Purpose
- To increase the interdisciplinary patient care team’s comfort level when assuming various Code Blue team roles in a teaching hospital without a dedicated code team.
- To improve collaboration amongst the Code Blue team members during an emergency situation.

Background
- LIJ Forest Hills recently hired a number of new graduate nurses.
- Assessed the need for targeted education on the nursing management of patient emergencies such as cardiac arrest.
- As a teaching hospital without a dedicated code team, patient emergencies are stressful for all staff.
- Medical residents are often required to perform as team leader, they may be called on to initiate and lead resuscitative efforts on off-shifts.

Design, Setting, and Sample
- Quantitative research design utilizing a pre- and post-intervention survey was used.
- The study was conducted in a 300 bed urban community hospital that does not have a dedicated code team.
- 175 nurses and medical residents were invited to participate in this study.

Methods
- A modified Likert scale survey was developed by the researchers and distributed to study sample prior to initiating the intervention.
- Following the initial survey, six researcher facilitated mock code exercises were executed from September 2015 through April 2016.
- A post intervention survey was distributed to only the staff that participated in the mock code exercises.

Results
- Pre-intervention response rate was 15%, post-intervention response rate was 79.5%

Outcomes
- There was an increase in comfort level and a decrease in uncomfortableness noted in all Code Blue team roles.
- The most significant finding was a 4.5% increase in comfort with the team leader role, while noting a 4.3% decrease in discomfort with the role.

Implications for Practice
- Current research has shown that mock codes improve participants’ confidence, knowledge and comfort in managing patient emergencies.
- This study validates and further expands on those findings.
- Further research is needed and should include a more equal distribution of interdisciplinary team members.

Conclusion
- The goal of a code team is to save lives quickly, efficiently and safely.
- To achieve this, the team needs to be organized, knowledgeable, and effective in communication.
- Mock codes allowed the nurses and medical residents to practice and learn in a controlled, safe environment without the fear of causing patient harm.
- Team members’ comfort levels were positively influenced and therefore we adapted Mock Codes in our RN orientation and in the medical resident curriculum.

Learning Objective
Participants will generalize how using mock codes can be effective in helping staff practice caring for patients during an emergency situation.