

VH SEPSIS ESCAPE ROOM

Set up:

eLearning: 4 slots, Q30", 13-18p = 10 groups/40 people

Set up 11-12, take down 1830-1900; Need volunteers to help run

Equipment: room, mannequin, IV start kit/supplies in basin, lab tubes (including grey top), IVF tubing/stickers, IVF/Abx/D5LR, paper/tape, timer, box of vials, thermometer, stethoscope, WOW, ASCOM phone, 4 blood culture bottles, cup of ice, clues, clipboard/paper for team, results for CBC/Lactic acid, stopwatch/phone, pressure bag; gifts

Briefing: (5 min)

Instructions:

1. Do what you need to do as a RN, take care of patient as you would in the real world; there is an order to the steps in the care; steps are dependent on each other to continue through scenario; stay within your scope of practice, you may get "orders" through the clues, we will jump in to remind you if you haven't found the orders
2. Everything you need will be between the 2 curtains
3. You can use the bedside table to place all of the clues you have found
4. Need 4 keys to escape
5. "Not a sim", I do not need to see that you put the IV in for example
6. We are the clue masters; if you need our help, ask, but you will have time added
7. Fastest group time wins a prize, everyone will be put into a drawing for the backpack
8. We may take pictures during/after the escape room

Scenario 1: (ED) 50 y.o. Male with calf pain, swollen and red; PMH significant for D.M.; weighs 70 kg

Scenario 2: (PCU) 50 y.o. Male with s/p ORIF tib/fib on day of D/C; previously stable, now complaining of increased pain; weighs 70 kg

Escape: (10-15 min)

1. Identify SIRS/Severe Sepsis:
 - a. Assess patient
 - i. Pulse written on paper over wrists (SIRS #1) "C"
 - ii. Respirations written on paper on chest "A"
 - iii. Thermometer has temperature written on paper on it (SIRS #2) "L"; has T key
 - iv. Patient has BP cuff on, BP written on paper (Organ dysfunction) "L"
 - v. Clues that do not matter: lungs CTAB, Pain Score, Cap Refill <3 sec, Pulse Ox
 - b. "CALL" provider for orders
 - i. "Stop your gift for gab and draw some labs" written on the phone
 - ii. "Follow the clues to the complete orders to get out of the room"
2. Obtain Lactic Acid:
 - a. Pink Basin of IV stuff
 - i. Clue in the bottom of basin "Put me on ice"
 - ii. 1 key on bottom of ice
3. Obtain Blood Cultures:

- a. Bottom of four blood cultures: “Z” “o”, “syn”
4. Start Antibiotics
 - a. Tangled lines on IV pump with LR, Zosyn, and Magnesium
 - b. Stickers on lines will spell out “30, ml/kg, VH clue”
5. Give 30 ml/kg
 - a. 2100—E key
 - b. 2800
 - c. 1400

Debriefing: (5 min)

1. Reassess VS because if continued hypotension, may need vasopressors
2. “Time is Tissue”
3. 3 hour bundle
4. “T.I.M.E.” = Sepsis Alliance attempt to educate the public on s/s of sepsis (similar to F.A.S.T. in stroke)
5. Lactic Acid on ice tips from lab: do not roll in bag then stick in ice, if using lab bag and filling with ice, take out the white piece of paper, fill at least half full otherwise can be false positive; need >2.0 mL to prevent false positives
6. Blood culture tips from lab: do not put label on the bar code, write the site on each bottle; 1st aerobic, 2nd anaerobic; alcohol or chloraprep tops of bottles
7. Policy needs to be updated: alcohol and chloraprep site; you can use chloraprep on a neonate
8. Don’t tell your friends!