

# Escape Room: Increasing Knowledge of Hypertensive Disorders in Pregnancy in New to Practice Emergency Department Nurses

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## Background

- Hypertensive disorders in pregnancy (HDP) are one of the leading causes of maternal morbidity and mortality.
- In the author's institution, HDP are the most common complication affecting up to 19% of pregnancies.
- Postpartum patients are at risk for HDP up to 12 weeks after delivery and are seen in the Emergency Department (ED).
- NTP ED nurses' knowledge gap regarding HDP needs to be addressed to improve patient outcomes.

## Objectives

- By the end of the class the learners will be able to:
  1. Explain the signs & symptoms of preeclampsia.
  2. Perform a head-to-toe assessment of a postpartum patient.
  3. Interpret lab work for signs of preeclampsia.
  4. Utilize obstetric antihypertensive policy to intervene appropriately.
  5. Demonstrate proper administration of magnesium sulfate for antiseizure management.

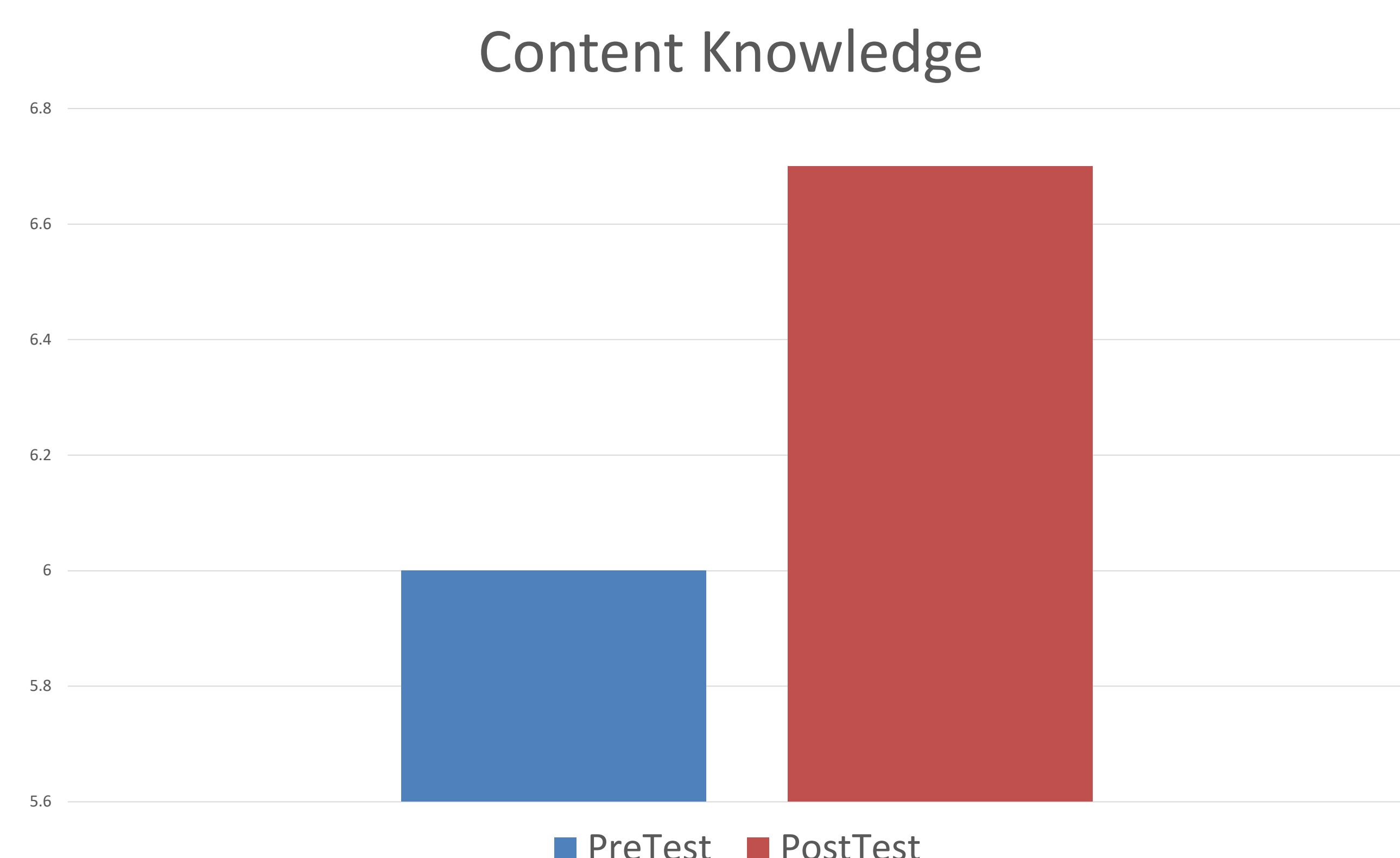
## Development

- A literature review was performed to determine efficacy of an Escape Room as an educational intervention
- Learning objectives were developed based on importance to patient outcomes
- A postpartum mannikin was utilized for assessment identification
- Other parts of the Escape Room include:
  - Crossword puzzle
  - Fill in the blank
  - Locks/keys
  - Combination lock

## Methods

- NTP ED nurses complete orientation in the ED as well as didactic courses.
- A 4-hour lecture about obstetric emergencies was included in the Bridge program.
- An Escape Room was designed specifically for assessing and managing a postpartum preeclamptic patient was added.
- A pretest/posttest design was used to determine impact of Escape Room on content knowledge.
- An evaluation completed by the learners determined learner satisfaction.

## Figures



## Results

- A total of 3 learners piloted the Postpartum Preeclamptic Escape Room.
- Posttest scores increased by 89% following the Escape Room.
- Evaluations showed a median learner satisfaction score of 83/84.
- Learners reported "The Escape Room was helpful to solidify the information from the lecture. I feel more confident and knowledgeable after the exercises." and "The Escape Room was so cool and informational! I was able to put my knowledge to use."

## Conclusions

- An Escape Room activity increased learner content knowledge
- Learners were observed working through the Escape Room as a team.
- Learners reported high satisfaction rates.
- Learners requested more Escape Room-like activities in the future.
- An Escape Room improved content knowledge, teamwork, and learner satisfaction.

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## Implications

- An Escape Room activity can be implemented in other educational programs.
- Initial design and set up are more time-intensive than traditional lecture
- Once designed, can be utilized with ease.
- Postpartum Preeclamptic Escape Room will be part of the ED Bridge program at the author's institution and added to the Obstetric Residency Program
- Number of learners in this project was low to extrapolate to the general nursing population.
- Additional implementation is needed.