# Prepackaged Rapid Cycle Deliberate Practice Mock Codes

Jennifer George, BSN, RN, MSN Student
Anne Kendrick, DNP, RN, CNE
Sarah Minson, MSN, RN

ANNIE TAYLOR DEE SCHOOL OF NURSING

WEBER STATE UNIVERSITY
Dumke College of Health Professions

## BACKGROUND

- Intermountain Health Simulation frequently receives requests to assist in providing mock code simulations for caregivers.[1]

- Requesting simulation training can take 8-12 weeks delaying lifesaving training.

- Rapid Cycle Deliberate Practice (RCDP) mock codes promote early error correction in a safe and positive learning environment.[2-3]

- RCDP simulation increases participants' confidence in delivering CPR.[4]

- RCDP significantly improves team performance.[5]

## METHODS

The framework used was the Advancing Research and Clinical Practice through Close Collaboration model.

Deliverables:

- RCDP training curriculum
- SBAR/Roles, and AHA Cardiac Arrest Algorithm RCDP Tool
- Manikin set-up, rhythm simulators, laminated crash cart medication tray, and code sheet
- Prebrief and Zoll defibrillator task training instructions
- Pre- and post-knowledge surveys

## REFERENCES

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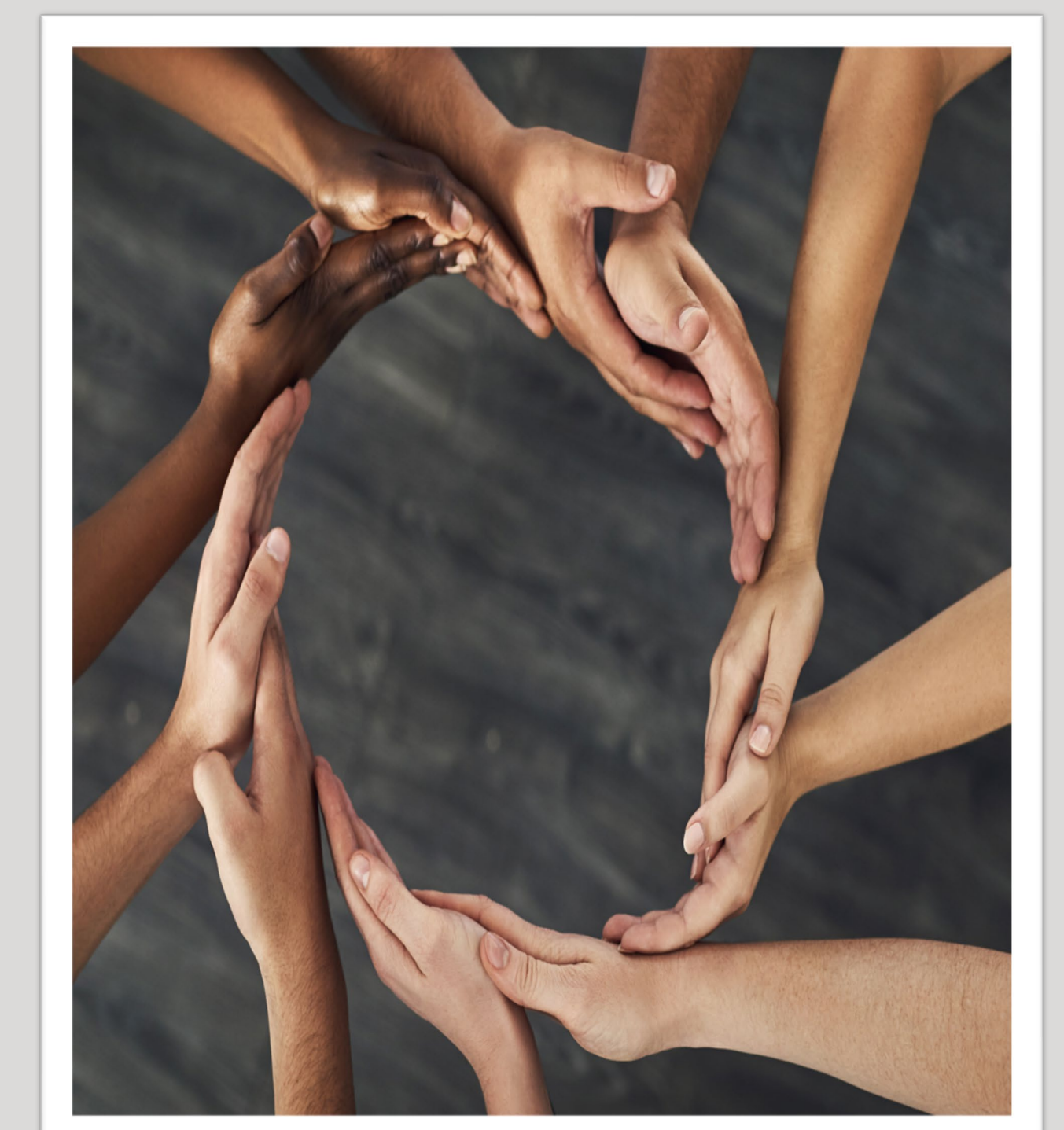
## INTERVENTIONS

A two-hour in-person training was developed for the mock code instructors at the initiation of the project, and the simulation consultants at the project conclusion. The training includes the method of RCDP, and the tools developed to assist them in this method of mock code training.

- Step 1 – Project shared with Intermountain Health Nursing Excellence & Research.
- Step 2 – Project presented to Intermountain Health Simulation Leadership and approved.
- Step 3 – Clinical implementation of this project approved through the Intermountain Simulation Consortium and disseminated through simulation consultants' projects.
- Step 4 – Simulation consultant RCDP training with the newly developed tool.

## IMPACTS

- Standardize and improve nursing actions in a code blue.[3]

- Readily available equipment that gives CPR feedback and a high-fidelity experience.[5]

- Spaced learning approach that improves clinical performance and technical skills.[3,5]

- Safe and less distracting training environment for the nursing team.[3,5]

- The RCDP method helps hospitals customize the mock code experience.[3,5]

Deliverables

## CONCLUSIONS

- RCDP promotes early error correction in a safe and positive learning environment.

- RCDP mock code practice helps ensure the AHA 2020 Cardiac Arrest algorithm is met.

- Patients receive optimal treatment and the best possible chance of survival.

- This method can significantly improve the healthcare team's performance through communication and assessment skills.

- RCDP can improve participants' confidence in CPR delivery.