



Using Didactic and Simulation Training Methods to Enhance Nursing Performance During Cardiac Arrest

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Disclosures

- I have no actual or potential conflict of interest in relation to this presentation

Objectives

- The learner will
 - Describe how utilizing both didactic and simulation learning improves nursing performance during emergency situation management

LifeBridge Health

- Regional health care organization based in northwest Baltimore
- 4 hospital system (1306 Beds)
 - Sinai Hospital
 - Northwest Hospital
 - Carroll Hospital
 - Levindale Geriatric Center and Hospital

Sinai Hospital of Baltimore

- Jewish sponsored healthcare center
- Largest community hospital and 3rd largest teaching hospital in MD
- 520 inpatient beds
- Magnet designated



Background

- Patients suffering from in-hospital cardiac arrest have a survival rate less than 25%
- Return of spontaneous circulation (ROSC) is best obtained when all members of the Code team demonstrate skill competence

Background

- Staff requests and observation by code team members
- Code Blue education identified as a learning need by RNs house-wide on the 2016 Educational Needs Assessment

Planning an Intervention

- Collaboration between CNS and Clinical Educators
- Targeted 13 acute and intermediate care units
- Baseline survey assessing nursing confidence and knowledge
- Baseline mock code drills

Gold Standard Metrics

- The American Heart Association (AHA) gold standard performance metrics include:
 - > High quality CPR
 - > Ventilation within **1 minute**
 - > Defibrillation within **2 minutes** for VT/VF arrest
 - > Epinephrine within **5 minutes**



Plan

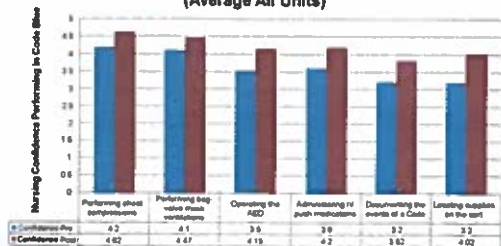
- Didactic education created to bridge gaps identified on survey and through mock drills.
- Included 3 hands-on stations
 - Use of AED
 - Code cart and medication administration
 - Airway and documentation

Implementation

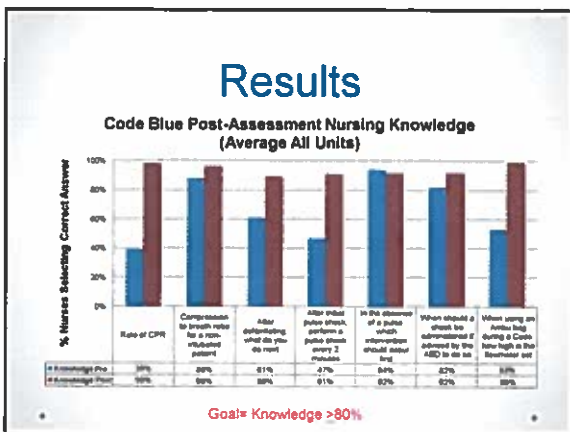
- May 2017: baseline confidence/knowledge survey given
- June 2017: pre-education mock code performance evaluated
- July 2017: didactic education provided and post-education confidence/knowledge survey given
- October 2017: post-education mock code performance evaluated

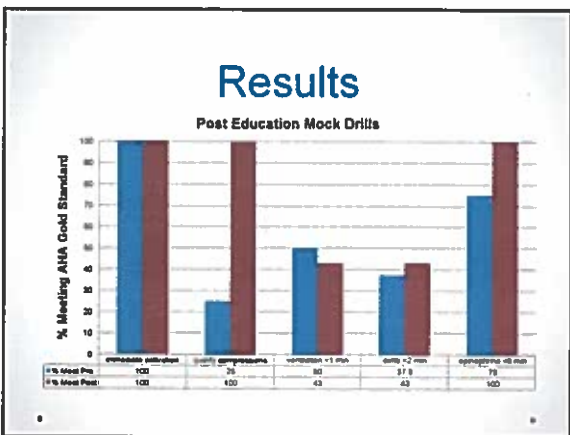
Results

Code Blue Post-Assessment Nursing Confidence (Average All Units)



Goal= Confidence >4





- ### Sustainment
- Schedule mock drills every other month
 - Update code blue documentation form for ease of use
 - Utilize simulation lab for interdisciplinary code blue training
 - Engage staff to facilitate drills

Questions?

References

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