

**SEPSIS ESACPE ROOM: Students****STEP 1**

**Puzzle #1:** You are triaging this patient and need to obtain relevant baseline data STAT in order to determine possible SIRS criteria. What is the priority? If you are correct, the clue master will nod, revealing your next step. Each incorrect answer will add 30 seconds to your final time. Last oral intake, Past medical history, Physical assessment, **Vital signs**

**Puzzle #2 (Put in order for lock #1)** Review the following patient conditions. In what order will the nurse assess these patients?

- 55yo F CHF gained 3lbs in last 24hrs, clear lungs.
- 26yo M with a HA due to NPO requesting Zofran.
- 61yo F needs DC teaching on lovenox shots.
- 39yo F urosepsis post recent UTI. Febrile, hypotensive, tachycardic.

**STEP 2**

Next Step: Identify SIRS/SEPSIS Criteria by Obtaining VS. Pulse 112 - written on paper on wrist  
BP 95/47- on arm  
R 24- over lungs  
T 100.3F- on thermometer near by  
Pulse Ox- 96%on RA- pulse ox  
\*Clue to add values inside pulse ox  
Add the P + systolic BP + R+ T (rounded whole #) + O2 sat.  
**112 + 95 + 24 + 100 + 96 = 427 = VS lock code (VS Lock-Box with USB drive & note- open file to obtain sepsis RN standing orders)**

**STEP 3**

**Puzzle #1:** Put USB into the computer. Open Sepsis Folder. 5 Documents On USB:

- Open 1st - BPA Fires for Possible Sepsis based upon 2+SIRS Criteria.
- Initiate RN standing orders
- Sepsis pathophysiology
- SIRS Criteria
- Sepsis RN standing orders
- PW protected document MD Orders

Please Initiate the following RN Standing Orders

- Repeat VS Q15min
- Start IV & Draw A Rainbow  
IV supplies are on the bedside table. 2 blood cultures, CBC, CMP, INR/PTT, lactic on ice. Pull the correct number of tubes and line them up in order of draw. Once the order is correct and in the correct transport medium, the clue master will give you your next clue.
- The KEY to sepsis dx is in the lactic. Key at the bottom of the ice cup- opens key **lock #3**
- Obtain patient BS <=180mg dL - BS 166
- QUICK IDENTIFICATION OF SEPSIS IS IMPORTANT, REMEMBER TIME IS TISSUE (clock time = **lock #4**)

If in the correct order, students will be given an envelope with PW protected file.

**STEP 4**

\*Inside PW protected envelope: Your pt has become unstable & further intervention is need to correct the shock state. Use the following code to open the password protected file containing MD orders. CODE = Power Hour

MD Orders Document

- Reassess VS (good distractor) P136, BP84/56, R 24, T102.8, O@ 91%RA - Put into SIM Ipad. Students should recognize BP is low → shock state
- Begin IV fluids (NS)
  - Bolus x 2L + 1L at a continuous rate. 20min each per each bolus liter. 150ml/hr x 1L continuous rate. How long will it take to run all 3 liters in minutes? 7hrs 20min = **440**min. Answer is code to next **lock #4**.
- Begin Zosyn per protocol listed.
  - Calculate the dose for your patient. 3.375g in 50mL of NS. Give IV over 30min. Frequency: q6hrs, don't exceed 18g/day. Vial contains 5ml. 0.5gram/1ml. How many ml will you dilute in the 50ml bag? 6.75ml How many vials will you need? 2 (Key to Lock #5 = ml amount)
- Start your patient on vasopressors.
  - Look on the med cart and see what is available per the pharmacist already pre-mixed and hanging at your IV pole. Solve the puzzle by the IV pole for your last clue.
  - Bottom of Puzzle: Untangle the IV lines (NS, Levophed, Zosyn) needed to care for your pt. Untangle and put them in alphabetical order. (Lock #6.) Lines in order will be 531.

**SEPSIS ESACPE ROOM: Instructor****STEP 1**

The situation is PUZZLING, PIECE together your first clues. Puzzle will ask the participants to complete a priority assessment starting with VS.

**2 Puzzles on Room Table**

**Puzzle #1- Answer - VS**

**Puzzle #2 (Distractor but gives 1<sup>st</sup> Code): (Lock #1)** Review the following patient conditions. In what order will the nurse assess these patients? **4, 1, 2, 3**

**STEP 2**

**Tell students the next step: identify SIRS/SEPSIS Criteria by Obtaining VS. Students will obtain: P, BP, R, T, O2 Sat**  
\*Clue to add values inside pulse ox. Add the P + systolic BP + R+ T (rounded whole #) + O2 sat.  
**112 + 95 + 24 + 100 + 96 = 427 = VS lock code (VS Lock-Box with USB drive & note- open file to obtain sepsis RN standing orders)**

**STEP 3**

**Put USB into the computer. Open Sepsis Folder.**

5 Documents On USB:

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- Initiate RN standing orders
- Sepsis pathophysiology
- SIRS Criteria
- Sepsis RN standing orders
- PW protected document MD Orders: **CODE = POWER HOUR**

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- 2 Grey BC, 1 Blue, 2 Green, 1 purple. 1 green on ice.
- The KEY to sepsis dx is in the lactic. Key at the bottom of the ice cup- opens key **lock #3**
- Obtain patient BS <=180mg dL - BS 166
- QUICK IDENTIFICATION OF SEPSIS IS IMPORTANT, REMEMBER TIME IS TISSUE (clock time = **lock #4**)

Give students envelope with PW protected file

**STEP 4**

\*Inside PW protected envelope make note: Your pt has become unstable & further intervention is need to correct the shock state. Use the following code to open the password protected file containing MD orders. CODE = Power Hour

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- Start your patient on vasopressors.
  - Look on the med cart and see what is available per the pharmacist already pre-mixed and hanging at your IV pole. Solve the puzzle by the IV pole for your last clue. What type of line is needed to run a vasopressor? Central line. What time of monitoring line should be initiated for accurate BP titration? Arterial line
  - Bottom of Puzzle: Untangle the IV lines (NS, Levophed, Zosyn) needed to care for your pt. Untangle and put them in alphabetical order. (**Lock #6.**)

**SEPSIS ESACPE ROOM: Supplies****STEP 1**

- Sim Room
- Timer
- Manikin
- Worktable
- UV Flashlight
- UV pens
- Master lock box with wrap
- 4 Code Lock on Master = **Lock 1**
- 2 Puzzles
  - VS Question
  - Time Management Question

**STEP 2**

- VS Monitor
- Thermometer
- Pulse Ox
- BP Cuff
- Pieces of Paper for VS values
  - Wrist, arm, lung, thermometer, pulse ox
  - Clue for VS box in pulse ox
- 3 Code Lock
- Small Lock Box
- USB
- USB documents x 5
- Directions on paper to put in computer
- Paper
- Calculator
- Pencils/Pens
- Nurse Brain at Bedside

**STEP 3**

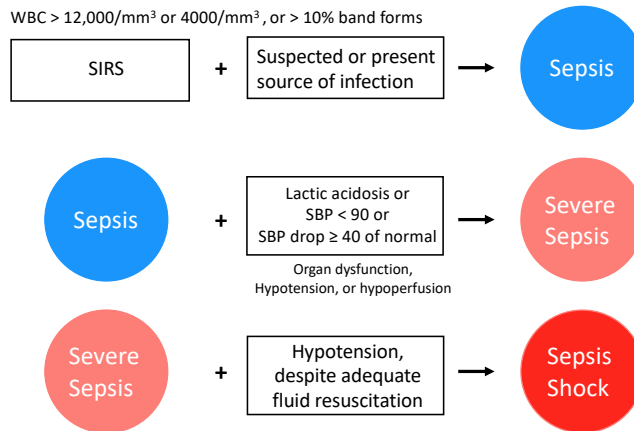
- VS Monitor
- Manikin
- Computer
- USB
- 5 Documents on USB
- Master lock box with wrap
- 1 Key lock = **Lock 3**
- 3 code Lock for Clock Time= **Lock #4**
- Glucometer
- BS written in UV light
- Somewhere Over The Rainbow Poster
- Lab draw colored rainbow
- CPR Poster
- Steps to RSI on the WhiteBoard
- IV start supplies
- Lab draw tubes
- 2 blood culture bottles
- Cup with Ice – key in bottom
- Clear cup
- Lab transport container
- Specimen bags
- Clock sign
- Envelope with clue to PW protected file

**STEP 4**

- Computer
- Drug Book
- Sepsis Crossword on table= Distractor
- Math Sheet
- Calculator
- Paper
- Pens/Pencils
- RSI Steps on Whiteboard
- CPR Poster
- Envelope with computer PW
- (2) 3 code Lock = **Lock #4 & Lock #5**
- IV pump
- 3 bags of NS IV fluid
- Vasopressor- Central/Arterial Line Puzzle
- 3 IV Lines Tangled
- Master lock box
- Wrap x6 locks
- Final Congratulatory Note
- Chalkboard
- Chalk Marker

**Systemic Inflammatory Response Syndrome (SIRS)***Two or more of the following criteria*

- 1 Heart rate > 90
- 2 Temp > 100.4°F (38°C) or < 96.8°F (36°C)
- 3 Respiratory rate > 20 or PaCO<sub>2</sub> < 32mm Hg
- 4 WBC > 12,000/mm<sup>3</sup> or 4000/mm<sup>3</sup>, or > 10% band forms

**RN Standing Orders**

1. Obtain baseline VS information.
2. Repeat VS Q15min.
3. Place patient on O<sub>2</sub> to keep O<sub>2</sub> sats > 92%.
4. Start IV 1 is good, 2 is better. Minimum 20G.
5. Obtain patient BS. Treat if over 180mg dL.
6. Draw A Rainbow.
  - a: Labs needing to be collected:
    - i. 2 blood cultures
    - ii. CBC
    - iii. CMP
    - iv. Lactate
    - v. Med Levels
    - vi. PT/INR
  - b: Pull the correct number of tubes and line them up in order of draw. Once the order is correct and in the correct transport medium, the clue master will give you your next clue.
  - c: Remember - The KEY to sepsis dx is in the lactic.
7. Obtain a UA.

**Act Fast - Quick Identification of Sepsis is Important, Remember Time is Tissue!****MD Orders**

1. Reassess VS Q 15min or sooner if the pt. condition changes.
2. Begin IV fluids (NS).
  - Bolus x 2L + 1L at a continuous rate.
  - 20min each per each bolus liter.
  - 150ml/hr x 1L continuous rate.
  - How long will it take to run all 3 liters in minutes? Answer is code to next lock.
3. Begin Zosyn per protocol listed.
  - Calculate the dose for your patient. 3.375g in 50mL of NS.
  - Give IV over 30min.
  - Frequency: q6hrs, don't exceed 18g/day.
  - Vial contains 5ml. 0.5gram/1ml.
  - How many ml will you dilute in the 50ml bag? How many vials will you need?
  - Numbers of mL = next lock.

4. Start your patient on vasopressors.
  - Look and see what is available per the pharmacist - it is already pre-mixed and hanging at your IV pole.
  - Solve the puzzle by the IV pole for your last clue.