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Reflection: Escape Room

The escape room challenge taught me a valuable lesson in the importance of teamwork and communication required to accomplish task and overcome challenges within a limited amount of time to reach the ultimate goal of solving the problems presented or stumble across throughout the day. This ties with our nursing challenges and problems we face daily on the units with our patients, constantly testing our problem-solving skills and lateral thinking. Fortunately, the nursing field promotes strong communication and teamwork amongst each other to accomplish task and tackle problems regardless of the size as a unit. The value reflected by this well-designed escape room game was how everyone on the team communicated and contributed to the challenges by finding clues and solving puzzles to continue progressing in the game, exploiting their own individual problem-solving skills, displaying knowledge in different fields, and utilizing critical thinking abilities to successfully complete the room's objective and escaping alive within the time limits of the game. Honestly, I expected complete chaos, I felt miscommunication was going to be an issue since we are all quiet, I felt we would use poor strategic approaches to solving the puzzles based on the short introduction with no details, and the inability to plan from the lack of time we had to prepare ourselves before going into the escape room. We didn't get a chance to talk to each other, assign task, or come up with a plan to approach the puzzle to solve, which gave me little hope of completing the challenge but surprisingly it turned out to be the total opposite of my low expectations. The teamwork and communication we presented was high quality and efficient, despite not having someone take charge, we were subconsciously synchronized in a sense, that we all knew to focus on important task individually, communicated all findings of clues and solved puzzles together. We didn't disagree on many solutions and on the incorrect problems, we focused on solving them together instead of pointing out the mistake. We shared ideas and asked questions amongst ourselves if we weren't sure on something, we respected each other's thoughts and only focused on completing the challenge of the escape room as a unit. Overall, the experience was an eye opener for me causing a shift in my thoughts resulting in a balance between patient care and teamwork with strong communication, making the two just as important as each other.