

Escape to Educate : A Guide to Creating an Infection Prevention Escape Room and Making It an Effective Education Tool



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INTRODUCTION and PURPOSE

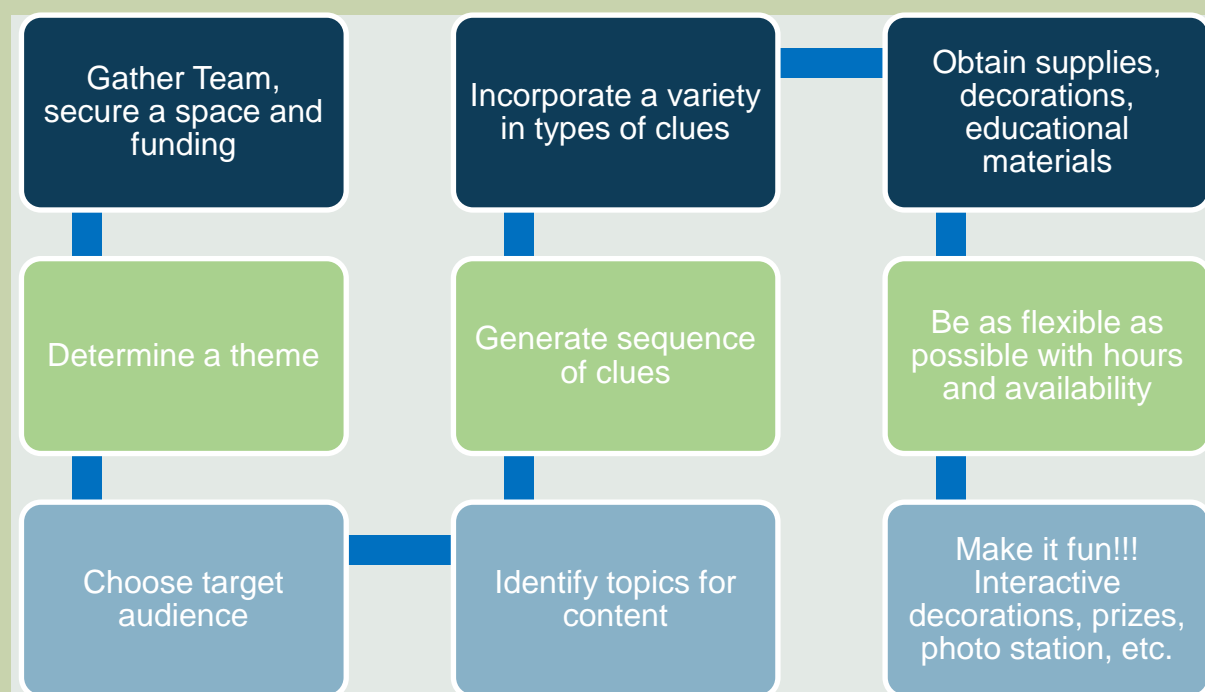
Teaching new information to a wide range of learners and keeping staff engaged in compliance with infection prevention practices are ongoing challenges. Electronic learning management systems that are commonly used by healthcare systems to administer annual education assignments on various topics are often viewed as “boring” or “ineffective” by staff.

In October 2023, a small Infection Prevention department at Catawba Valley Medical Center (CVMC), a 258-bed community hospital, developed an in-person, interactive escape room. The main objectives were to engage staff in education and increase awareness of basic infection prevention practices for employees in every role within our healthcare system.

The Infection Prevention and Nursing Education departments collaborated to develop three different pathways for staff to choose from based on their role within the healthcare system. We evaluated various education needs identified from multiple sources. Escape room clues were developed directly from those educational needs. Staff had to utilize their knowledge and complete the clues in the correct order to obtain a specific code that was then used to unlock a lockbox in the room, thereby revealing that each person is the “Key to Preventing Infections” and escaping the room.

The PDCA process improvement methodology was utilized to make changes and improvements to the escape room in real time as opportunities were identified. The escape room was open and available 24 hours a day for five days to accommodate all shifts and those staff who work at off campus locations.

PLANNING - ORGANIZATION



PLANNING – EDUCATION NEEDS

- Utilize Multiple Sources**
- Risk Management Reports
 - Rounding
 - High Risk Infection Prevention Topics
 - HAIs
 - Disinfectant Information
 - Vaccine Guidelines

IMPLEMENTATION – INSTRUCTIONS

This sign was printed on large foam board and positioned outside the door. It explained:

- How the escape room works – follow the clues in order
- What would be required for them to “escape”
- How to enter their name for the prizes



- Choose one of the three forms below based on your job. Each of the three forms follows a different path based on knowledge that applies to your role.
- Clue #1's will be found on your form
- You must follow the clues in the correct order to find the correct combination code to open the lockbox. (use your form to keep track of the numbers in order as you find them)
- There is a sticker inside the lockbox that MUST be on your paper to be eligible for the prize drawing.
- Place your completed form with the sticker, your name and your department into the confidential bin by the exit door
- Have fun... but don't spoil the fun for others! Put things back how you found them and don't share the lockbox code with anyone

IMPLEMENTATION – INCORPORATING ALL STAFF

To make the escape room applicable and fun for EVERY role in the organization, we developed three different pathways for staff to follow. Each pathway started and ended at the same place and the first clue was on this form, directing them to the hand sanitizer in the room.

The Nursing/NA/Provider was the longest pathway, incorporating more patient care subjects. The Non-Clinical was the shortest, focusing on general infection prevention practices.



ADJUSTMENTS

We remained in the escape room throughout the first day and at various times on other days. Based on our observations, we made a few updates to improve staff experience.

Issue	Action
Participants walking into room without reading instructions	Added instruction signage to “Read This First” outside room
Participants misunderstood the meaning of some clues	Changed the wording on those clues
Some clues were too hidden in the room and difficult to find	Adjusted location of clues and items within room

GET STARTED



This was the sign and pathway forms outside the room

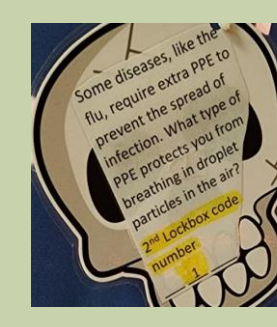
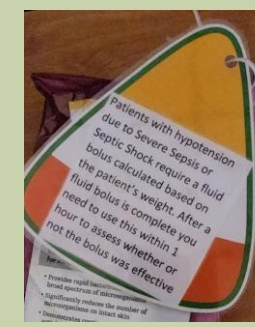


This clue, found on the hand sanitizer, instructed participants to put together a puzzle, then find the object pictured to find their next clue

CLUE DETAILS



We utilized the clues and displays in the room to encourage the flu vaccine and educate staff on best practices for sepsis, hand hygiene, PPE and various other topics



MAKE IT FUN!

Some of the props in the room and staff from various departments working their way through the clues



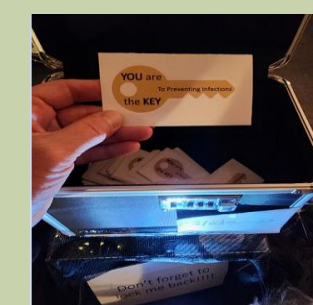
ESCAPE!

The final clue directed participants to a mirror in the room where they found instructions to hold this sign, printed backwards, into the mirror to read the message and discover that THEY were “The Key to preventing infections” and obtain the final lockbox number

Where will you find the person responsible for the choices you make?



The final step was to use the numbers found on some of the clues to open the lockbox

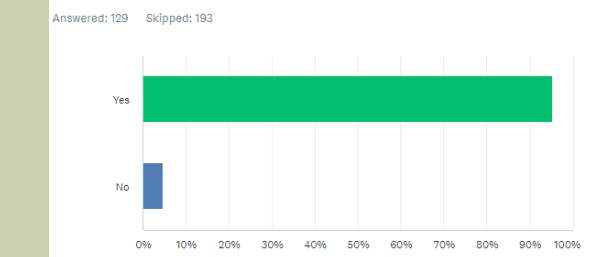


There, they found the “key” to place on their paper form, before dropping it in the locked bin for the prize drawing

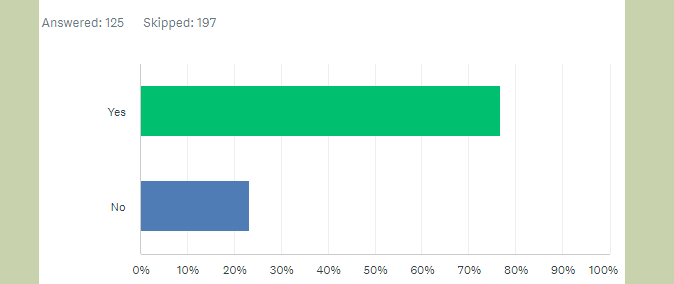
SUMMARY AND CONCLUSION

A post event survey was sent out house wide with six questions. There were 322 responses and 76 comments. The results showed that 76.8% of respondents learned something new while completing the escape room activity. Additionally, 96.35% of respondents stated they were more likely to follow the infection prevention processes after having reviewed them in a fun way. Ongoing quality audits will be performed to evaluate continued effectiveness.

Did reviewing infection prevention processes in a fun way make you more likely to follow those processes in your daily practice?



Did you learn something new as you made your way through the clues in the escape room?



In conclusion, we determined that the use of a fun, interactive educational tool achieved employee engagement, increased awareness of basic infection prevention protocols and increased likelihood of staff to follow those protocols in their daily practice.

LESSONS LEARNED/SURVEY FEEDBACK

Staff provided excellent feedback regarding opportunities for improvement and topics that could be included in future events. Improvements and changes will be made to subsequent events based on this feedback.

How could we improve the escape room experience if we are able to do this again next year? (free text comment)

- I felt like this was an awesome interactive learning experience. Nothing to add.
- YOU GUYS DID AN AMAZING JOB!!!!
- Don't see need for improvement. It was excellent. Both educational and fun
- Include more prevention clues to solve
- I have heard great things about the presentation and sorry I was not able to attend. Perhaps keeping it available a few more days would be helpful.
- Make it bigger!!!! That was a fun way to be reminded/educated on infection prevention!!!
- Maybe a virtual walk through for those off site?
- I have no improvements to make, I just wanted to say I had a blast!
- It was "gone" before I had the opportunity to check it out.
- Offsite and not able to make it to CVMC. It looked fun!!
- Work from home; may you all could do a virtual slide or tour

DISCLOSURE and CONTACT INFORMATION

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Nothing to Disclose