/System Information)

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