Don't Be the LAST to Escape
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Background Information: Local anesthetic systemic toxicity (LAST) is a life-threatening adverse event that may occur after the administration of local anesthetic drugs through a variety of routes. Increasing use of local anesthetic techniques in perianesthesia settings makes contemporary understanding of LAST highly relevant. Progression can be rapid and is a time sensitive emergency that requires early recognition and quick intervention.

Objectives of Project: The objectives of our Escape Room was to set clear expectations for perianesthesia nurses to identify patients who may be at risk for LAST and the required documentation prior to administration. The nurses demonstrated monitoring equipment needed, identified early and late clinical signs and symptoms, and recognized initial treatment interventions. The team of nurses worked together cooperatively to discover clues, solve puzzles, and accomplish tasks to progress to a specific goal in a limited amount of time.

Process of Implementation: This Escape the Room Competency was designed to help prepare the perianesthesia nurse to care for a patient experiencing LAST. A patient scenario was presented and the perianesthesia nurse identified and verified the correct pre-procedure documentation for peripheral nerve block administration. The team of four to five nurses identified early and late signs of LAST and demonstrated the proper technique of assisting with the nerve block and appropriate monitoring equipment. To Escape the Room, the team of nurses solved 6 puzzles within a 30-minute time frame.

Statement of Successful Practice: The Perianesthesia teams demonstrated how to monitor, assist, assess, treat, and care for a patient experiencing LAST. Feedback from the nurses revealed that the education was positively received, relevant, and engaging in nature. During the scenario de-brief, the nurses shared their experiences for caring for a patient with LAST.

Implications for Advancing the Practice of Perianesthesia Nursing: Enhancing learning for nurses by offering service-specific training can lead to positive outcomes for nurses, including increased preparedness, knowledge, and self-confidence. Implementing education into an Escape Room promotes teamwork, engagement, critical thinking, assessment skills, and leadership. Escape Rooms provides an opportunity for the team to rehearse their response to high-stakes situations and identify environmental or workflow changes.