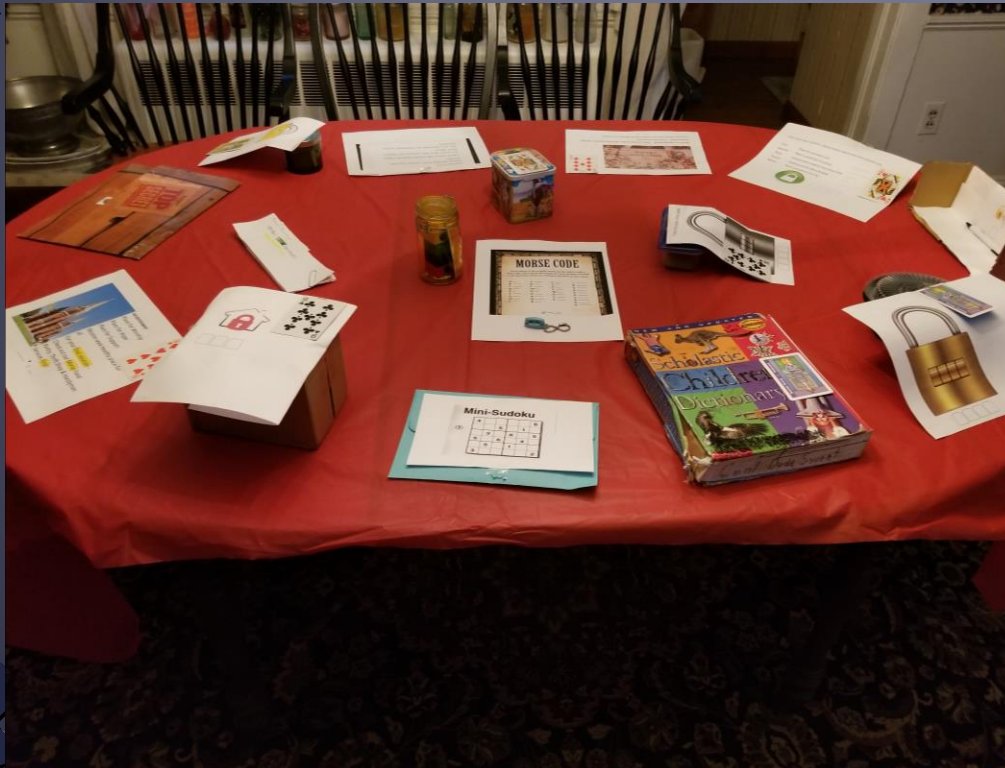# Creating A Virtual Escape Room Simulation: Nursing Student Poverty Experience

SUBTITLE

- › Presented by
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Escape Room Experience

› Have you participated in any type of escape room?

Escape Room Experience

› Have you participated in a live healthcare simulation escape room?

Escape Room Experience

› Have you been involved in creating an escape room experience?

Escape Room Experience

› Have you participated in a virtual escape room event?

Escape Room Experience

› Where is your area of simulation practice?

› Nursing

› Physicians

› Emergency rEsponders

› Multidisciplinary

› Other

Escape Room Experiences

› Defined:

› A room in which people are locked in order to play a game requiring them to solve a series of puzzles within a certain amount of time to accomplish a goal, typically finding the key to unlock the room.
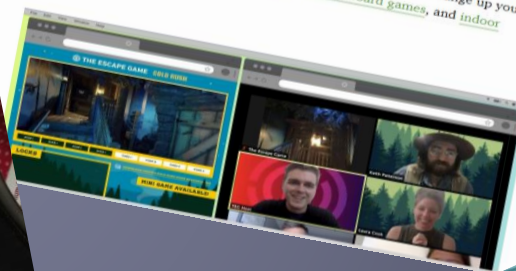
Escape Room Experiences

Poverty Sim

Your Community
=
A Large Room

Your Neighborhood
=
Chairs

Your Community Services
=
Tables

Community Action Poverty Simulation©

› Nursing Population Health Course

› Objective – to provide insight into the daily challenges of those experiencing poverty

› Traditional simulation:
  – Held in gymnasium
  – Has 10 or more stations to depict community resources and occurrence
  – Has volunteer SPs/instructors to man stations
  – Has students in groups of 2 to 5 to portray poverty inhabitants of various scenarios
  – May involve 50 – 75 people

› Situation –
  – Covid Pandemic: Lock downs, Social distancing, Room limits

Prebrief

› **Background:**

› The Healthy People 2020 Goal is to promote a society in which all people live long, healthy lives.

› Determinants for health outcomes include physical environment, biology & genetics, individual behavior, social environment and health services.

› For those in poverty the struggle is a day-to-day challenge to meet basic life needs.

› As a Public Health Nurse, one is called upon to assist all, including those experiencing poverty, to progress towards optimal levels of health. The saying "it takes a village" is pertinent in the simulation as no one nurse can do it all. There must be collaboration of a multitude of resources. During the course, you have been introduced to a variety of community, state and federal government resources and professions that can assist those in need to use the resources.

› The ultimate GOAL of the escape room is to FIND ALL THE KEYS that are the solution to each person's or family struggles.

Instructions

› **Format:** The clinical group will enter zoom escape room.

› The room has scenario individuals and families that the participating students will be impersonating.

› The group will need to work as a team to discover and solve the puzzles that will lead to unlocking the solution KEY for each scenario.

› There are 5 keys in the room to find within 45 minutes. To assist solving puzzles and ease delegation of work, worksheets once found may be accessible in Clinical Simulation in Canvas.

Game Hints

1. The room set up is self-contained in one area.
2. Students direct the instructor facilitator to be their eyes and hands to discover clues and open containers.
3. There may be puzzles that require deciphering. Once the puzzle is uncovered, deciphering worksheets may be available in the Canvas Class module to bring onto computer screen or printed out to assist in solving. The instructor will let you know if the worksheet is in canvas.
4. Students within the break room team can divide and regroup as needed to work on solutions.
5. There are card hints with the puzzles to help identify which scenario is being worked on.
6. Facilitators will not discuss or give information regarding the puzzles. If a team feels they are stuck, they may ask for a clue from the instructor. Only 3 clues total will be provided during the sim session.
7. Consider escape room take-aways: *If something is present, there must be a reason. A series of solutions leads to a key. Colors, letters, numbers, sequences are often important.*
8. This escape room uses digitally numbered paper locks. You must *find the correct numbers in the correct order to have the lock undone.* If there is a *lock with no paper digit lock, then a key must be found to unlock for the lock.*
9. RELAX. Have fun!

Mini Sim Event

› Scenarios:

› 1. John – homeless veteran, lost multiple jobs due to alcohol consumption, missing work and unable to perform job duties. Hasn't eaten in 24 hours, now panhandling at street corner.

› 2. Maria & Pasqual – retired Italian couple in their 80s. Own their home. No car. Survive on social security income , basic medicare. Both have chronic illnesses and need to pay prescriptions. Limited money left for daily basic needs as food, water, clothes and utilities.

› 3. Calle & Calan – married couple with 3 children (6 months, 4 and 6 years old), live in triple decker apartment in run down area. Calan works 3 jobs, Calle stays home with children. Difficult to pay for rent, utilities, food, clothing, healthcare. School nurse called since Colton needs vaccinations for school.

Debrief

› What were your thoughts while trying to portray the family in the scenario?

› What were the challenges the family members were facing?

› How were the puzzle clues related to the situation of these persons in poverty?

› What solutions did the simulation provide?

› What other options might you suggest these persons seek?

Escape Room Best Practices

1. Select story and follow it

2. Riddles & clues to them should have a theme and design

3. Encrypt messages – hidden messages or number clues through codes; provide reference sheet

4. Make players solve puzzles – provides engagement, satisfaction

5. Hide some things – may be in containers, envelopes, clothing – be creative

6. Have other items be obvious – "Hidden in plain sight"

7. Have a variety of puzzles – blend logic, math and creative puzzles

8. Encourage teamwork – have different participants work on different parts

9. Provide limited hints if group stuck – typically up to 3 hints may be offered. Don't spell out answer. The facilitator should have several 'verbal clues' developed to help participants be successful with a puzzle.

10. Create feeling of immersion

Interact with players

Designing Puzzles

Each puzzles has 3 parts:

– Discovery: Finding out how to solve – *Offers Intrigue*

– Solution: Put things in order, math problem, decode –
NOT TIME CONSUMING

– Transition: Move players to next puzzle

Complicated enough that you can't guess - easy enough that someone knows what to do when they get it

Design Game Flow – Linear or multilinear

Taste Testing – Dry run
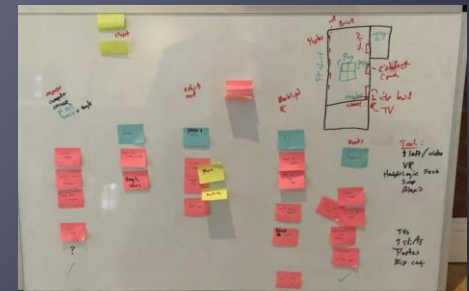
› **COLOR MATCHING PUZZLES**

  – tend to hide in plain sight

  – Example: box are 4 colored dots: red, green, purple, and yellow in that order.

    › Look around for matching colors and attached clues as letters or numbers

› **Matching Coordinating shapes or symbols**

  – Cards

  – Pictures

Puzzle Ideas

Decoders

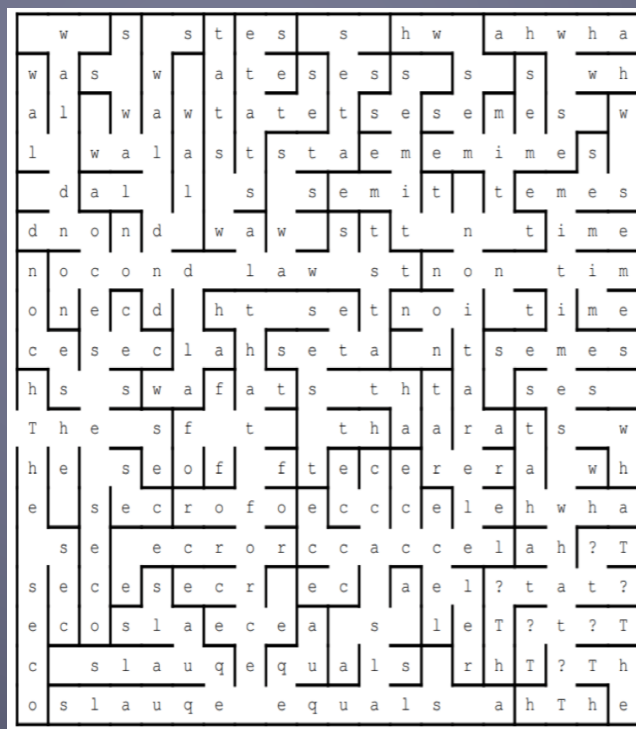**MORSE CODE**

To use Morse Code to spell a word, use the code to make a letter, take a short pause (the length of a dot) and then continue to the next letter. If you are writing it, just leave an extra space.

A ·—	J ·———	S ···	1 ·————
B —···	K —·—	T —	2 ··———
C —·—·	L ·—··	U ··—	3 ···——
D —··	M ——	V ···—	4 ····—
E ·	N —·	W ·——	5 ·····
F ··—·	O ———	X —··—	6 —····
G ——·	P ·——·	Y —·——	7 ——···
H ····	Q ——·—	Z ——··	8 ———··
I ··	R ·—·		9 ————·
			0 —————
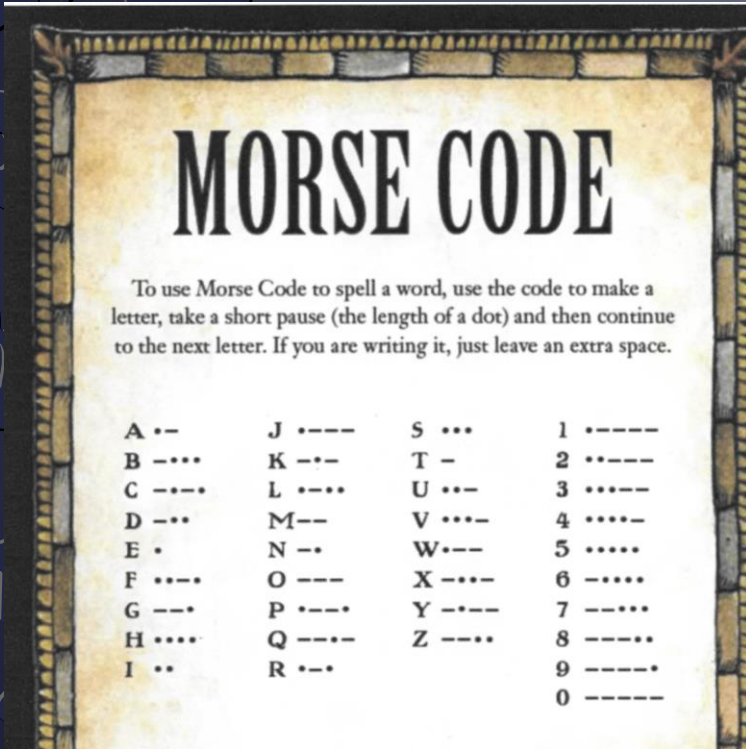
Locks

Break Out Activity

› Create your own Puzzle Design to Unlock the Lock

› Scenario:
  – Poverty Sim Theme
  – Single Mom with 3 children. Mom is an US Army veteran. She is unemployed, no health insurance for children, bills are overdue, no car. One child has fallen and may have broken wrist. Mom needs to meet daily living goals for food, shelter, clothing, health needs.
  – Create puzzles, riddles, clues to direct Mom to potential community resources
  – Try to design 2 to 3 puzzles. Each puzzle solution should lead to a component to unlock the needed resource.

Student Feedback

› Extent of positive feedback was directly related to if students had participated in Escape Room events

› Delay in puzzle solutions as students became immersed in the theme and scenarios

› Thoughts shared:
  – Need for delegation of activities
  – Group might have been more efficient if leader designated
  – Team communication would be more effective if more organized
  – Debriefing pulled the threads of diversity, inequality of access, and discrimination together
  – Overall activity was engaging and thought provoking

QUESTIONS?

Thank you for attending!

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