

# Code Team Roles: Increasing Comfort Levels Through Mock Codes

Carrie Alfano, MS, RN-BC, CEN & Peter J. Allar, MS, RN-BC, CEN

## 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

- LJ 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.

## Learning Objective

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

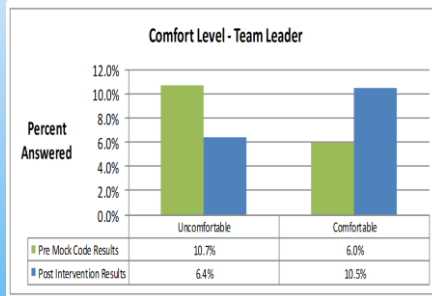
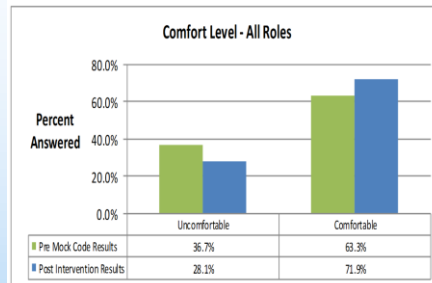
## Design, Setting, and Sample

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

## Results



## 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.

## 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.

## 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.