

## 4 Steps to Building an Escape Room

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1. **Decide what your topic will be** (safety, sepsis, critical vital signs, etc.), then produce a catchy title. We used two rooms for our escape room that we titled “Stranger Things.” This escape room was connected by a door, but we have since created several escape rooms that only require one room for space-challenged scenarios.
2. **Create an escape room story.** We began by creating a door sign that said, “Welcome to Hawkins Memorial Hospital” (Hawkins is the city where *Stranger Things* is set, and where many scary things happened). Then, we developed our story. Ideally, your story should be read to the team by the facilitator before they enter the room. Here is ours as an example:
  - *You are traveling into the “world of the upside down.” There are serious safety issues you and your team must identify. Shadows grow and glow on the walls around you, swallowing you in darkness. The ten danger zones must be identified before the room will illuminate, allowing you to proceed with the rest of your journey. Once you have earned the badge of illumination, move quickly to identify the 26 safety hazards in the room. Once you have identified them, you will escape into the “world of the right side up” and back to safety at Sarasota Memorial Hospital. Good luck, team. We hope to see you safely back on the other side.*

**Determine your learning outcomes.** Our room has three patient safety issues. In this room we addressed infection concerns, fall safety and suicide risks. There were 10 infection zones layered with glow gel in which the team used black lights to find and 26 fall and suicide risks.. This room is about observational learning. We want learners to get into the habit of walking into a patient's room and take visual inventory of the safety precautions that should be in place and quickly identify safety risks.

### **Our item checklist for Room 1’s set up, as reference:**

- Glowing lotion or gel
- Four black mini flashlights
- Two mannequins or actors
- Bedside table
- IV pump
- IV tubing
- Oxygen tubing
- Lunch tray, fork, knife, spoon, cup
- Patient belonging bag with belt, cell phone charging cord, pants, and top
- Sequential compression device
- Two flat sheets
- Two blankets
- One patient gown
- Mini hand sanitizer
- Pen
- Foley catheter
- One yellow tread sock
- Chair

Once the team is successful in finding all of them, they exit to the connecting room. This room is called the “world of the right side up,” where patient safety is the top priority. This room is set how a “safe” room should look. In this room, there are two patient beds with tray tables perfectly set. The room is neat with no clutter or extra linen. The tray tables have the dining menus on them, call lights are in place on each bed, bed communication boards are filled out appropriately, and patient belongings are within reach. We place a mannequin in one of the beds so that we can teach how to properly weigh a patient, set a bed alarm, and operate our beds.

**Our item checklist for Room 2’s set up, as reference:**

- Hospital bed, tray table, and printed instructions on how to use the bed. The bed has the tray table set up appropriately close to the bed with the railing dropped to accommodate the table.
  - We also place urinals, suction, foley catheter bags, etc., in the proper locations so that new staff can see how these items should be set up.
  - The room is clean, no clutter.
  - Patient personal items are close to them, lighting is appropriate, call lights are within reach,
  - Transfer item (walker) is located in its proper position.
3. **End with a debrief room.** Within this room, our team discusses with the learners what they learned in the “world of the upside down” and the differences between the two rooms. This opens dialogue and helps answer questions related to safety issues. It also promotes a collaborative team effort which creates a comfortable learning environment. There are two beds located in this room in which staff learns how to appropriately set bed alarms, chair alarms, and how to set up an appropriate patient room. The teams learn how to use all of the bed functions, such as weighing the patient, locking bed rails, setting and locking positioning, locking bed wheels, how to put the bed in low bed positioning, and how to maneuver the bed when moving in the hallway.