How to Make a Successful Escape Room

Escape Room Reinvented: Escape the Uterus!

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**Supplies Needed:**

Powerpoint to introduce game and use for debrief of session (see references)

3 locks (one number lock, one letter lock, one directional lock)

6 envelops

5X7 note cards

Pens

Scratch Paper

Uterus Picture to serve as puzzle pieces (see references)

Pregnancy Wheel (you can make your own!)

Cervical Cancer Worksheet (see references)

Crossword Puzzle (see references)

Crossword Questions (see references)

Dermatology Pictures (see references)

Fetal Heart Tracings (see references)

5x7 Note Card Sets (see references)
Gmail Account (you can make your own!)

ABFM Questions (see references)

Candy

**Create the Game:**

Clue #1

Inside an envelope include the Cervical Cancer Worksheet (see references) and Pregnancy Wheel. On the back of the pregnancy wheel write, “The due date is key!” Include one small piece of the uterus picture puzzle. Include pens and scratch paper.

*Answer Key:*

Cervical Cancer Worksheet:

LMP = 10/16

EDD: 07/23 (the number **0723** becomes the code for the next lock)

Clue #2

Inside an envelope that is has the number lock (opens with code 0723 from clue #1) include the Crossword Puzzle (see references) and Crossword Questions (see references). Include one small piece of the uterus picture puzzle.

*Answer Key:*

Boxed letters/number on the crossword puzzle spells “**WOMB3**” (this becomes the code for the next lock)

Clue #3

Inside an envelope that has the letter lock (opens with code “WOMB3” from clue#2) include collection of dermatology pictures with their respective letters beneath them (see references) with a separate 5X7 note card that reads “FMWVI XSPRI.” Include one small piece of the uterus picture puzzle.

*Answer Key:*

Cipher is the alphabet backwards EXCEPT

The cipher decodes “FMWVI XSPRI” to spell “**UNDER CHAIR**”(which is where the next envelope is hidden)

Clue #4

Inside an envelope enclose 4 cases of Fetal Heart Tracings (see references). Also enclose 5X7 note cards with two different sets (see references). Include one small piece of the uterus picture puzzle.

*Answer Key:*

Case #1: Category I

Case #2: Category I

Case #3: Category III

Case #4: Category II

Cat I = During prenatal care, what week is the Tdap given = week 28 = →

Cat II = During prenatal care, when is the GBS obtained = week 35-37 = ←

Cat III = During prenatal care, when is the anatomy US obtained = week 18-22 = ↑

Therefore code is: **→ → ↑ ←** (this becomes the code for the next lock)

Clue #5

Inside an envelope that has the directional lock, include the final small piece of the uterus picture puzzle. On the back of the uterus picture should be the Username and Password to a g-mail account that in the inbox provides them the ABFM questions.

*Answer Key:*

Gmail Account (you can make your own)

Username: **smhfmresidency@gmail.com**

Password: **familymed**

Clue #6

Inside the Gmail account is the ABFM questions (see references). This is a collection of selected ITE questions.

*Answer Key:*

Correct answers to the ABFM questions spell the words: “**UNDER CAN**”

Clue #7

Inside a final envelope hidden under the a can (garbage can or other) include a phrase that says “Congrats! You escaped the uterus!” and provide candy!