

EDUCATIONAL ESCAPE ROOMS

... if you dare!



The concept of an escape room as a learning tool for health professionals is relatively new, but gaining in popularity. Some of these escape rooms incorporate more traditional puzzle solving (ciphers, codes, etc.) with clinical knowledge and problem solving from the course. Other escape rooms have been implemented to test skills and abilities, and do not incorporate traditional puzzle solving.

Escape rooms provide an innovative, interactive way to assess a learner's abilities and knowledge. It engages faculty to use their creativity and think outside of the box for ways their learners may engage and master content.



Research on escape rooms in nursing, pharmacy, medical education, and interprofessional education has revealed positive results from student perceptions and teamwork abilities.



KRISTEN COOK, PharmD, BCPS
UNMC College of Pharmacy



JESSICA DOWNES, PharmD, BCACP
UNMC College of Pharmacy

Step-by-Step Guide to Create Your Own Escape Room

Escape rooms are best created in teams to help visualize the puzzles and brainstorm ideas.

STEP 1

Write the overall educational objectives of the escape room and determine the location for your room.

STEP 2

Create your overall theme or case scenario, including the end goal of the case.

STEP 3

Determine how many puzzles will be used in the escape room including: which topics and skills will be required, objective for the puzzle, structure of the puzzle, how it will transition to the next puzzle, and supplies needed.

STEP 4

Divide your students into teams depending on how many you believe will be needed for each room.

STEP 5

Create excitement about the escape room! Use signs, talk about it in class, and have small clues or puzzles during class sessions leading up to the game.

STEP 6

Celebrate victory ... or failure with fun photos and signs!

STEP 7

Debrief with students afterward for feedback and have them complete evaluations.

Additional Resources

Friedrich, C., Teaford, H., Taubenheim, A., et al. Escaping the professional silo: An escape room implemented in an Interprofessional education curriculum. *Journal of Interprofessional Care*. doi: 10.1080/13561820.2018.1538941

Zhang, X.C., Diemer, G., Lee, H., et al. (2019) Finding the QR to patient safety: Applying gamification to incorporate patient safety priorities through a simulated escape room experience. *Cureus*, 11(2), e4014.

Eukel, H.N., Frenzel, J.E., & Cernusca, D. (2017). Educational gaming for pharmacy students: Design and evaluation of a diabetes-themed escape room. *Am J Pharm Educ*. 81(7), 62-65.