



Escape Rooms

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Objectives

- Describe development of face-to-face and virtual escape rooms
- Identify barriers



Face-to-Face Escape Room Development

- Space constraint
- Time constraint
- Facilitator numbers
- Participant numbers



Face-to-Face Escape Room Development

- Literature search
- Attended IMSH workshops
- Identified topic
- Created detailed worksheet to identify manikins, supplies, and number of rooms/facilitators

Face-to-Face Escape Room Development

Escape Room Worksheet - Septic shock - Infant

Learning Objectives: (may select more than one)

Technical skills

Medical Concepts

Communication

- Upon completion of this learning activity, the participant will be able to recognize patient deterioration
- Upon completion of this learning activity, the participant will be able to implement interventions based on patient assessment
- Upon completion of this learning activity, the participant will be able to summarize team roles and patient status

Selection of Gamification Elements: (may select more than one)

Game Design Type	Puzzles	Computer Applications	Skills Contest	Team Building	Other
Examples	Crossword, Cipher	Nike+, Foursquare	Timed intubation	Group challenge	

Manikins: CPR trainer

Task Trainer

Low Fidelity Manikin

Mid-Fidelity Manikin

High Fidelity Manikin

Rules of the room:

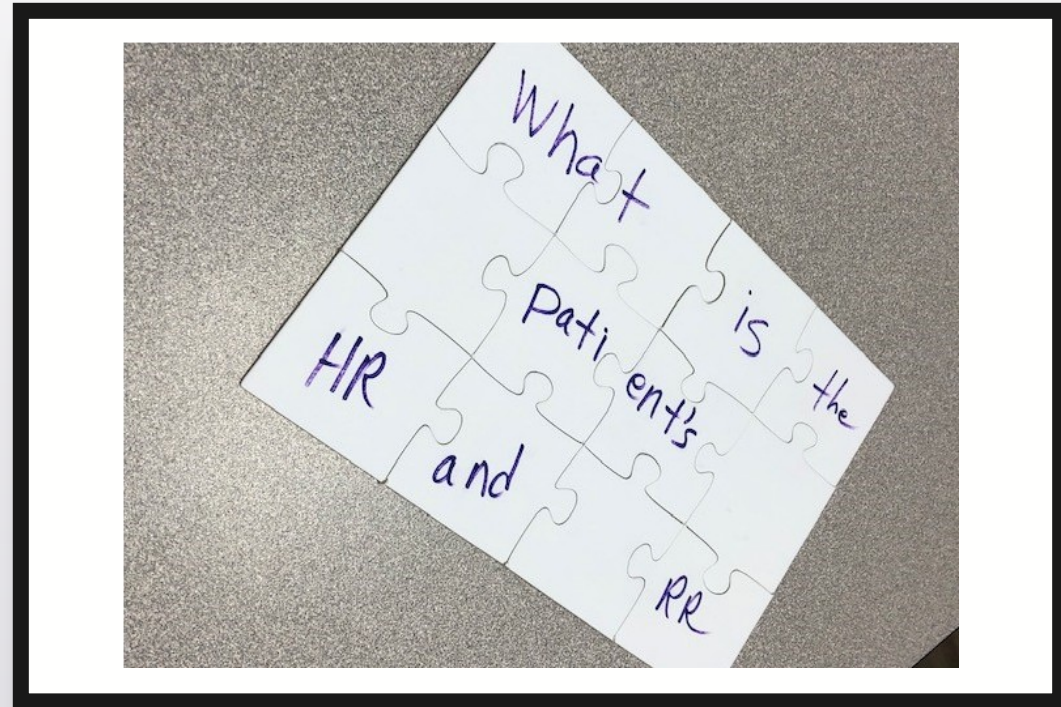
- You have 45 minutes to escape the room.
- If you need to exit, feel free to do so. The clock will keep running.
- There will be a facilitator present but they will not be able to speak with you. They will communicate in writing.
- You can ask your facilitator for 3 free clues. Every clue after the three will cost one minute in additional time.
- Clues will be on equipment, in supply boxes, and around manikin.
- Do not skip over steps to break out faster.
- Everything you need will be in the room.
- You may use one cell phone to access the digital locks.
- Have fun!

- Background:** 6 week old, 3kg patient came through the ED with a temp=101 Temporal. Mom GBS+, no abx because of fast labor. Pt. has been irritable and not nursing well. Symptoms started yesterday afternoon.

Time Station	Game Type (if applicable)	Measured milestone	Equipment/Supplies	Manikin Type	Confederates (role)? Other distractors?
0-5 min 1 st station	Puzzle	Instructions: Find the 12 puzzle pieces to complete the puzzle to find the clue to open the first lock Manikin settings: RR=40, Sat= not picking up well HR=170, BP=60/40 TEMP=39 °C Rectal, CR=4 seconds Successful puzzle completion with correct heart and respiratory rates. Correct added rates will be used to open the first digital lock (HR= +RR= 210)	Puzzle	Sim New B	None
0-5 min 2 nd station		Instructions: Once the 1 st lock is opened, find the envelope marked observation. Successful completion when placed on patient and monitor is touched	1. EKG leads 2. Pulse oximeter 3. BP cuff	Sim New B	None

Face-to-Face Escape Room Development

- Identified that 3 facilitators, rooms, and manikins were needed
- Supplies and equipment based on patient age
- Created clues to open locks to move to the next station



Face-to-Face Escape Room Development

- Utilized envelopes and plastic containers for supplies





Face-to-Face Escape Room Development

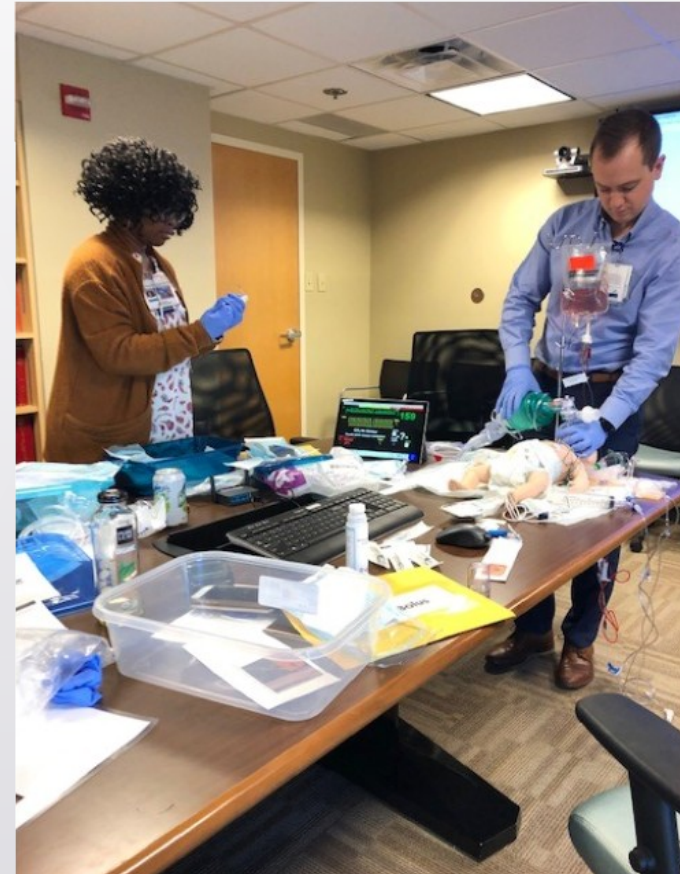
- Digital locks were generated using Google forms:

https://docs.google.com/forms/d/1-gfIN53jpDXKJ0vtYELhBjZqz-Pk9PI81PTePsjl_qU/edit

- Bit.ly
- Escape room instructions

Face-to-Face Escape Room Development

- Pilot with chief residents
- Digital lock issues



Escape Room

- Escape room rules
- Given 45 minutes to escape
- Residents were divided into 3 groups
- One facilitator per room
- Same scenario
- Debriefing as large group



Escape Room Resident Feedback

“Loved the escape room format”

“Loved the idea of escape room and competition”

“Hands on skills, integrating info”

“The practicality and application of skills”

“Hands on skills for IV placement and tubing management

“I felt that learning was so focused I really enjoyed it”

“I thought it was great and really helped us think stuff through”



Resident Evaluation Results



Self- report



Novice to expert



Level of knowledge and skill on recognizing patient deterioration at end of session – **3.36**



Level of knowledge and skill on implementing interventions based on patient assessment at end of session – **3.05**



Level of knowledge and skill on summarizing team roles and patient status at end of session – **3.05**



Virtual Escape Room

- Developed in response to COVID 19 and social distancing
- Identified topic
- Utilized same worksheet
- Google form with videos and pictures

<https://docs.google.com/forms/d/1es9gFs65BTCIBFXhEurP1J6AKChXvidWETaRK-k0kT0/edit>

- Zoom with breakout rooms based on who completed pre-work



Virtual Escape Room

- Pilot with chief residents
- Based on feedback will make changes if needed
- Consideration on doing hybrid with limited amount of residents doing skills with remote residents feedback



Barriers

- Time
- Cost
- Facilitator training



Questions?