



First Five RCDP Prebriefing Guide

Our **purpose today** is to improve our resuscitation skills and team performance. We want you to leave today's session more comfortable in responding to a **code blue** in your unit. I am here to provide coaching to help you improve your skills, the simulation staff is here to help with all the equipment we will be using.

Today we will be learning with and from each other. This is not an assessment of individual performance. This is an opportunity to learn, not a test.

Today we will focus on patients that require resuscitative efforts. It is not a secret; your patient today will be pulseless. We are using a kind of simulation called Rapid Cycle Deliberate Practice (RCDP), which allows learners to "try again" and gives you the opportunity for perfect practice. An example of this would be a batting cage.

I'd like to speak briefly about confidentiality and audio & video recording within the simulation space. We ask that you keep the details of the simulation activity confidential and not comment on the performance of either yourself or others outside of simulation. Likewise, we will not share identifying information about the activity that occurs here. Please share lessons learned. The video cameras are always on in our space for safety purposes, and we use videos for quality assurance.

I (or we) will act as the coach in this simulation experience. I will **PAUSE** during the simulation to provide specific feedback and coaching. I may give verbal redirection, show you actions, or ask you to perform in a specific manner. We recognize that being paused can feel frustrating.

After the pause, I will attempt to reorient the team so we can do one of three things...

- 1) Restart the simulation from the initial patient encounter
- 2) Rewind the simulation at a specified period of time prior to the pause
- 3) Resume from where you left off

It is as if I have a remote control.

Do not push the actual code button during the simulation. In the absence of an actual code blue button, we ask you to call out loud "I am hitting the code button" or press the simulated code blue button.

The Defibrillator is live. Please visually and verbally clear prior to discharging electricity.

We know this patient isn't "real", and we are **asking you to buy into the fiction with us.** We ask that you meet us halfway and do your best to fully engage in the simulation.

We hold the **basic assumption** that everyone involved in simulation activities at UAB is intelligent, capable, cares about doing their best, and wants to improve. This means it is okay to make a mistake.

If you for some reason feel ill or need immediate help due to an emergency, please use the phrase **"This is not a simulation."** This phrase indicates a true emergency has occurred that requires attention.

Please **check your pockets** when we are done. **It is important that supplies used for simulation are NOT used for patient care.** We label our simulated supplies "Not for Human Use: Education Only".

What **questions** do you have?

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