

**ASTRÚVIA**

SAMPLE EXERCISE CONCEPT

Mission: Keep Care Moving

An escape-room-inspired preparedness game

GAME / FLEXIBLE DURATION / HSEEP-ALIGNED DESIGN

HVA FOCUS **Utility outage**

THE OPENING SCENARIO

A simulated utility outage disrupts a busy healthcare shift. Teams uncover situation updates, apply plan excerpts, and allocate limited resource tokens. Published rules connect each decision to consequences and the next challenge.

WHAT TEAMS PRACTICE

- 1 Find the priorities**
Identify essential services, utility dependencies, and the roles that authorize continuity actions.
- 2 Use the plan**
Locate relevant procedures and explain decisions using verified clues and agreed assumptions.
- 3 Allocate resources**
Weigh competing needs, assign limited resources, and record the consequences of each choice.
- 4 Complete the handoff**
Share a situation update, reconcile decisions, and assign unresolved needs to the next team.

THREE GAME STAGES

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|--|---|---|
| 01 Find the signal
Sort clues and establish roles. | 02 Keep care moving
Choose actions and resources. | 03 Unlock the handoff
Resolve gaps and share decisions. |
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WHO TAKES PART

Clinical and support staff, department leaders, facilities, preparedness, communications, and other roles selected for the objectives.

PLANNED TAKEAWAYS

Decision records, facilitator observations, team feedback, and priorities for improvement. Evaluate decision quality and teamwork, alongside challenge completion.

Flexible rounds and difficulty, adapted to the audience. Play at accessible stations or with digital materials. Preserve time for evaluation and debrief; no locked rooms, actual utility shutdowns, or patient data.

Explore an exercise for your team

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Sample exercise concept. Adapt to your objectives, participants, and plans.
HVA context: Miami-Dade, 2024-2025; tailor locally.