

#CASSummit2023



*Susan B. Davis*

DNP, MSN, RN, PMD

# FIGHT, FLIGHT, or FREEZE

UNIT-BASED RESUSCITATION DRILLS  
FOR NURSE and INTERPROFESSIONAL  
FIRST RESPONDER SELF-EFFICACY

**CARDIAC ARREST  
SURVIVAL  
SUMMIT**  
CITIZEN CPR FOUNDATION



# Presenter Disclosure Information

**Susan B. Davis, DNP, MSN, RN, PMD**

Unit-based resuscitation drills for nurse and interprofessional first responder self-efficacy

## **FINANCIAL DISCLOSURE:**

- N/A

## **UNLABELED/UNAPPROVED USES DISCLOSURE:**

- N/A

# Learning Objectives

1. Analyze the impact of continuous quality improvement programs, such as brief, hands-on, in-situ resuscitation drills, on fostering a culture of confidence and action among healthcare professionals, ultimately leading to better patient care and outcomes.
2. Examine the benefits of prioritizing mastery of basic life support skills and implementing in-hospital pit-crew-style drills to enhance staff self-efficacy, teamwork, and effective response in sudden cardiac arrest situations.

# ❖ FLIGHT FIGHT or FREEZE



- Brief hands-on repetitive practice
- Unit, team, equipment
- Continuous quality improvement

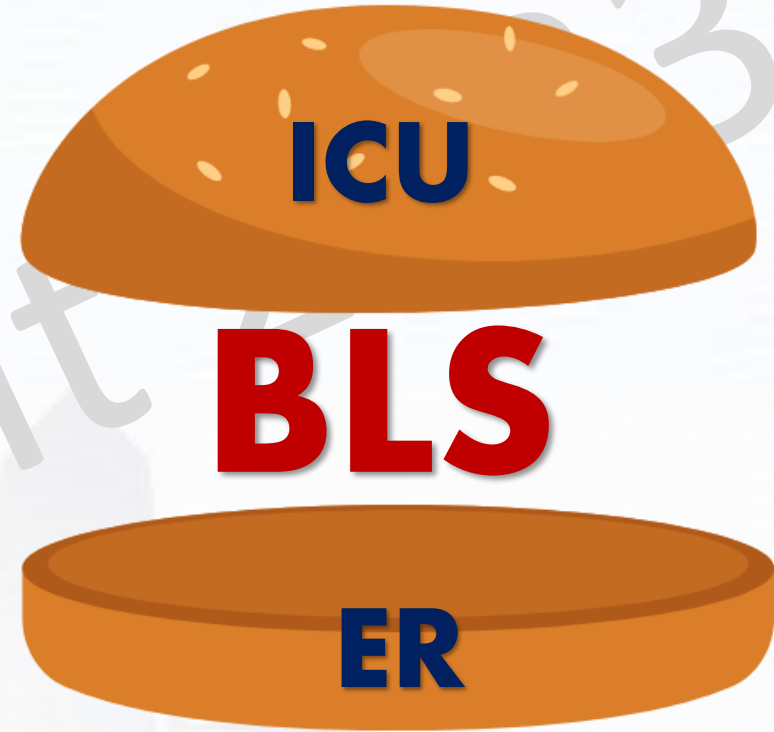


# ❖ GAP ANALYSIS

PRACTICAL APPLICATION IN CLINICAL SETTINGS	THE GAP	SKILLS VERIFICATION
Deterioration training	✗	✓
Pad and backboard training	✗	✓
Defibrillator/emergency equipment training	✗	✓
Analyze training	✗	✓
Team performance - Rescuer 1, 2, 3	✗	✓
Realtime debrief	✗	✓



- Mindset
- Skillset
- Acuity
- Sick or not sick





- Recognize



- Call for help



- Act



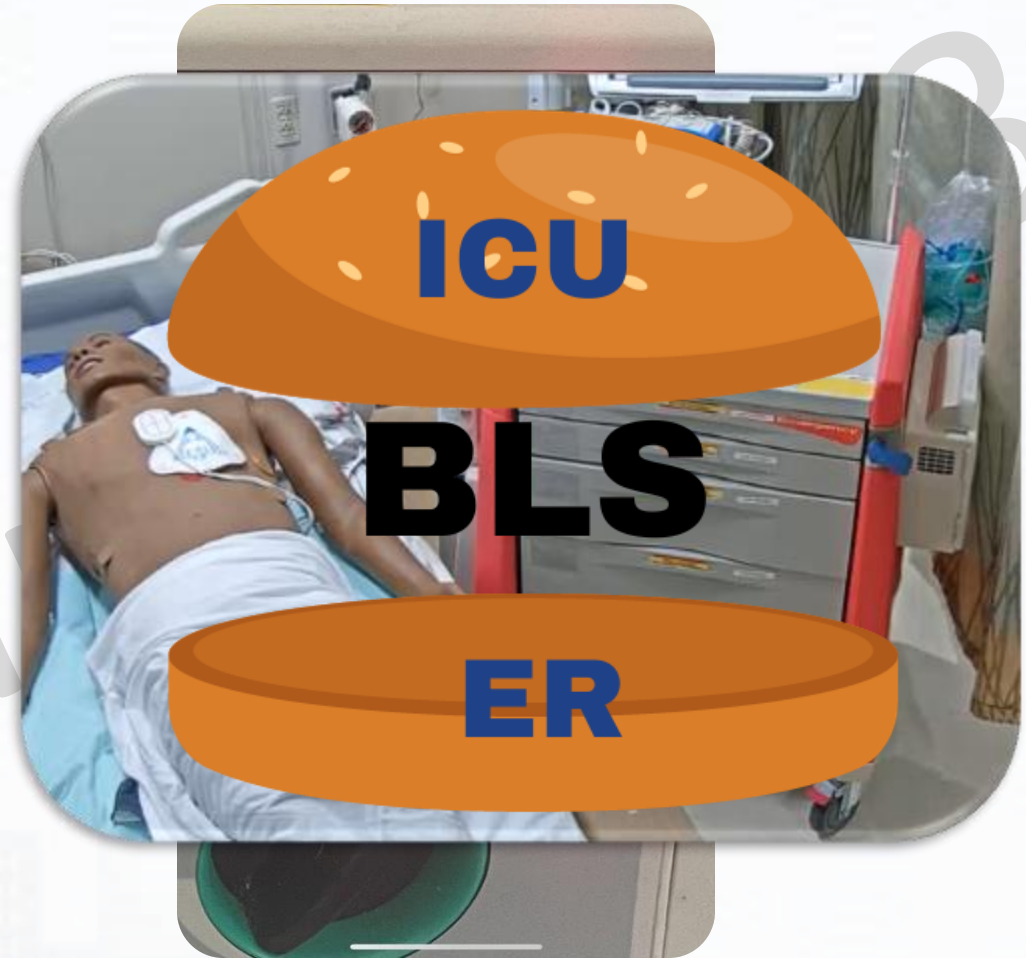
## ❖ RESCUE DRILLS

- Pit crew
- Rescuer 1,2,3
- 2-6 minutes
- Ready for Advanced...

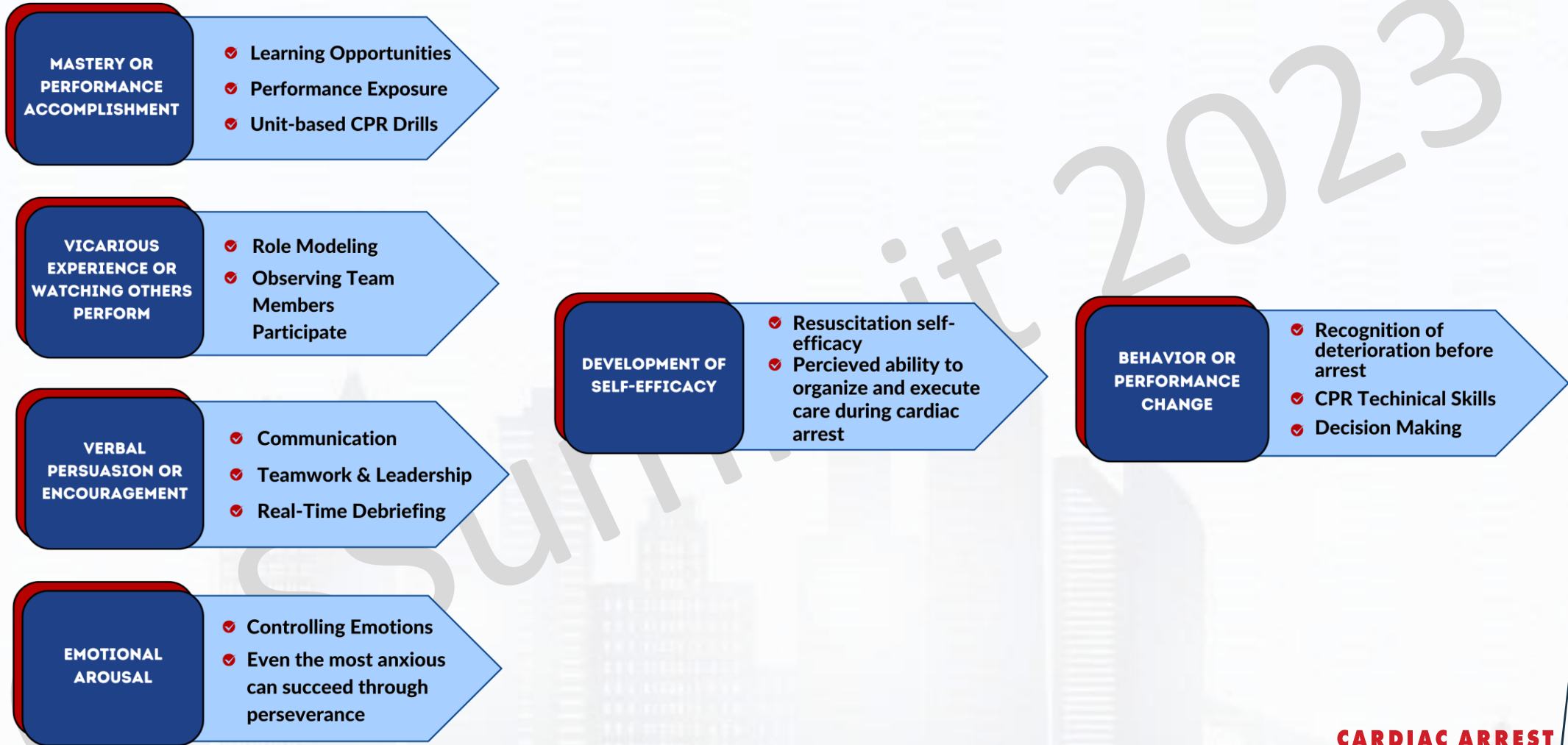


# ❖ EMERGENCY EQUIPMENT

- Burger vs Bun
- Defib fear
- ANALYZE
  1. Turn on
  2. Analyze
  3. Push the button!!!

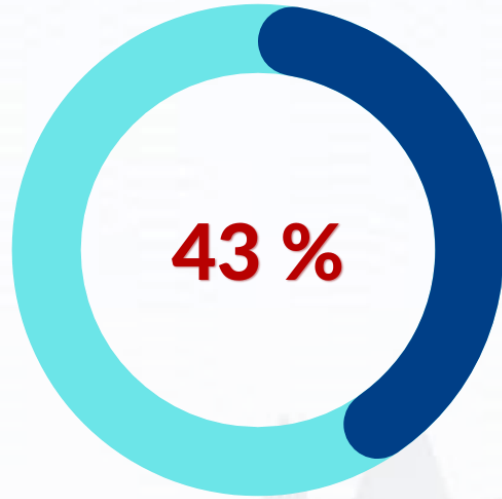


# ❖ SELF EFFICACY

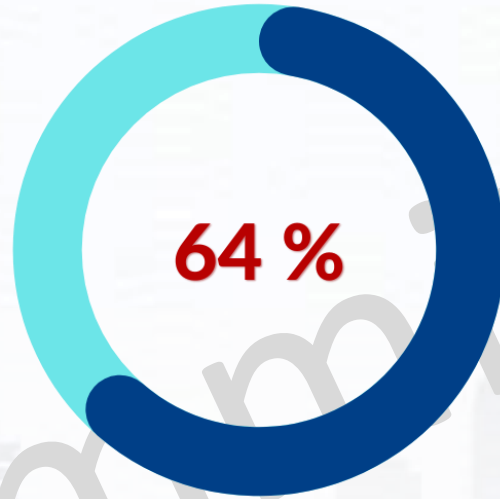


(Image adapted from Bandura 1977pr, 1977);(Roh et al.,2012)

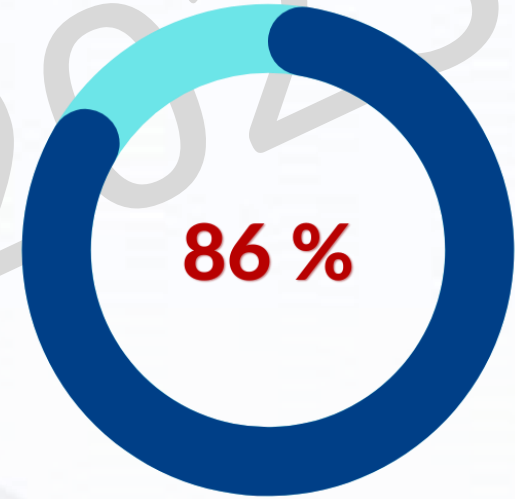
# ❖ 2020 STUDY



- Never witnessed a cardiac arrest



- Never performed CPR on a person



- Never used the defibrillator

## ❖ PROBLEM STATEMENT

- Nurses and IPs missing deterioration
- Uncomfortable handling emergency equipment
- Delaying **CPR** and **defibrillation**

## ❖ PURPOSE STATEMENT

- Improve **CPR** quality
- Defibrillate in the first few minutes
- Build **BLS** self-efficacy



## ❖ **INSTRUMENT: Basic Life Support Self-efficacy Scale (BRS-SES)**

“In an emergency situation, I am confident that  
I can always”...



(Hernandez-Padilla, Suthers, Fernandez-Molina, & Granero-Molina, 2016)

# ❖ “In an emergency situation, I am confident that I can always” ...

WILCOXON DESCRIPTIVE STATIC		PRE-MEDIAN	POST-MEDIAN
Q1	Scene safe	8.0	10.0
Q2	LOC	8.5	10.0
Q3	Call for Help	9.0	10.0
Q4	Open airway	8.0	10.0
Q5	Breathing	8.5	10.0
Q6	Initiate CPR	8.0	10.0
Q7	AHA guidelines	8.0	10.0
Q8	Compressions	8.0	10.0
Q9	CPR-breaths	8.0	10.0



❖ “In an emergency situation, I am confident that I can always” ...

WILCOXON DESCRIPTIVE STATIC		PRE-MEDIAN	POST-MEDIAN
Q10	Turn n AED/ Defib	2.0	5.0
Q11	Follow prompts	4.0	6.0
Q12	attach pads	5.0	8.0
Q13	Clear	6.0	8.25
Q14	SHOCK	4.0	6.25

# ❖ CONCLUSION



- Future Implications



- Skills gap today



- Clinical verification tomorrow



**FUTURE  
IMPLICATIONS**

\*\*\*



**ADOPTING THE  
STRATEGIES**

\*\*\*

FIGHT, DON'T RUN AWAY!



## ❖ CONCLUSION

“

When fear and failure to rescue are replaced with courage and a will to act, paradigms can shift.

”

## ❖ REFERENCES

- Bandura1977pr [PDF]. (1977). Psychological Review.  
<https://www.uky.edu/~eushe2/Bandura/Bandura1977PR.pdf>
- Roh, Y., Issenberg, S., Chung, H., & Kim, S. (2012). Development and psychometric evaluation of the resuscitation self-efficacy scale for nurses. *Journal of Korean Academy of Nursing*, 42(7), 1079.  
<https://doi.org/10.4040/jkan.2012.42.7.1079>
- Hernández-Padilla, J., Suthers, F., Fernández-Sola, C., & Granero-Molina, J. (2014). Development and psychometric assessment of the basic resuscitation skills self-efficacy scale. *European Journal of Cardiovascular Nursing*, 15(3), e10–e18. <https://doi.org/10.1177/1474515114562130>

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**Don't miss the Awards Announcement and Closing Ceremony**

**Saturday 12:35 – 1:00 PM**

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