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Reduction of false code blue alarm in Institute of Mental Health, Singapore

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Background: Evidence has consistently shown that patients with mental illness have greater physical health morbidity and mortality compare to general population. It is a unique for patient with mental illnesses partly due to symptoms of illness that generate unhealthy lifestyle, side effect of medications and inadequate physical healthcare in specialist psychiatry setting. In view of that, a true code blue alarm system announced in Mental Hospital is crucial for a team of providers to rush to location and begin resuscitative efforts to reduce the mortality in Mental Hospital.

Methods: We traced all the code blue messages that sent to oncall team daily and investigated on false alarms. Team included doctors, nurses and IT system officers involved to discuss further intervention and improve the code blue system.

Results: Most of code blue alarm was accidentally triggered in view of the code blue alarm was too similar to electrical switch. Intervention like education to staffs and install a transparent cover to cover code blue alarm. Data collected after the intervention shown reduction of false code blue alarms.

Conclusions: True code blue alarm is a critical alarm that help to activate a team of provider to provide essential resuscitative efforts to reduce the mobidity and mortality in Mental Health Hospital. Interventions implemented also help in confident and accuracy of the true code blue situation to alert all the staff nurses in the ward to response promptly while waiting for team provider to improve the suvival rate.

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