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### Code Blue: Back to Basics

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# Code Blue: Back to Basics

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## Introduction

- High-quality cardiopulmonary resuscitation (CPR) improves a patient's chance of survival. High-quality CPR started immediately after cardiac arrest combined with early defibrillation can double or triple the chances of survival.
- In 2021 Joint Commission (JC) provided new and revised in-hospital resuscitation standards due to suboptimal patient outcomes related to poor resuscitation performance.

## Methods

- Developed hands-on interactive class including two recorded mock code simulations with video playback and debrief.
1. Newly hired clinical staff
  2. Pre/post test design
- Survey contained 4 Likert format questions ranging from 1 to 4.
  - 1= strongly disagree, 4= strongly agree
  - Post-test results were utilized to target interventions to increase confidence in high-quality basic life support (BLS) performance.

## Discussion

- The class has helped build confidence in newly hired staff's ability to provide high-quality BLS within the Southern Maine HealthCare (SMHC) organization.
- The class curriculum was originally developed to provide education to current clinical staff to meet JC requirements. Due to positive feedback from participants, all newly hired staff are enrolled in the class.

## Future Implications

- Code Blue: Back to Basics class will be incorporated in newly hired onboarding and data will continue to be collected to prioritize staff confidence in providing high quality BLS.
- SMHC education department will continue to support staff with ongoing education to improve patient outcomes related to resuscitation efforts.

## References

- American Heart Association (2020). *Advanced cardiovascular life support: Provider manual*. First American Heart Association Printing.
- American Heart Association (2020). *Basic life support: Provider manual*. First American Heart Association Printing.
- The Joint Commission (2021). Resuscitation standards for hospitals. *R3 Report*, 29. [r3-report\\_resuscitation\\_hap\\_final.pdf \(jointcommission.org\)](https://www.jointcommission.org/wp-content/uploads/2021/03/r3-report_resuscitation_hap_final.pdf)



100% of newly hired clinical staff reported **increased confidence** in performing high quality BLS during resuscitation efforts

Mock Code scenario 1



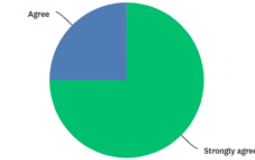
Mock Code scenario 2



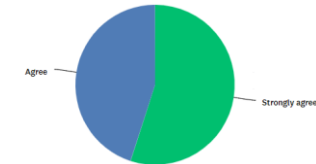
## Results

### Graphs and Figures

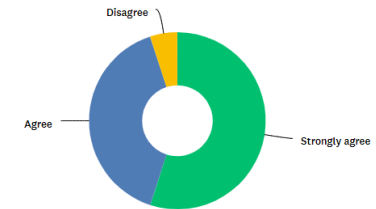
I am confident in my ability to apply critical components of high-quality BLS.



I am confident I can demonstrate basic operation of an AED.



I am confident I can locate materials in the code cart.



I am confident in my ability to demonstrate effective communication and teamwork skills during resuscitation efforts.

