Med Surg & PCU BLS Mock Code Activity

Facilitator(s) _____ Date_____ Department _____

Pre-Brief: Thank you for participating in this mock code simulation. I will time you for 3 minutes and your goal is to work as a team to respond and resuscitate this patient. Take advantage of this opportunity to become proficient in code blue skills so that you feel confident and prepared if this situation arises in real life. Act as you would in a real code blue and remember that this is a safe zone to make mistakes and learn from them. All equipment on the outside of the code cart is available for you to use including the Zoll, defibrillator pads (don't remove adhesive backing), Ambu-bag, step stool, and backboard. There is a CPR mannikin in the bed that has two green lights on their left upper shoulder. You will get one green light if your compressions are deep enough, and a second green light if your compressions are at the right rate. Do not open the code cart or press the code blue button. Who would like to volunteer to discover the patient?

Number of Participants	Group 1	Group 2	Group 3	Group 4	Group 5
RN					
CNA					
NRT RN					
NRT CNA					
Student					
Other					
Response Times					
Activate code blue					
Initiate CPR					
Place Defib pads					
Hook pads to Zoll					
Effective Response:					
Assess Responsiveness					
Check pulse (carotid or femoral)					
Check for DNR bracelet					
Lower head of bed with CPR release					
High Quality CPR:					
Place Backboard					
Two Green lights during CPR > 90% of time					
Effective Ventilation:					
Ambu-bag hooked to wall oxygen					
Wall oxygen turned to Flush					
Rescue breaths 30:2					
Effective Teamwork:					
<10 seconds off the chest					
Time to complete activity:					

Debrief:

Start with asking each participant "what went well?"

 After all participants have gone review any items the team missed and address the following:

Effective Response Time:

- Practice with manual CPR release and CPR button at end of bed
- Discuss what to do if DNR bracelet identified
- Review where code blue button is in the room
- Code cart can be brought into the room
- Demonstrating taking the Zoll off of the cart for smaller rooms

Effective CPR:

- Review proper backboard placement (discuss use of headboard as backboard)
- Review proper body mechanics of CPR
    - Lower bed to lowest position if possible
    - Use step stool or kneel on bed for proper leverage
- Remove clothing to expose the chest – helps with pad placement
- CPR Rate should be 100-120 bpm
- Compression depth 1/3 depth of chest
- CPR should be continuous until someone is ready to oxygenate the patient
- Discuss how judge effective CPR on a real patient (i.e. pulse ox, ETCO2, person feeling pulse)

Effective Ventilation:

- Remove headboard and pillow to facilitate head tilt to open airway
- CPR to Ventilation ratio should be 30:2
- Review how to assemble the Ambu-bag
- Review that oxygen should be opened to flush

Effective Teamwork:

- Closed loop communication
- Interruptions < 10 seconds
- Discuss swapping compressors every 2 minutes
- Team members adhere to their roles and only perform tasks that they are familiar with – utilize code blue role document to guide discussion

Post – Code:

- Have someone give handoff to you as the code team lead
- Discuss debrief process and available resources that KH offers to support staff after a code blue event