

## **Strengthening Code Blue Response Through Simulation**

Primary Investigator: Hazzel H. Gomez MSN BSN RN CPAN CAPA NPD-BC

Co-Investigators: Charles Almin B. Alba MAN BSN RN,

Maricris T. Llagas MSN RN CGRN CMSRN,

Joshila N. Muraleedharapanicker BSN RN CMSRN

UT Southwestern Medical Center, Dallas, TX

**Introduction:** A Code Blue event represents one of the most critical emergencies in healthcare, requiring rapid, coordinated responses to optimize patient outcomes. In high-acuity areas such as perianesthesia care, timely intervention is paramount. Simulation-based education presents a strategic opportunity to enhance clinical readiness and promote patient safety through realistic, hands-on training.

**Identification of the Problem:** Feedback from nurses revealed a lack of confidence during Code Blue situations, highlighting a gap in emergency preparedness. Despite existing protocols, inconsistencies in response skills and team communication persisted, posing a risk to patient outcomes and staff performance.

**EPB Question/Purpose:** This quality improvement project aimed to determine whether simulation-based training could improve nurses' confidence, teamwork, and readiness in Code Blue situations. The project aligns with ASPAN principles and leverages evidence-based strategies to strengthen emergency response culture.

**Methods/Evidence:** A simulation-based intervention was implemented, involving mock Code Blue scenarios tailored to reflect real clinical situations. Nurses' confidence levels were measured pre- and post-simulation using a 5-point Likert scale. Participation was anonymous to encourage honest feedback, though this limited personalized follow-up.

**Significance of Findings/Outcomes:** Simulation-based Code Blue training significantly improved nurses' self-reported confidence and response readiness, contributing to safer patient care environments.

**Implications for perianesthesia nurses and future research:** Regular simulation exercises should be embedded into perianesthesia nursing education to ensure optimal preparedness and patient safety. Future research should explore personalized debriefing strategies to support outliers in confidence gain and assess long-term retention of skills post-simulation.