The Amazing Race to Resuscitate

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Abstract Background Information: Gamification strategies and facilitator consistency enable clinical staff to engage in innovative mock code offerings. Environmental scanning identified varying mock code formats, validation objectives, and approaches to learner engagement and debriefing. This project offers evidence-based solutions for the anxiety and inconsistency that often occur during clinical mock code events.

Objectives of Project: The Amazing Race to Resuscitate mock code game and accompanying facilitator guide provide foundational emergency response skills to a team of learners in a safe and engaging learning environment. The facilitator guide ensures event consistency to achieve learning objectives, supports learner responses, and offers reflective debriefing for clinical application.

Process of Implementation: Collaboration with the Resuscitation Committee identified opportunities for foundational emergency response skills, event consistency, facilitator confidence, and learner engagement during initial/annual mock code competency events. A literature review provided best practice recommendations for event facilitation, learner engagement via gamification, and fostering a supportive environment. As a team, clinical learners complete a series of three roadblocks related to the objectives of emergency response (people, CPR, and supplies). An accompanying facilitator guide outlines event setup, dialog for game progression, and debriefing prompts.

Statement of Successful Practice: Facilitators and clinical staff were surveyed via 5-point Likert scale (strongly agree to strongly disagree) post-implementation. All responding facilitators (n=8 [89% response rate]) report understanding of activity objectives [100%], ease of facilitation [100%], ease with correction/re-direction of learners [100%], and did not feel stress or anxious as a facilitator [100%]. Facilitators report learners were engaged [100%], participated in targeted roles per objectives [100%], and were responsible for learning [100%]. Clinical staff (n=55 [37% response rate]) report support by the facilitator [100%], engagement [98%], and 78% had no stress &/or anxiety during the event.

Implications for Advancing the Practice of Perianesthesia Nursing: Gamification strategies like The Amazing Race to Resuscitate increase staff confidence in emergencies, ensuring better code cart navigation, critical care resource initiation, and BLS performance. This may translate into better patient outcomes and can be applied in many settings.