Escaping a Code Stroke: Evaluation of Escape Room Methodology on Acceptance of Stroke Management Guidelines

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Given the clinical necessity to expedite diagnostic workup and treatment for patients suffering from a stroke, new evidence-based stroke management guidelines have recognized the importance of early activation of stroke teams and have emphasized streamlining workflows. These recommendations and best practices profoundly rely on nursing education and stroke team training. Escape rooms have been utilized in healthcare as an unconventional and alternative education methodology to promote critical thinking and team collaboration; however, few studies examined its impact on nursing acceptance of evidence-based guidelines specific to reducing time metrics and improving patient outcomes. This doctoral project examines the impact of a stroke escape room on nursing attitudes and acceptance towards the American Heart and American Stroke Association 2019 Stroke Management Guidelines. Using the Seven Stars of Knowledge framework, the escape room was implemented at a 552-bed community hospital during nursing orientation with 40 newly hired nurses with varying years of experience and nursing background. Desired outcomes focused on increased nursing knowledge and attitudes towards acceptance of current evidence-based stroke guidelines. The Evidence Based Practice Attitude Scale was used to measure these outcomes pre and post stroke escape room implementation. Participant scores resulted in an overall increase in attitudes towards acceptance of current stroke guidelines. The successful piloting of an escape room as an alternative method of teaching yields the potential for its integration into other avenues of nursing education. Exploration of years of experience and generational differences can further determine the effectiveness of escape rooms to produce more education-focused outcomes and therefore guide the implementation and study of escape rooms in clinical practice.