

### IMPROVING COMFORT LEVEL OF PACU NURSES DURING INTUBATION AND CODE BLUE EMERGENCIES



Team Leader: Janet Fricker, BSN RN-BC CPAN  
The Christ Hospital, Cincinnati, Ohio  
Team Members: Emily Tirado, BSN RN, Katelyn Jones, BSN RN  
CCRN

**Background Information:** The PACU is a diversified group of nurses with a wide range of experiences. These experiences range from 43% nurses with less than 5 years nursing experience to 26% nurses having greater than 21 years of experience. After having an emergent intubation and a code blue, the staff verbalized various comfort levels in assisting the Anesthesiologist in these situations. ACLS is currently done via computer program and does not lend to hands on practice other than the CPR portion.

**Objectives of Project:** To ensure PACU staff comfort level and confidence in assisting with intubation and code blue emergencies.

**Process of Implementation:** A survey was given to the PACU staff to better ascertain their comfort level assisting with intubation and code blues. Using the survey results, clearly reflecting the PACU staffs request to have hands on practice with these scenarios, an educational offering was provided. Using resuscitation equipment and mannequin, practice sessions were implemented.

**Statement of Successful Practice:** The PACU staff were resurveyed and overwhelmingly the consensus were, the practice sessions were helpful to elevate the PACU staffs comfort level and confidence in assisting with intubation and code blue situations. These practice sessions will be implemented as a yearly educational offering.

**Implications for Advancing the Practice of Perianesthesia Nursing:** With the ever changing diversified group of PACU nurses, with varying levels of experience, there will be an ongoing need to re-evaluate the level of comfort and confidence in emergencies. We will then need to implement further education as PACU nurses verbalize their need for further practice sessions with these emergencies.

### IMPROVING WORK-LIFE BALANCE IN THE PACU TO CULTIVATE AN ENVIRONMENT OF MINDFULNESS WHILE BUILDING NURSING RESILIENCE



Team Leader: Michelle P. Carter, MA BSN RN CPAN  
Sibley Memorial Hospital, Washington, D.C.  
Team Member: April Brown, MSN BSN RN

**Background Information:** The Mindful Ethical Practice and Resilience Academy (MEPRA) training advocates for nurses to build resilience by using mindfulness in their practice. Nursing resilience is crucial to handling morally distressful situations that challenge nurses daily. Staff attended a "train the trainer" course, embracing and encouraging coworkers to improve self-care strategies for themselves and their patients.

**Objectives of Project:** The first set of objectives included: defining the need for moral resilience and the use of mindfulness while caring for patients in the post anesthesia care unit (PACU). The second set of objectives included: staff education about the resources available when facing ethically distressful situations in the PACU and examining work-life balance to build resilience.

**Process of Implementation:** PACU staff attended MEPRA, which led to the formation of the Resilience Committee. The committee focused then educated staff via emails, posters, and huddles. Staff completed surveys to help them assess their work-life balance. Management and the Resilience Committee discussed the results with the goal of implementing changes to improve communications and scheduling processes that assisted staff with work life balance.

**Statement of Successful Practice:** Sharing the information from the MEPRA seminar has introduced alternative ways for the PACU staff to address daily, ethically, challenging dilemmas. Staff began utilizing the tranquility and exercise rooms provided by the hospital. Charge nurse communications have increased and improved. Several nurses have reported using mindfulness during stressful situations in the PACU. Nurses further reported the use of daily meditation practices. Changes in scheduling and increased communication resulted from staff surveys.

**Implications for Advancing the Practice of Perianesthesia Nursing:** MEPRA training advocates for nurses to build resilience by using mindful practice. Nursing resilience is crucial for handling morally distressful situations. Improving work life balance in the PACU resulted from improving communication, scheduling flexibility, and increasing needed supplies as identified by staff. Mindful communication led to the opportunity for staff to care for themselves while building nursing resilience.

### "WIDE-EYED AND BUSHY TAILED": A TRANSITION INTO PACU FROM THE PERSPECTIVE OF A NEWLY LICENSED NURSE



Team Leader: Kara Leigh MacLean, BSN RN  
Brigham and Women's Hospital PACU, Boston, Massachusetts  
Team Members: Cara Bailey, BSN RN, Holly Bourdon, RN

#### Background Information:

- The first newly licensed nurse (NLN) to be hired to the recovery room at Brigham and Women's Hospital, a Harvard Medical School teaching hospital in the heart of Boston, Massachusetts, embarks on a precedent setting orientation through the 57 bed post anesthesia care unit (PACU).
- A successful orientation allowed for rich experience and education at the bedside of patients recovering from anesthesia and a variety of surgical procedures.

#### Objectives of Project:

- Demonstrate the efficacy of hiring NLN's to the perianesthesia procedure areas and investing in their success.
- Encourage NLN's and student nurses to pursue specialty in perianesthesia nursing.
- Demonstrate to perianesthesia leaders and NLN's, the mutual benefits to each of investing in the specialty of perianesthesia nursing.