



BLS Mock Code Instructor Guide

Identified Practice Gap

- Verbally activate a timely code blue response in accordance with organizational standards.
- Perform CPR using BLS techniques.
- Gather required supplies and set up the room for the code blue team.
- Identify strengths and opportunities for improvement in a debriefing immediately following the event.

Estimated Time: 15 minutes

Outcomes:

Clinical staff, within the acute care service line, will enhance their knowledge and skill related to code blue identification, initiation, and execution of the first two minutes.

INSTRUCTOR PREPARATION

BLS mock codes are an optional opportunity for staff to practice participating in a code blue scenario in an environment that is safe and conducive to learning. This is the time to identify areas where staff are uncomfortable or unfamiliar with certain procedures and equipment and to correct any inaccuracies in knowledge. This is also a time to reinforce good habits and give positive feedback for a job well done.

Acute Care will be offered at minimum 1 mock code on days and nights once per month. There will be a grid posted in the PRRN office where staff can write down the dates that mock codes were done in each unit. Units may request a mock code any day even if they have already done 1 in the month.

The following should be considered when setting up a mock code:

1. The unit has more than one open bed
2. The unit is adequately staffed
3. You have touched base with the charge nurse to determine if unit acuity is appropriate for this activity.

To set up a mock code with the unit charge you can contact the charge via teams. Below is some example verbiage:

“Hello! I am wondering if it would be possible to run through some mock codes on your unit today? How it works is that I will set up in an empty room and pull staff back in groups of 2-3 to run through the first 3 minutes of a code. We will debrief after and allow time for hands on with equipment. It will likely only take 10-15 minutes per group. Let me know if this sounds possible today and we can set up a time.”

Once you have worked with the charge to coordinate a time, advertise to staff in their team chat what time you will be on the unit and how the process works.

MATERIALS NEEDED:

- CPR Mannikin with arm & patient gown
- Ambu-bag
- Defibrillator pads (advise participants not to stick them to the patient – just place them as they would in a real code)
- DNR bracelet
- Activity Clipboard
- Unit Code Cart



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Setup:

- Coordinate with unit charge to identify an empty room to set up in.
- Place mannikin in the bed with pillow behind the head and ensure the head of bed is upright.
- Place arm in bed with the patient. Place gown on the patient chest.
- Feel free to add challenges to the environment including placing a DNR bracelet on the arm, raising the height of the bed up high, having all 4 side-rails up on the bed etc.
- Place unit code cart in front of the room and replace the defibrillator pads and Ambu-Bag with the simulation equipment. Place non-simulation items out of the way of participants to ensure they are not used during this time.
- Have participants come to the room in groups of 2-3. Ask other participants not to linger around the room while waiting for their turn in order to limit any patient care interruptions throughout the unit.

Pre-Brief:

- Read pre-brief on the top of the activity form to participants.
- Ask participants if they have any questions and ask for a volunteer to find the patient.
- Record number of participants for each group prior to beginning simulation.

Simulation:

- Set timer for 3 minutes and tell volunteer when to start.
- Note down number of seconds for the gray boxes and evaluate participants on each area of the activity form. If participants do not complete a timed item leave this blank.
- Notify participants when three minutes is up and have them stop the activity.
- Ask one person to give handoff to you as the code team

Debrief

- Start by having each participant state something that they thought went well.
- Once all participants have gone, review the scenario and use the debrief points on the back of the activity form to help participants identify how they could have improved in any areas they had fallouts.
- Ensure participants fill out BLS Mock Code Evaluation – there is a QR code on the back of the clipboard that participants can scan with their smartphones.

Optional: If there is time and/or participants request, there are pictures of inside of the code cart that you can review with participants