Background

• Malignant Hyperthermia (MH) is an inherited disorder of skeletal muscle that manifests clinically as a hypermetabolic crisis from general anesthesia.
• Malignant Hyperthermia is a rare but high risk complication of anesthetic drugs. Limited interaction with this emergency situation leads to a potential knowledge deficit for this patient population.

Goal

• The objectives of our program was to set clear expectations for the operating room and peri-anesthesia nurse to identify patients who may be at risk and clinical symptoms and manifestations of malignant hyperthermia.
• They demonstrated how to reconstitute Ryanodex, correctly dose and administer the required medications, and demonstrated effective teamwork for crisis situation and mobilization of resources and equipment contained in the Malignant Hyperthermia Box.

Methods

• An escape room is a themed challenge event where players collaborate to find clues, complete tasks, and solve a variety of puzzles. The sequence of events were set to simulate the rapid progression of the disease. The Game Master, who sets everything up, explains the rules, and provides any clues required, controls the pace. This MH scenario required nursing teams to solve puzzles within the time limit to progress to next clue and escape.

Curriculum Design

Providing and implementing structured, content rich, quality training programs are critical to support the nurse in the hospital setting. A review of prior state revealed limited engagement in inservice programs. We overhauled the entire process, focusing on nurse competency, satisfaction, and engagement.

A variety of teaching methods can help engage staff members. Our program allows staff to practice skills in a variety of settings including simulation. Simulation builds confidence and improves clinical performance, teamwork and preparedness. Post-simulation debriefing is a critical element in providing learners opportunity to self-reflect on their clinical performance.

A variety of teaching methods can help engage staff members. Our program allows staff to practice skills in a variety of settings including simulation. Simulation builds confidence and improves clinical performance, teamwork and preparedness. Post-simulation debriefing is a critical element in providing learners opportunity to self-reflect on their clinical performance.

An escape room can be an engaging and exciting way for people to work in teams. Escape rooms can help to build key skills within your team, such as collaboration, communication, decision making, and problem solving. They can also be a good way for a team to rehearse its response to high-stakes situations and challenging times.

References


Conclusion

• Enhancing learning for nurses by offering service-specific training can lead to positive outcomes for nurses, including increased preparedness and self-confidence.
• Upon completion of the Escape Room, the team of nurses solved 5 puzzles within a 20-minute time frame.
• During the debriefing conference, areas of improvement that were identified included dosing and reconstitution of Ryanodex and sterile water.
• Feedback from the nurses revealed that the education was positively received and engaging in nature.