

2021

There's No Escaping Education

Using an Escape Room activity to engage learners



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Introduction



Introduction

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Objectives



By the end of this presentation, participants should be able to:

- 1 Define gamification and escape rooms
- 2 Describe escape room planning process
- 3 Identify learning objectives and suitable games
- 4 Describe post-education data collection
- 5 Interpret post-education data

**What is Gamification
What the Science Says**



Landers, et al
2019 Study Concluded:

- Increased student engagement can improve critical thinking performance
- Increased motivation to learn can lead to improved skill acquisition
- Gamification is likely to increase learning motivation if they include game elements such as: points, badges, team rankings/leaderboards, quests, etc. as they fulfill a player's need for success and have a goal-setting function



Fotaris and Mastoras
2019 Systematic Review Concluded:

- Educational escape rooms promoted teamwork and collaboration (41.2%), produced high levels of enjoyment (38.3%) and engagement (32.4%)
- Students reported learning gain (30.9%) and increased motivation (29.4%) as they found learning through play more interesting.
- Another common advantage was social interaction and communication (27.9%); the escape room activity reinforced and strengthened social relationships, which helped establish a sense of belonging.
- Improved analytical skills such as critical thinking problem-solving (16.2%) and creativity (10.3%)



Hermanns, et al

2017 Study Offered These Lessons Learned:

- Start planning well in advance.
- Test the puzzles to determine time involved.
- Re-review and refine the instructions.
- Engage other faculty to assist on the day of the event so that adequate support is provided to students.
- Create a fun scenario for the activity.
- Ensure positivity as well as short and specific goals.
- Tell the students, in advance, that the activity may be challenging



What is an Escape Room





An Escape Room is a group activity that utilizes:

- Games
- Puzzles
- Locks
- Ciphers
- Mechanical Puzzles
- Logical Deduction
- Problem Solving

With a specific end-goal or "escape" condition



A Digital Escape Room is an activity that utilizes technology (phones, tablets, or computers) to access puzzles, games, locks, and ciphers

May use online applications like:

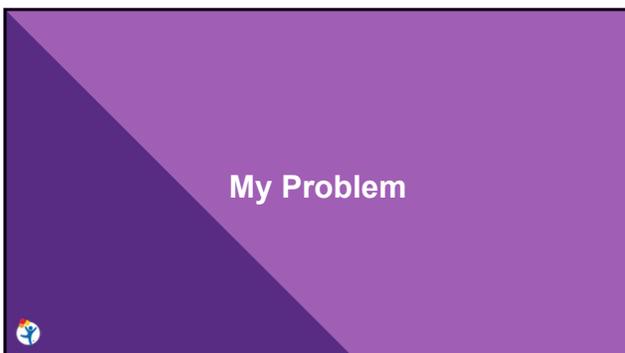
- Social media
- Maps
- Search engine results
- QR codes

May be group or individual

With a specific end-goal or "escape" condition



My Problem



Identified a Problem

- Pediatric Network of Care expansion from urgent care to emergency care
- New expectations with expanded license beginning March 2020
- Organization policy prohibited SANE practice at network of care locations
- Bedside RNs role and lack of training
- Doctors role and lack of training

Essentially, bedside RNs had a lot to learn and have verbalized their reluctance due to subject matter



Whoopie Cushion Problem

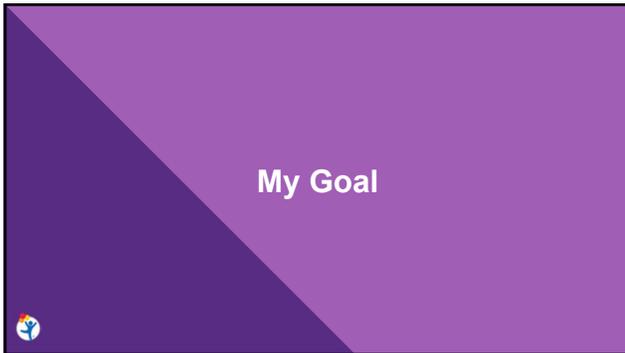


Identify a Problem

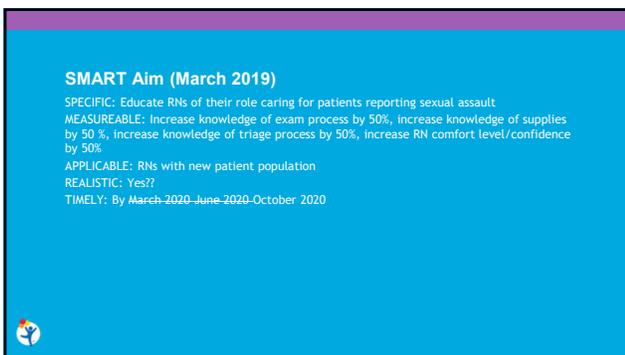
- Organization requiring increased team comradery
- New policy outlines expectation that team members must prank a co-worker once per week beginning January 2022
- Organization policy prohibits court jesters being utilized
- Team members lack training and experience
- Team leaders lack training and experience

Your team leaders don't know how to assess success of pranks, and team members think it is a waste of time

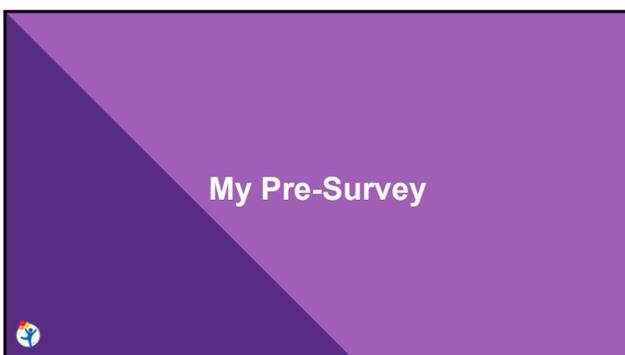




My Goal



SMART Aim (March 2019)
SPECIFIC: Educate RNs of their role caring for patients reporting sexual assault
MEASURABLE: Increase knowledge of exam process by 50%, increase knowledge of supplies by 50 %, increase knowledge of triage process by 50%, increase RN comfort level/confidence by 50%
APPLICABLE: RNs with new patient population
REALISTIC: Yes?
TIMELY: By March 2020- June 2020-October 2020



My Pre-Survey

Pre-Survey



A bar chart where the height of each bar is represented by a colored pencil. The pencils are arranged in a row, with their heights increasing from left to right, forming a curve that rises and then levels off. The colors of the pencils include white, black, blue, green, yellow, orange, red, and purple.



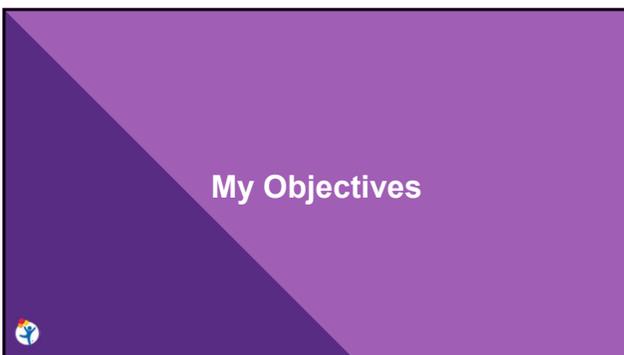
Anecdotal Data



A bar chart where the height of each bar is represented by a colored pencil. The pencils are arranged in a row, with their heights increasing from left to right, forming a curve that rises and then levels off. The colors of the pencils include white, black, blue, green, yellow, orange, red, and purple.



My Objectives



A purple gradient background with a dark purple triangle in the bottom-left corner. A small globe icon is located in the bottom-left corner.



My Objectives – SA related

- Mandatory Reporting policy applicable
- Interdisciplinary staff's roles
- RN role
- Provider role
- Introduction and define new terms
- Call to action (why they need to know)
- Remove stereotyping of SA patients
- Identify which patients should be considered for SA exam
- Explain trauma informed care
- Identify triage info necessary vs unnecessary
- Emphasize cares that should be done vs deferred
- CHARTING DOs and DON'Ts
- Labs likely to be ordered
- Medications likely to be ordered
- Exam and evidence collection process including photos
- Maintaining chain of custody
- Use of locking cart
- Interacting with law enforcement
- Understanding court process/subpoena
- How to use OB bed
- Process after exam
- Who supports patient after discharge
- Explain forms in SIRCHIE kit
- Identify where to find additional resources



My Objectives – Other

- Where to access paper charts during downtime
- Introduce downtime lab requisitions
- Increase familiarity with downtime order forms
- Increase familiarity with downtime RN triage and assessment forms
- Limitations of new bed scale and infant scale



Your Goal



SMART Aim (March 2021)
SPECIFIC: Educate team members how to use whoopie cushions to increase pranking to once weekly by January 2022
MEASURABLE: Increase knowledge of policy by 50%, increase knowledge of whoopie cushions by 50 %, increase team member comfort level/confidence by 50%
APPLICABLE: Team members
REALISTIC: Absolutely!
TIMELY: January 2022



Your Objectives



Whoopie Cushion Objectives

- Mandatory policy applicable
- Team member role
- Team leader role
- Introduce and define new terms
- Call to action (why they need to do this)
- Remove stereotyping of pranking
- Introduce how whoopie cushions work
- Hands-on practice with whoopie cushions





Statements and Theories

Where no interaction is necessary:

- Policies
- Data
- Statements
- Clinical photos
- Not time sensitive
- Pictures of objects that cannot be used in an escape room
- Videos of procedures that cannot be reproduced in an escape room
- Theoretical info that cannot be demonstrate





Finite Solutions

- Presenter can control puzzles/solutions
- Technology is available and reliable
- Ideal for fixed data points
- Linear puzzles (solve one before you can move on to the next one)



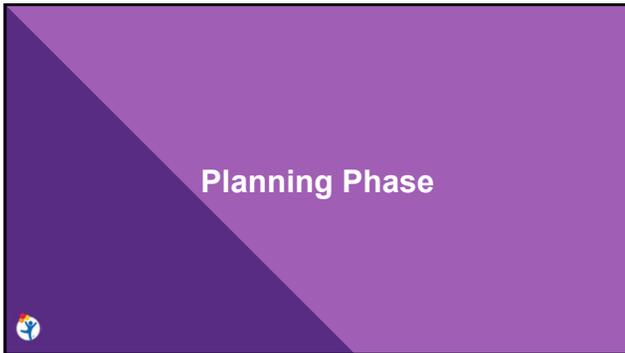
What is Best for Physical Escape Rooms

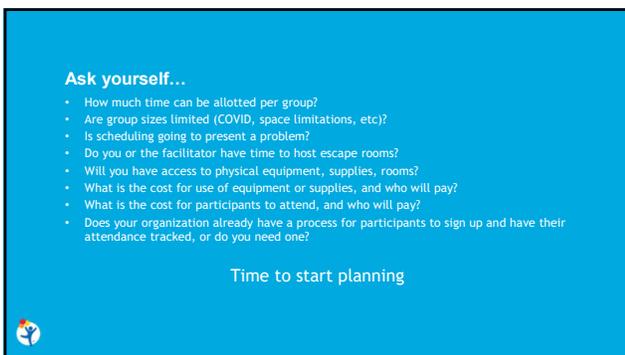


Physical Puzzles and Interaction

- Jigsaw-type puzzles
- Puzzles with tactile pieces
- Introduction of supplies/equipment
- Practice with supplies/equipment
- Way-finding in workspace
- Process with pre-determined outcome
- Contributions from multiple sources
- Games that require interacting with environment
- Can be linear or indiscriminate (multiple puzzles can be solved at the same time)



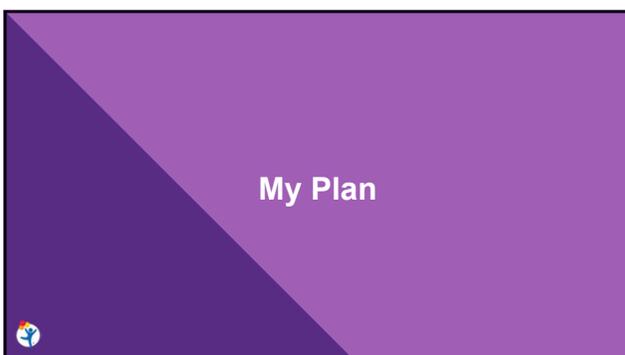




Ask yourself...

- How much time can be allotted per group?
- Are group sizes limited (COVID, space limitations, etc)?
- Is scheduling going to present a problem?
- Do you or the facilitator have time to host escape rooms?
- Will you have access to physical equipment, supplies, rooms?
- What is the cost for use of equipment or supplies, and who will pay?
- What is the cost for participants to attend, and who will pay?
- Does your organization already have a process for participants to sign up and have their attendance tracked, or do you need one?

Time to start planning



Power Point

- Introduction and define new terms
- Stats that explain why RNs need to learn about caring for SA patients
- SA patients can be any age, sex, gender
- SA patients' response to trauma may be very broad
- Injury rarely present - does not mean it didn't happen
- Necessary vs unnecessary triage/assessments
- Charting "in quotes"
- Providing comfort items except food/drink
- Collect first urine, leave in room (until chain of custody is applicable)
- Mandatory Reporting policy applicable
- Preparing for exam
- Interdisciplinary staff's roles
- RN role
- Provider role
- Exam and evidence collection process including photos
- Maintaining chain of custody
- Interacting with law enforcement
- Understanding court process/subpoena
- How to use OB bed
- Process after exam
- Who supports patient after discharge



Escape Room

- Comradery with choosing team name
- Application of new terms
 - Assess, consent, DCA, SANE, CPT, Acute Assault and age ranges, Non-Acute Assault and age ranges
- Which rooms appropriate for SA exam and why
- Identify which patients should be considered for SA exam
- Where to find patient/paper chart
- Use of security settings on digital chart
- Determining which nursing assessments are appropriate on downtime forms
- Anticipation of correct orders (lab studies, consultations, medications) and use of downtime forms
- Accessing locked SA cart
- Finding necessary supplies for exam
- Limitations of bed scale and infant scale (new equipment)
- Identifying applicable forms from SIRCHIE kit
- Downtime discharge form
- ESCAPE CONDITION MET



Points System



Points Awarded For...

- Choose correct patient
- Beehive puzzle
- Find paper chart
- Verbalize "Break the Glass"
- Choose correct assessments
- Find correct orders
- Open cart
- Find all supplies
- Weigh supplies on infant scale
- Complete highlighted areas of evidence envelope
- Choose correct SIRCHIE forms
- Time



Your Plan



Power Point

- Introduce and define new terms
- Mandatory policy applicable
- Team member role
- Team leader role
- Call to action (why they need to do this)
- Remove stereotyping of pranking



Escape Room

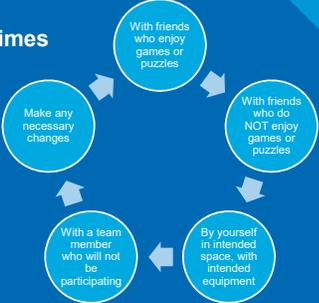
- Identify who should be pranked
- Identify appropriate time to prank
- Where to find whoopie cushions
- Introduce how whoopie cushions work
- Hands-on practice with whoopie cushions
- Documentation of pranking
- How team leaders access pranking record

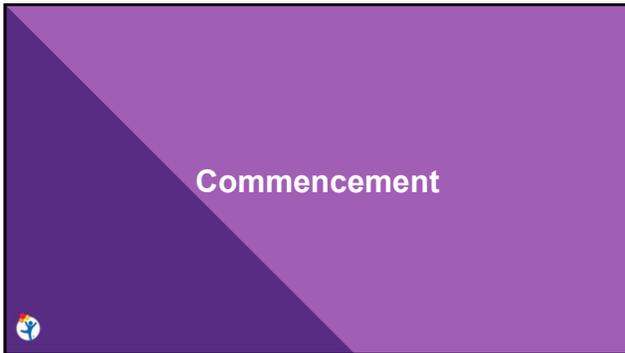


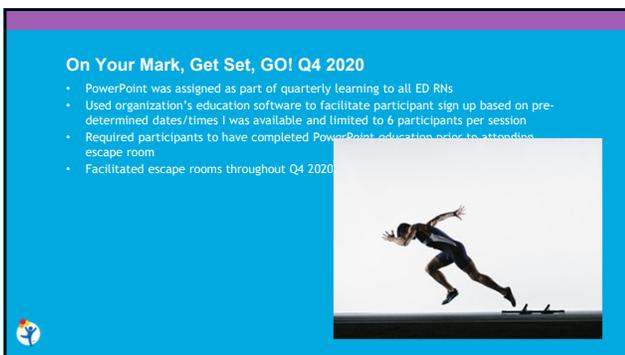
Testing Escape Room

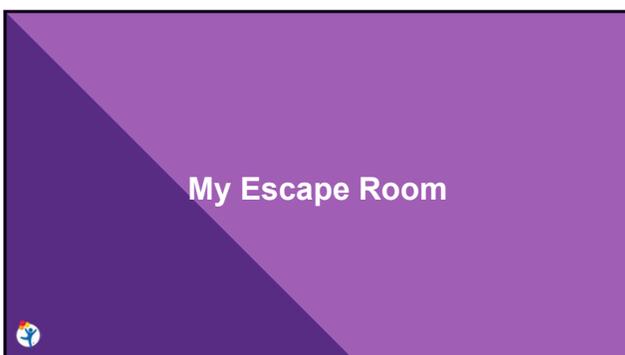


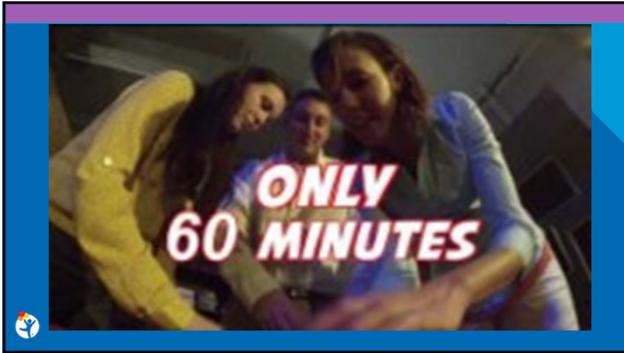
Many, MANY Times











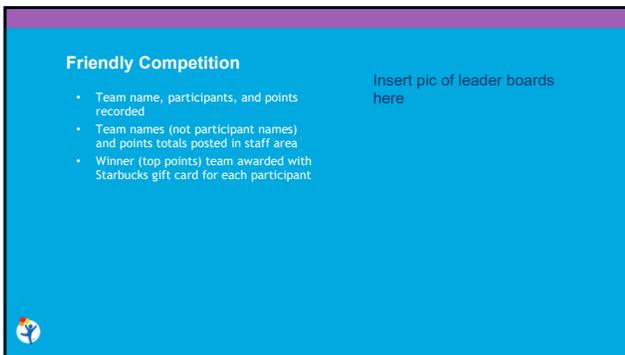


My Favorite Part

- Discussed all the puzzles and why their solutions were correct
- Demonstrated where to find additional resources
- Open discussion about why I am a SANE
- Reiterate the importance of ASSENT during these exams
- Reiterate our role as advocates for our patients
- Answer any other questions



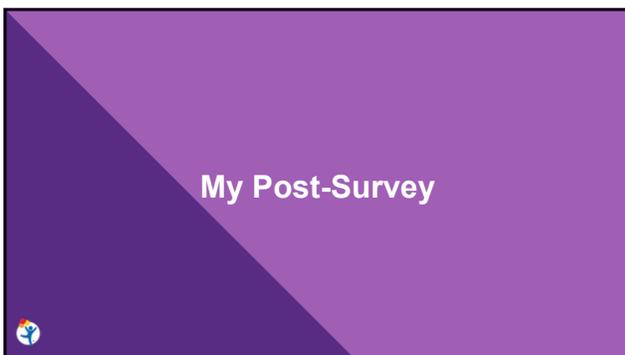




Friendly Competition

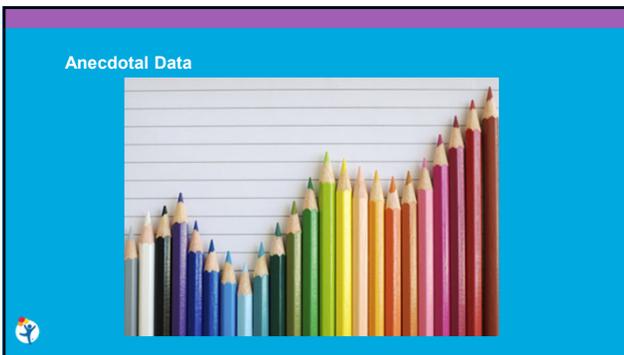
- Team name, participants, and points recorded
- Team names (not participant names) and points totals posted in staff area
- Winner (top points) team awarded with Starbucks gift card for each participant

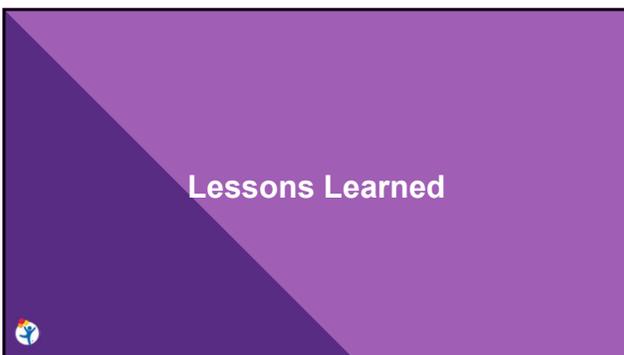
Insert pic of leader boards here



My Post-Survey







Good, Bad, and Ugly

Participants like the cooperative puzzles, and the friendly team competition

Use of color-coded items can be confusing, especially if colors are reused for different puzzles that are not related

Velcro is very useful in jigsaw-type puzzles

Laminate EVERYTHING

Use recordings for audio puzzles/clues to ensure everyone gets the same experience

Some people don't like games or puzzles (or fun?)



REFERENCES

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