

Problem

- University in the Midwest with newer nurse anesthesia program covered MH in multiple lectures but no simulated MH crises were offered
- Mock drills are an invaluable way of replicating rare real-life scenarios
- Simulations ensure clinician readiness if such cases arise in the clinical setting.

PICOT

- Will SRNAs at a private university in the Midwest have improved MH knowledge and retention following an hour-long MH lecture and simulated crisis compared to their knowledge prior to the educational intervention?

Evidence

- Pre-test and post-test interventional design used to gather qualitative data
- Results analyzed for knowledge improvement/retention
- **Primary aim:**
 - Improve SRNAs' MH education to enhance crisis recognition and response

Methods

- Convenience sampling
 - Recruitment of all SRNAs via email invitation
- Setting:
 - University's simulation center
- Pre-test
 - Established MH knowledge baseline
 - n = 32
- MH lecture
- MH crisis simulation
- MH Key Action Checklist
 - 10 groups observed
- Simulation debriefing
- Post-test one
 - Provided immediately after debrief
 - Evaluated for MH knowledge improvement
 - n = 31
- Post-test two
 - Provided six to eight weeks after the intervention
 - Evaluated for MH knowledge retention
 - n = 12

Outcomes

- MH Key Action Checklist
 - Groups collectively received mean score of 29.1/30.
- Knowledge improvement (paired t-test)
 - Mean score from pre-test to post-test one increased 2 points (95% CI [1.52-2.5]) (p <0.05).
- Knowledge retention (paired t-test)
 - Mean score from pre-test to post-test two increased 1.3 points (95% CI [0.83-1.83]) (p <0.05).

Conclusion

- **MH Key Action Checklist**
 - Groups scored well
 - Use of visual guides or checklists are important for guiding treatment during a crisis
 - Effective teams delegate roles, use closed-loop communication, and have frequent check-ins
- **Effectiveness of educational intervention**
 - Participants had statistically significant improvements in their post-tests scores
 - Results support the proposal that simulation-based training will improve MH knowledge and retention among SRNAs
- **Limitations**
 - Small sample size
 - Higher attendance from first and second year SRNAs
- **Future recommendations**
 - Replication this project in other settings can further validate its findings and ensure its applicability

References

