

# Mini Mock Codes: Beginnings Matter

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## Background

- The key to successful resuscitation is the delivery of high-quality basic life support (BLS) including:
  - Correct rate & depth of compressions
  - Avoiding excessive ventilation
  - Minimizing pauses of CPR
- 2020 American Heart Association (AHA) Guidelines for BLS recommend the use of Deliberate Practice and Mastery Learning to improve the quality of BLS

## Problem

- Skills validation on a biennial cycle may be insufficient to maintain competence necessary for delivery of high-quality CPR

## Setting

- 171-bed Magnet® designated community teaching hospital, partner of Brigham and Women's Hospital located in Boston, MA
- FY23 Statistics
  - Inpatient Admissions: 8,564
- Code Blue Inpatient Data
  - CY21: 22 events
  - CY22: 37 events
  - CY23: 40 events

## Purpose

- To improve CPR performance for first responder nursing staff

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## Process

- Step 1: Develop Mini Mock Code process**
  - Incorporate AHA BLS recommendations in the development of Mini Mock Codes
    - Deliberate Practice: Use of discrete learner goals with immediate feedback on performance and ample time to improve performance
    - Mastery Learning: Use of deliberate practice along with testing, using a set of criteria to define a specific passing standard, implying mastery of task
- Step 2: Mini Mock Code session**
  - Approximate Time Frame: 30 minutes (15 minutes session/15-minute set-up/breakdown)
  - Participants: 3-5 nurses & 2 Nursing Professional Development (NPDM) Managers

## Results

- From CY21-23, a total of 52 teams participated in Mini Mock Code sessions (see Table 1)

**Table 1**

*Means, Range of Mini Mock Code CPR Team Scores*

**CPR Competency Level Scores**  
0-49 Basic CPR  
50-74 Intermediate Performer  
75-100 Advanced Performer  
(Laerdal, 2022)

Year	Number of Teams	Pretest			Post test		
		Mean	Range	CPR Competency Level Scores	Mean	Range	CPR Competency Level Scores
2021	17	66.5	8-62	Intermediate	73.5	49-76	Intermediate
2022	21	33	0-88	Basic	77.33	5-95	Advanced
2023	14	53.5	13-63	Intermediate	96	32-96	Advanced

### CY21 -23: Participant Feedback

- Evaluations completed for all sessions
- Only positive feedback received about the value of the Mini Mock Codes

## Implications

- Using the Mini Mock Code format increases the frequency that NPDMs can provide sessions thereby providing staff with more opportunities to practice high quality, basic life support skills in their own practice setting
- NPDMs in any healthcare setting can adapt the Mini Mock Code format for their unique organization

## Conclusion

- The implementation of Mini Mock Codes is an effective strategy to improve team CPR competency scores
- Mini Mock Codes provide staff an opportunity to improve their role as a first responder in emergency situations in a structured learning environment that allows for deliberate practice to promote mastery learning

## Next Steps

- Increase frequency of mini mock codes on a more regular basis for nursing staff (Mastery Learning)
- Increase participation for support staff
- Expand Mini Mock Codes to:
  - Include interdisciplinary teams
  - Increase sessions in other departments

## Selected References

- American Heart Association. (2022). Get with guidelines® - Resuscitation Overview.  
Laerdal. (2022). QCPR: Quality CPR Saves Lives – Measure to improve.