

## Week 7: Escape Room Reflection

The escape room was a great way to do something different and help me to think outside of the box. I really enjoyed the experience even if my group wasn't able to "escape". I had never been to an escape room before and so it was definitely a new experience for me. I wasn't really sure what to expect. It was a team building opportunity. My team kind of went into it not sure what to expect and it was clear that there were no defined roles. We had trouble getting started and got sidetracked by clues that were not yet ready to be solved. We were able to solve the initial puzzle but then were not sure what quite to do with our answer. We used our first clue and started trying the different locks. My team definitely got stumped and were trying to put different codes into the computer and were obviously unsuccessful. Once we got on the right path again 20 minutes had gone by! We were very disorganized and all trying different things and it wasn't working. Once we got to the fourth clue we kind of started to get into a little bit of a rhythm. We figured out we needed a syringe to take out the foley and then couldn't figure out the code to get into the icepack to get the syringe haha. When we finally made it to the last clue our team FINALLY clicked. Everyone was frantically trying to beat the clock as we were trying our answers to each clue on the locks. We had one minute left and were stumped not knowing which clue we were supposed to use to figure out the code on the last lock. During the debrief it became very apparent to me that everyone in my team was very task oriented and this is not the best way to approach nursing. Nothing happens in a void and sometimes you have to think on your feet and make adjustments. If we were to approach the room again I would try to make some defined roles. I felt like we all communicated together well we just did not have any clear leadership or roles. Like we discussed in the debrief during a code everyone has specific jobs and everyone knows their jobs and stays in their lane so to speak. We were all over the place without much rhyme and reason. I am very glad that we were able to have this experience because it gave me some insight in how to approach things in nursing within group dynamics. Thank you again for this unique opportunity and I really enjoyed it.