

Innovative Nursing Education

Creating an Escape Room to Refresh Critical Nursing Skills

In high-acuity cardiac telemetry units, nurses face complex demands requiring ongoing competency. Traditional education, such as computer modules and in-services, often falls short due to time constraints, low engagement, and limited hands-on practice. To address knowledge gaps in cardiac rhythm recognition, medication administration, wound care, and central line maintenance, a nursing skills escape room was implemented.

This gamified, interactive approach placed nurses in small teams solving real-world clinical scenarios under timed demands. Challenges reinforced telemetry lead placement, arrhythmia identification, cardiac pharmacology, wound staging, and central line care. Completing tasks unlocked boxes containing clinical questions, promoting active learning, critical thinking, and collaboration.

Eighty-five percent of staff participated, with 94.5% reporting that the activity *completely met expectations*. Feedback cited increased engagement, knowledge retention, and requests for future sessions, described as “fun,” “interactive,” and a “valuable review.” Lessons learned included the need for flexible scheduling and workload consideration. Future improvements include rotating themes, virtual options, and participation incentives. Evidence supports escape rooms as effective tools to reinforce nursing skills, foster communication, and promote confidence under pressure. By blending gamification with evidence-based content, this initiative transformed staff education into an engaging, memorable, and impactful experience.^{1,2}

REFERENCES

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