

# 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 recommends 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
- FY21 Statistics
  - Inpatient Admissions: 8,863
- Code Blues data:
  - CY20: 38 events
  - CY21: 22 events

## Purpose

- To improve CPR performance for first responder nursing staff

## Process

- Step 1: Develop Mini Mock Code process**
  - Incorporate AHA BLS recommendations in the development of a 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:
    - 15-minute session for staff which decrease time away from patients
    - 15-minute set up/breakdown time for Nursing Professional Development Managers (NPD)
  - Participants:
    - Nursing Staff: Range 3-5 nursing staff (RN/unlicensed personnel)
    - Nursing Professional Development (NPD) Managers: 2

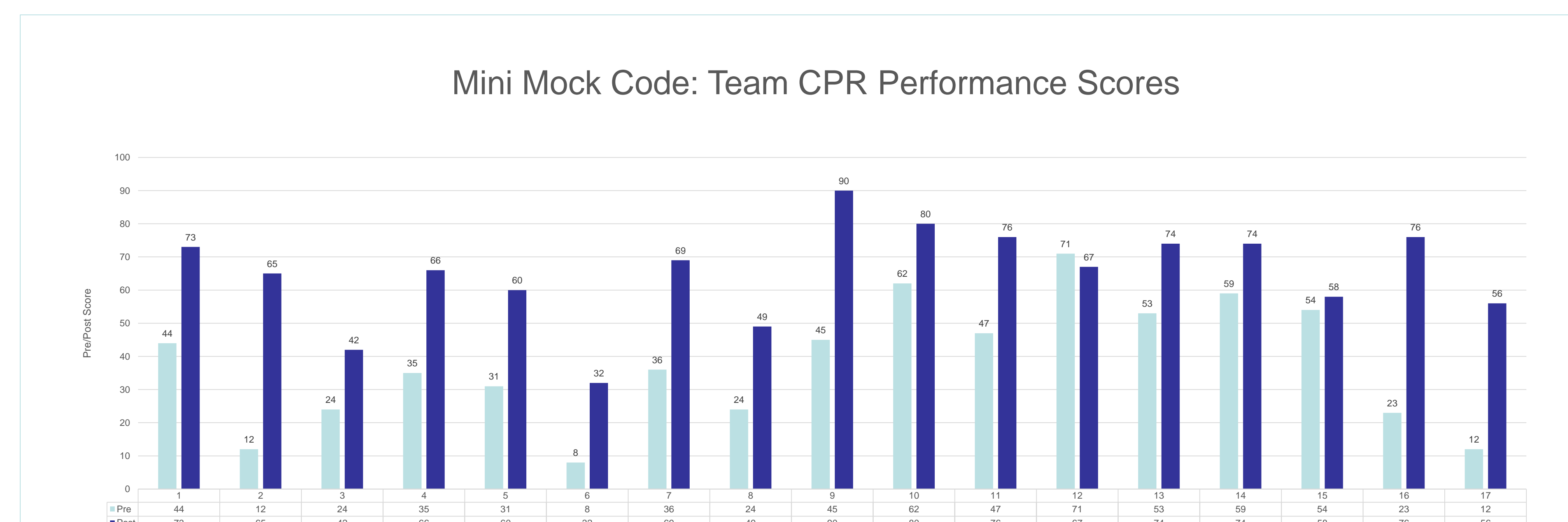
## Results

- 17 teams participated in a Mini Mock Code session
- Post test CPR competency scores improved for all teams

Means, Range of Mini Mock Code CPR Team Scores

	N	Mean	Range
Pretest	17	37.65	8 - 71
Posttest	17	65.11	32 - 90

**CPR Competency level scores**  
0-49 Basic CPR  
50-74 Intermediate Performer  
75-100 Advanced Performer



## Implications

- Using the Mini Mock Code format increases the frequency that NPD Managers can provide sessions thereby providing staff with more opportunities to practice high quality, basic life support skills in their own practice setting
- NPD Managers 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 with 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 the frequency of mini mock codes on a more regular basis for nursing staff (Mastery Learning)
- Expand Mini Mock Codes to other departments

## Contact Information

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