Abstract

Background and Purpose: Sepsis remains the leading cause of death among hospitalized patients. Nurses who receive sepsis simulation education have been shown to have increased self-confidence; escalate concerns earlier and initiate treatment sooner; and have increased compliance with sepsis bundles. The purpose of this project is to evaluate the efficacy of simulation education on increasing sepsis knowledge and nursing self-confidence and to examine its impact on patient outcomes.

Methods: This project was part of a pilot intervention that had a pre/post-test design. The intervention was a sepsis simulation education for medical-surgical nurses provided by the NLN. Pre/Post-intervention surveys were administered at baseline and immediately post-simulation that assessed both sepsis knowledge and nursing self-confidence. The nursing self-confidence survey was a validated assessment tool that measured nursing self-confidence in learning. Data abstraction provided the number of rapid responses called, and the number of transfers to a higher level of care after a rapid response was called.

Results: A total of 30 nurses participated in the simulation education, with 19 nurses completing the pre/post-intervention surveys. There was no significant improvement in sepsis knowledge. There was statistically significant improvement in nurses' self-confidence in caring for septic patients. Fewer rapid responses were called post-intervention, however there was a higher percentage that required transfer to a higher level of care.

Conclusions: While there was not statistical significance in the change in sepsis knowledge after the intervention, the findings from this project suggest that nurses have increased self-confidence in caring for septic patients after participating in sepsis simulation education.

Implications: This project showed that simulation education increased nursing self-confidence in caring for septic patients and should be continued as part of nursing education among medical-surgical units at the institution.

*Keywords***:** sepsis, simulation, nursing education, self-confidence, sepsis bundle