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How to make Crunchie bar bone for Intraosseous Access training

Purpose

The Crunchie bar bone trainer is a great cheap and sustainable option for simulations based around intraosseous insertion and practice in hospitals.

The trainer is able to provide the bone like consistency required for this practice at a fraction of the cost of a purchased trainer. You can make several at a time and store until required.



What you need

- 10cm 'Gypsona' (*plaster of paris bandage*)
- Crunchie bar
- Scissors
- Knife or small saw
- Bowl of water or sink
- Bluey

Course

[Intraosseous Access \(IO\)](#) is a blended course developed at CSDS. Learn the basics and get a practical understanding of how to gain intraosseous access using the EZ-IO® device in adult and paediatric patients.

This course blends online learning with a practical skills development session and assessment through scenarios and simulation. Visit our website for more information.



DIRECTIONS

Step 1

The first step is to unwrap & cut the large crunchie bar in half using the knife.



Step 2

If you have a 10cm wide gypsona bandage, unwrap & prepare, if you only have a 20cm wide bandage you can cut it in half using a hand-held kitchen-saw.



Step 3

Measure out the gypsona bandage approximately 50cm, unrolling & layering the bandage 4-5 times. Cut the bandage once measured out removing the excess.



Step 4

Hold one end of the layered plaster, quickly, gently rinse in cold water, so the whole length is evenly wet but not soaked. Use tap & sink or in a bowl of water.



Step 5

Place the layered bandage on the bench with half of the crunchie bar at one end then roll the combined bandage & crunchie bar from one end to the other.



Step 6

Rub the length of the crunchie bar as you roll, remembering to push both ends of the bandage over the ends of the crunchie bar as you go.



Step 7

Wet your hands under the tap & gentle work the plaster around the crunchie bar until it is smooth & entirely covered. Check the ends to ensure there is no crunchie bar exposed.



Step 8

Leave completed pieces to dry overnight. The next day your bone trainer will be ready for use.

