

# Code Blue: Reducing Fears and Improving Staff Nurse Performance



## Purpose

The purpose for creating a Code Blue educational program was to:

- increase nurses familiarity with the contents of the code cart.
- provide role delineation for the nurse.
- improve nurse performance in a Code Blue.

## Background

In recent years, inpatient nurses have had limited experience with Code Blue situations.

- Nurses are not exposed to mock codes after nursing orientation.
- Nurses expressed a lack of confidence in:
  - their role during a Code Blue.
  - locating items in the code cart.
  - documenting on the code sheet.
- The process for nurses to debrief after a code to review their performance was inconsistent.
- In an effort to address nurses concerns, a three part educational program was developed.

## Process

The Code Blue educational program involves three phases.

### Phase 1

Three part, virtual, interactive educational modules utilizing video clips, supplemental readings, and a five question quiz.

### Phase 2

Game Based Learning:

- *Pin the Defibrillator Pads on the Mannequin*
- *What's My Role*
- *Spin the Wheel of Medications*
- *Beat the Clock*



**Spin the Wheel of Medications**

### Phase 3

- Direct observation by educator of participant performance during code blue simulation provides an opportunity to assess strengths and gaps in performance.
- Session concludes with a post simulation debrief session.



## Outcomes

Formalized Code Blue education has resulted in:

- role clarity for the inpatient nurse during a code.
- increased familiarity with the location of code cart contents.
- improved nurse performance during code situations.
- improved post code debriefing process.

## Next Steps

As part of the implementation of a new electronic medical record, additional education is planned to incorporate process improvements for documentation during a Code Blue.

## Implications for Nursing Practice

This innovative, fiscally responsible educational program can be adapted for use in any practice setting.

