

WHAT WE LEARNED

Practicing 3-minute drills helps to improve nurse's confidence in managing clinical emergencies.

ASSESS: BACKGROUND

- In our survey RNs self-reported lack of confidence in managing clinical emergencies
- 11 City does not often have clinical emergencies, since July 1, 2023 11 City has only had 1 event
- "The repetitive practice helped solidify the skills in their minds, and they shared that practicing the skills multiple times helped with the muscle memory (McPhee, 2018). "

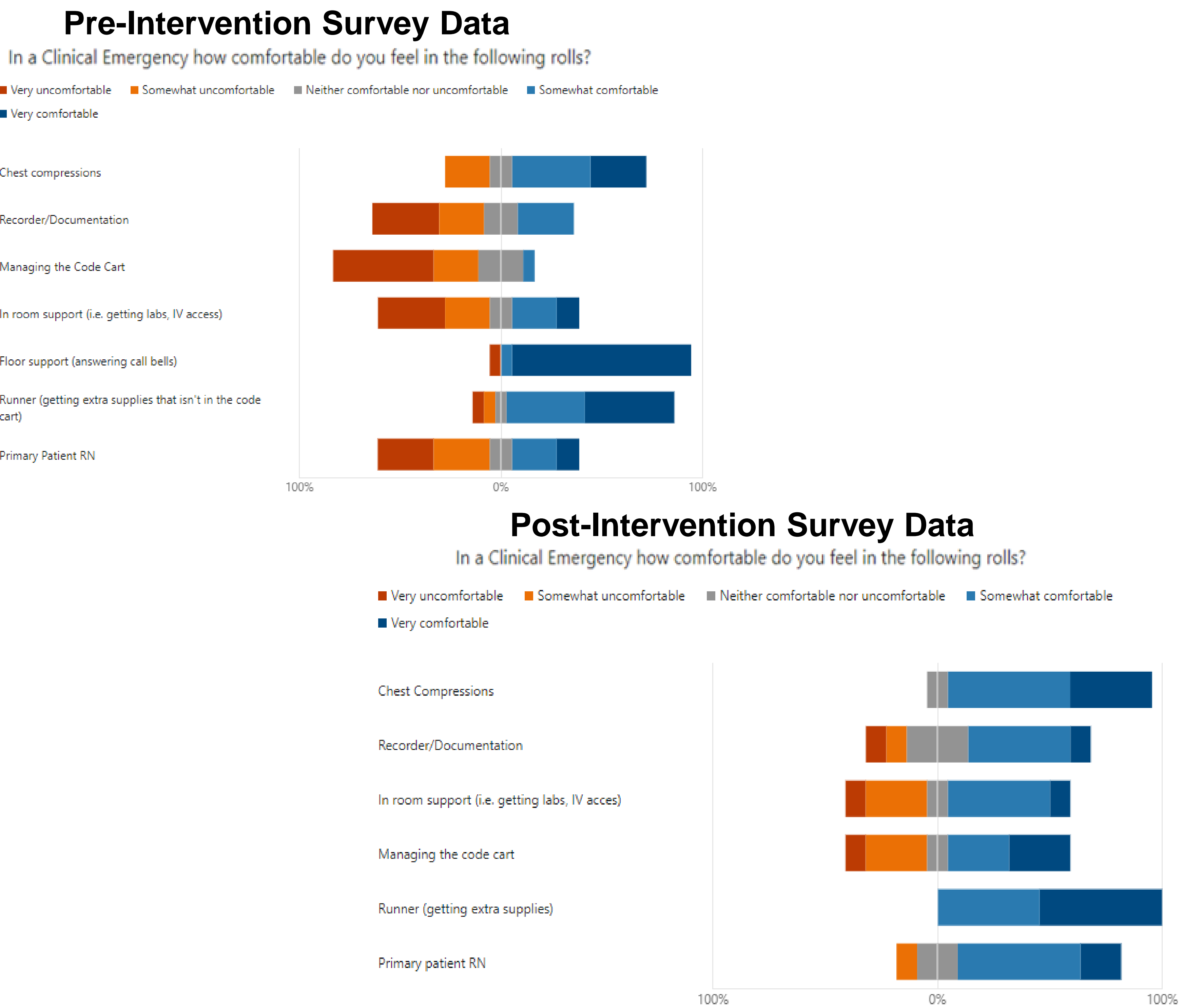
ASK: CLINICAL QUESTION

In 11 City RNs, what is the effect of 3-minute drills on RNs confidence in clinical emergencies compared to no intervention?

ACQUIRE: METHODS

- Databases: [PubMed]
- Search terms: [inpatient, clinical emergency, mock code, simulation, within 5 years]
- Inclusion criteria: [inpatient, clinical emergency, mock code, simulation]
- Exclusion criteria: [outpatient, more than 5 years old]

DATA



APPRAISE

- The study by Wise, Kandi, et al., 2020 implemented bimonthly simulation mock codes to improve staff response to pediatric codes. The result showed an improvement in time to start chest compressions when pediatric codes occur.
- The study by McPhee, Kim, 2018 implemented mock code simulation with new nurse residents where they get to practice 3 times as a group followed by a debrief. The outcome of the study shows 100% overall satisfaction with the stimulation.

DISSEMINATE

- Next steps for our Nurse Residency evidence-based practice/performance improvement project is to continue the 3-minute drills and start to include other members of the healthcare team
- Future cohorts could continue this by choosing a different implementation to assist in RNs confidence in clinical emergencies
- Our key stakeholders are 11 City RNs and patients

REFERENCES

- McPhee, Kim. "Deliberate Practice Mock Codes for New Graduate Nurses : Journal for Nurses in Professional Development." LWW, 12 Nov. 2018, journals.lww.com/jnsdonline/fulltext/2018/11000/deliberate_practice_mock_codes_for_new_graduate.13.aspx.
- Wise, Kandi M., et al. "Development of a 'First Five Minutes' Program to Improve Staff Response to Pediatric Codes." American Association of Critical-Care Nurses, American Association of Critical-Care Nurses, 1 May 2020, aacnjournals.org/ajconline/article-abstract/29/3/233/30932/Development-of-a-First-Five-Minutes-Program-to?redirectedFrom=fulltext.

TABLE OF EVIDENCE

Study	Study Type	Patient Population	Intervention	Comparison	Outcome
Wise, 2020	Quantitative	754 people including the entire code team and nurses, physicians, and pharmacists in pediatric acute care areas	Implementation of bimonthly simulation mock codes	No intervention	Improvement in time to start chest compressions; all participants found it valuable and 78% reported they believe they would do better during subsequent codes.
Phee, 2018	Qualitative	135 new nurse residents	Mock code simulation with new nurse residents where they get to practice 3 times in a row with debriefs between followed by watching another group do the same	No intervention	100% overall satisfaction and the sim allowed them to prioritize nursing assessment and care and to build on their skills 98% sim covered critical content of how to care for a deteriorating patient

