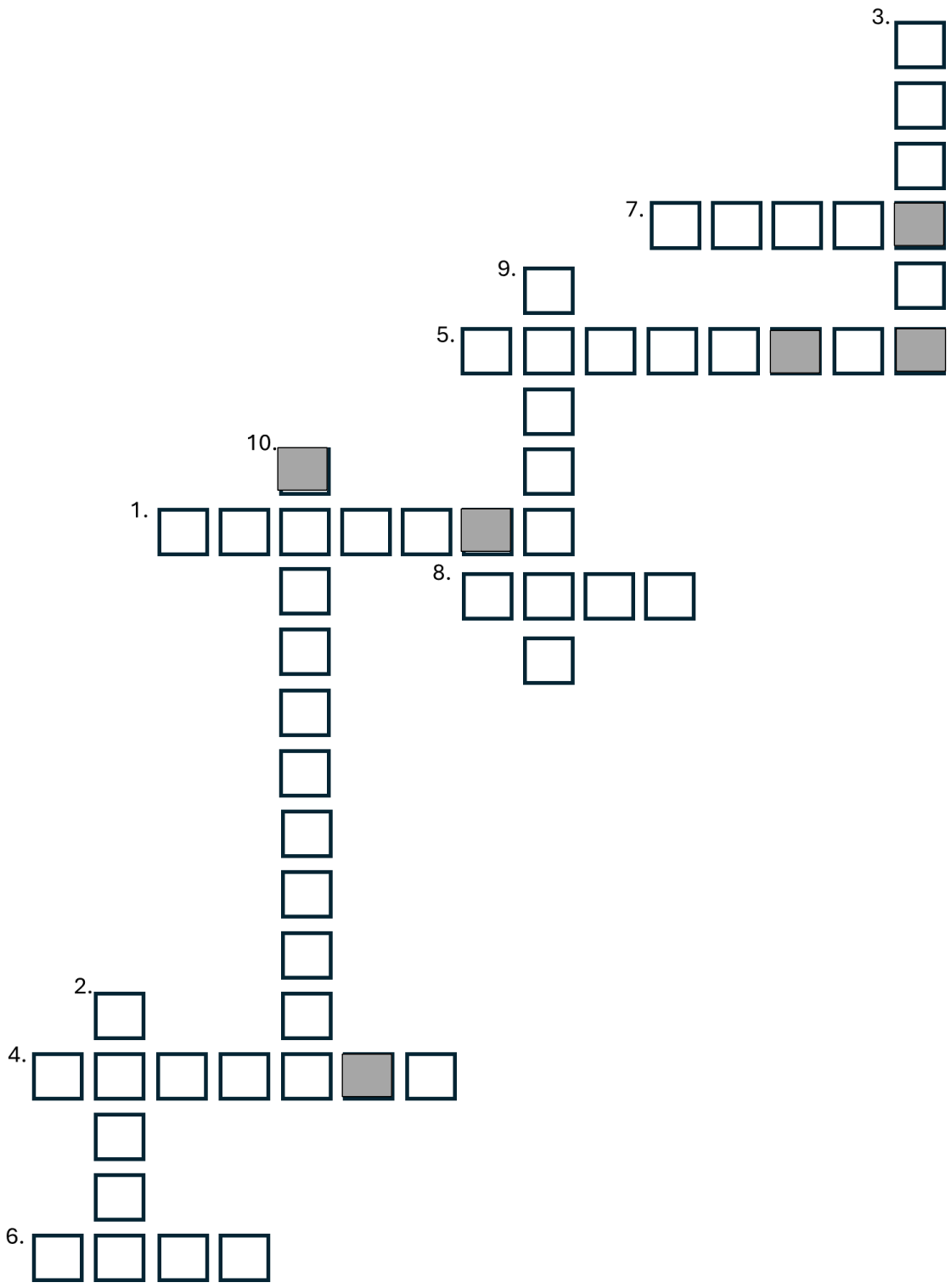
BTS NEST ESCAPE ROOM 2026

Your responsibility is to investigate the symptoms Marcus is experiencing and to retrace his recent activities to identify the underlying cause of his condition.

1. **Please complete the crossword below to finish the introductory paragraph.**

After a long week at work, Marcus treated himself to dinner on **3.** at a trendy new **2.** bar downtown. He'd already eaten out several times during the week - grabbing a quick **1.** wrap from a street vendor on **4.** and enjoying grilled **6.** at a local bistro on **5.**. However, within an hour of finishing his meal on **3.**, Marcus began to feel unwell. He was more **7.** than usual, a dull ache settled in his side, and his stomach **9.** with a vague discomfort he couldn't quite place. His skin looked oddly pale, and he felt **10.** and **8.**. Alarmed at the discomfort, he phoned 111 for advice.

To make it to the next worksheet, unscramble the highlighted letters in the crossword boxes below.



1. **Scared**
2. **Raw dish ‘us his’**
3. **Day off? Sounds like it’s fried**
4. **Sounds like you choose a day**
5. **Hurts day? Rearranged it’s the one**
6. **Aquatic animal with gills and fins**
7. **Exhausted**
8. **Lacking strength**
9. **Stirred vigorously**
10. **Feeling dizzy**

2. **On the phone to 111 they ask many questions to be able to understand what is going on. Complete the questions based on your answers to the crossword.**

    - When did you first start feeling unwell?

    - What were your initial symptoms?

    - How do you feel now?

    - Have you eaten anything recently that may have caused these symptoms?

Clinical Biochemistry

You have been sent a copy of Marcus' blood work, but unfortunately, the file appears to be corrupted. Luckily, you are familiar with the hospital's digital scrambling procedure and can work back the test names. Shift each letter of the scrambled text by X number of positions down the alphabet to decipher the test results.

Scrambled text	**Result**	**Normal Range**
GSFIAQFSOHWBWBS	120 µmol/L	59 – 104 µmol/L
SUTF	85ml/min/1.73m^2	≥90 mL/min/1.73m^2
DCHOGGWIA	6 mmol/L	3.5-5.5 mmol/L
GCRWIA	128 mmol/L	133-146 mmol/L
IFSO	2.2 mmol/L	2.5 – 7.8 mmol/L
PWZWFIPWB	25 µmol/L	0 – 21 µmol/L
OZPIAWB	30 g/L	35 – 50 g/L
HCHOZDFCHSWB	56 g/L	60 – 80 g/L
ZRV	262 U/L	< 250 U/L
VODHCUZCPWB	0.24 g/L	0.3 – 2 g/L
OZH	72 IU/L	10 – 60 IU/L
OZD	141 IU/L	30 – 130 IU/L
UUH	40	<55 IU/L
WBHSFBOHWCBOZBCFAOZWGSRFOHWC	2	0.8 to 1.2

Last software update: December 12th, 2012

To get the next worksheet: what seems to be out of range in Marcus' blood work?

(Deciphering matrix is on the next page)

	A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z
A	A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z
B	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z	A
C	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z	A	B
D	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z	A	B	C
E	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z	A	B	C	D
F	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z	A	B	C	D	E
G	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z	A	B	C	D	E	F
H	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z	A	B	C	D	E	F	G
I	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z	A	B	C	D	E	F	G	H
J	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z	A	B	C	D	E	F	G	H	I
K	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z	A	B	C	D	E	F	G	H	I	J
L	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z	A	B	C	D	E	F	G	H	I	J	K
M	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z	A	B	C	D	E	F	G	H	I	J	K	L
N	N	O	P	Q	R	S	T	U	V	W	X	Y	Z	A	B	C	D	E	F	G	H	I	J	K	L	M
O	O	P	Q	R	S	T	U	V	W	X	Y	Z	A	B	C	D	E	F	G	H	I	J	K	L	M	N
P	P	Q	R	S	T	U	V	W	X	Y	Z	A	B	C	D	E	F	G	H	I	J	K	L	M	N	O
Q	Q	R	S	T	U	V	W	X	Y	Z	A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P
R	R	S	T	U	V	W	X	Y	Z	A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q
S	S	T	U	V	W	X	Y	Z	A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R
T	T	U	V	W	X	Y	Z	A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S
U	U	V	W	X	Y	Z	A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T
V	V	W	X	Y	Z	A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U
W	W	X	Y	Z	A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V
X	X	Y	Z	A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W
Y	Y	Z	A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X
Z	Z	A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y

Clinical management

Ready to put your clinical management skills to the test? See how much you know about handling liver toxicity and haemolysis. Choose the correct answer for each scenario or question below.

1. When managing a patient with suspected liver toxicity and haemolysis, what is the first priority?

F) Begin IV fluids

C) Start N-acetylcysteine (NAC)

N) Stabilise airway, breathing, circulation (ABCs)

H) Perform a toxicology screen

2. How often should you monitor blood count, liver function tests, and electrolytes in these patients?

J) Once per admission

P) Daily/ every 24 hours

O) Every 6-12 hours

A) Every 2 hours

3. Which of the following tests helps screen for haemolysis?

A) Serum amylase

X) Peripheral smear

L) Troponin levels

U) Chest X-ray

4. Why are IV fluids important in the management of haemolysis?

E) To maintain blood pressure and oxygen saturation

I) To prevent haemoglobin-induced kidney injury and maintain renal perfusion

D) For rapid rehydration only

U) To treat liver inflammation

5. What medication is recommended for managing acute liver failure or suspected oxidative liver injury, even if not caused by acetaminophen?

B) Paracetamol

E) Aspirin

O) N-acetylcysteine (NAC)

S) Plasma exchange

6. Which intervention is considered if a patient with severe haemolysis develops acute kidney injury?

A) Plasma exchange

U) Haemodialysis

T) Liver transplant

G) Blood transfusion

7. What lifestyle adjustments should patients make during recovery from liver toxicity and haemolysis?

L) Avoid alcohol, hepatotoxic drugs, and herbal supplements

E) Take more herbal supplements

S) Increase exercise routines

N) None required

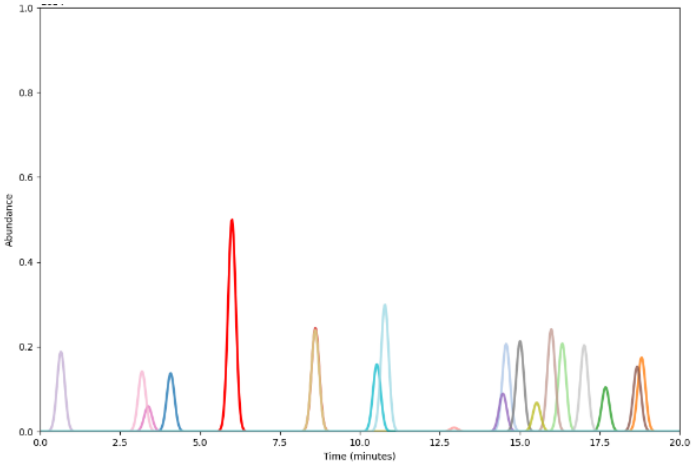
To get the next worksheet: use the answers to each question to spell out a word

Chromatograms

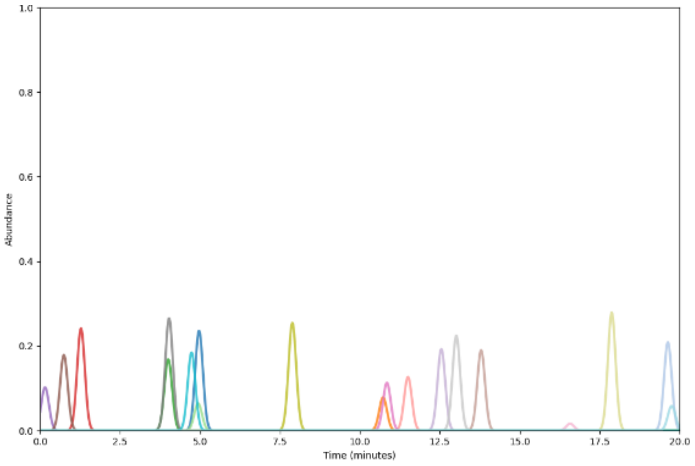
You have received blood work from 5 different patients and results for 3 Food samples from restaurants, which were sent to the laboratory for analysis using Liquid Chromatography-Mass Spectrometry. Your task is to determine contaminated food by analysing the data.

Food Samples from the restaurants Marcus visited

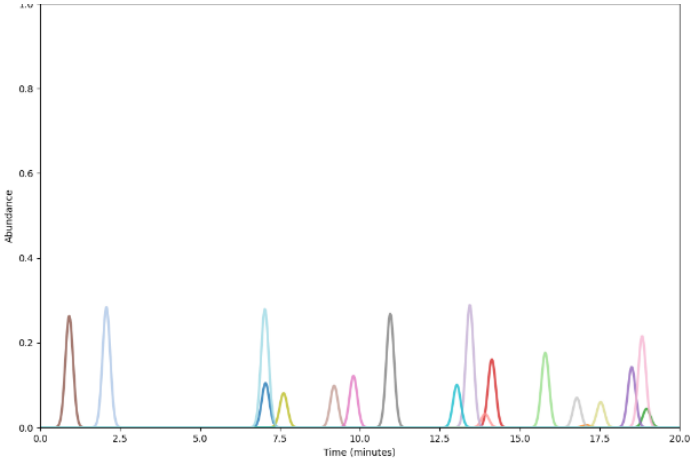
Local Bistro



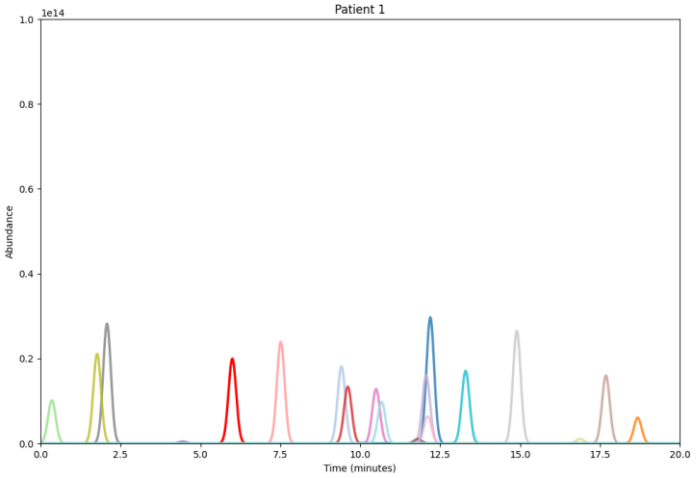
Sushi bar

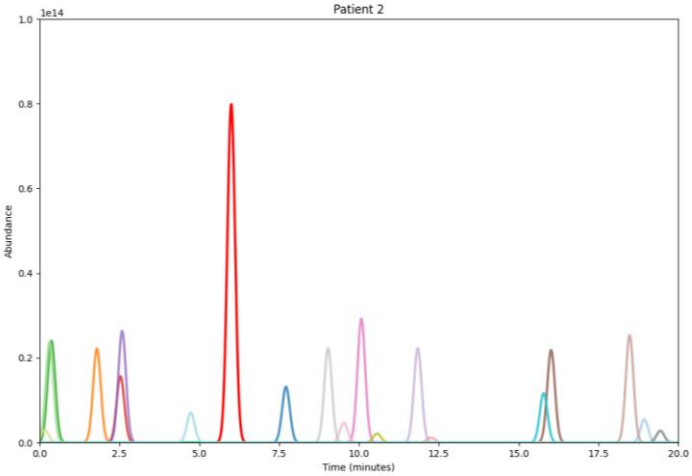


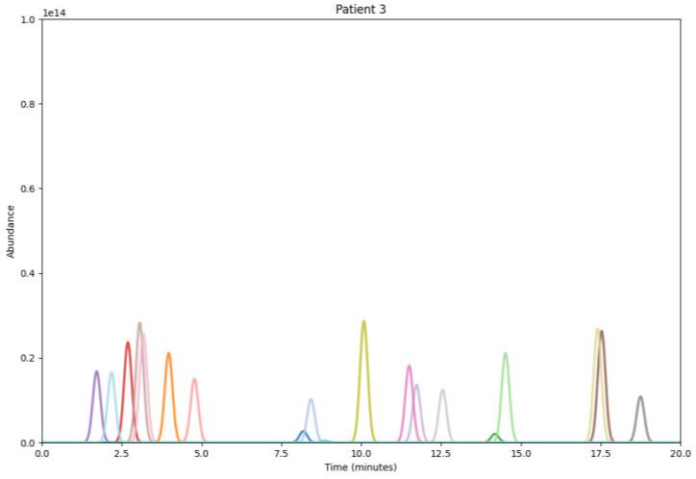
Street vendor

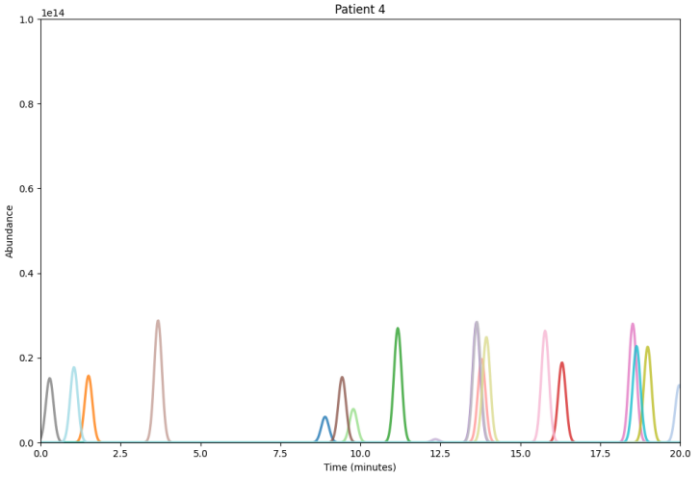


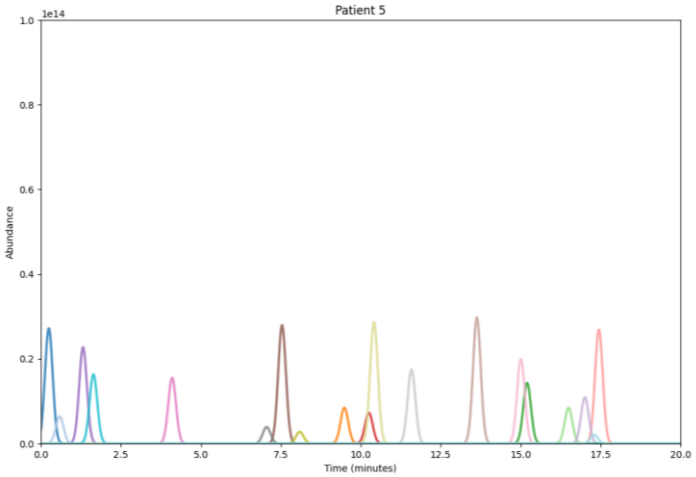
Historical Patient Blood Analysis











To get to the next worksheet: Use the chromatograms of historical patients and the patient symptom fact sheets to identify the place and food that could have contaminated him

Catch time

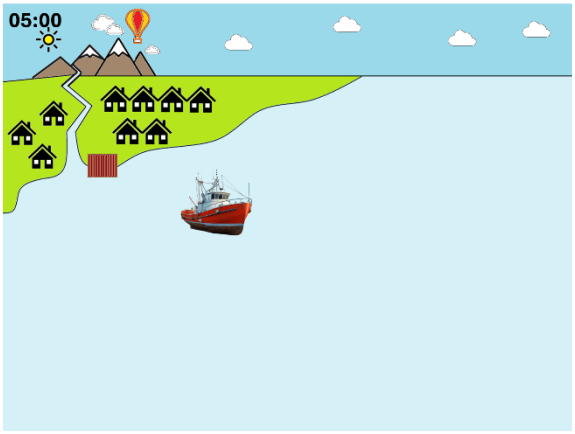
You now know what Marcus ate and where he ate contaminated food. The fact sheets should also give you a clue into what may have contaminated Marcus' food.

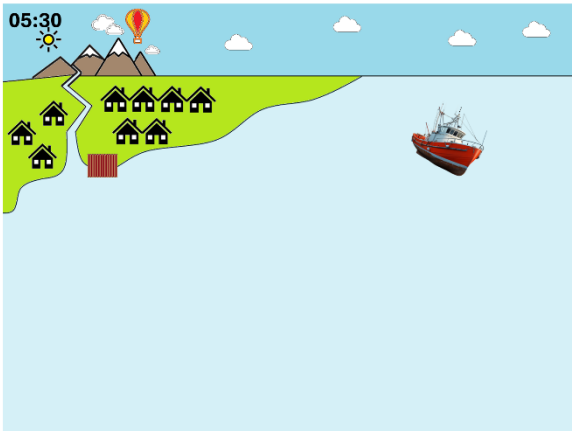
It has been 3 hours, and Marcus's symptoms start to deteriorate. He is sweating, has blurred vision and has muscle numbness. It is critical that you find out what has poisoned him and how!

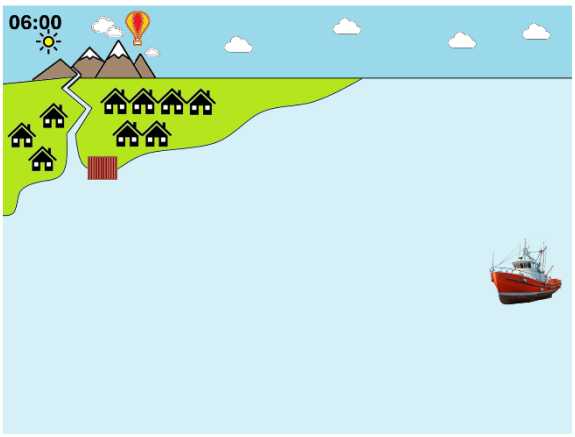
You have received aerial views detailing the trip of the fishing ship, the migration of a population of sea snails, and the movement of an oil spill in the nearby river, where fish and seafood are caught to serve local restaurants.

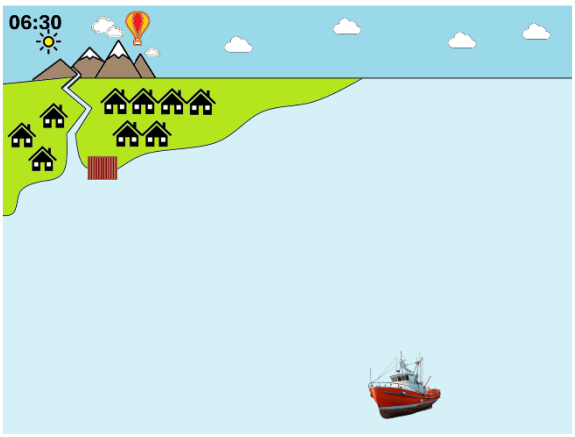
To get to the next worksheet: Can you identify the time frame of the catch that might have caused the poisoning?

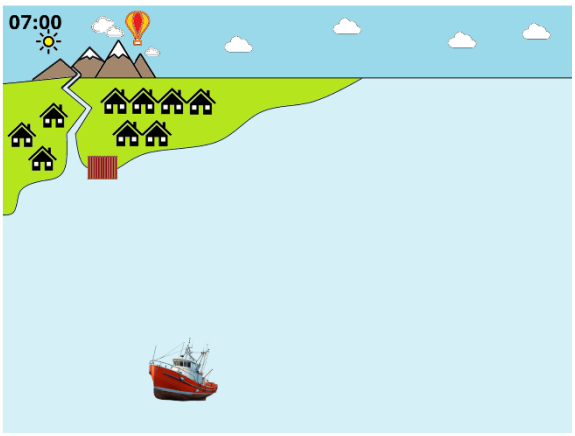
Fishing Boat Course

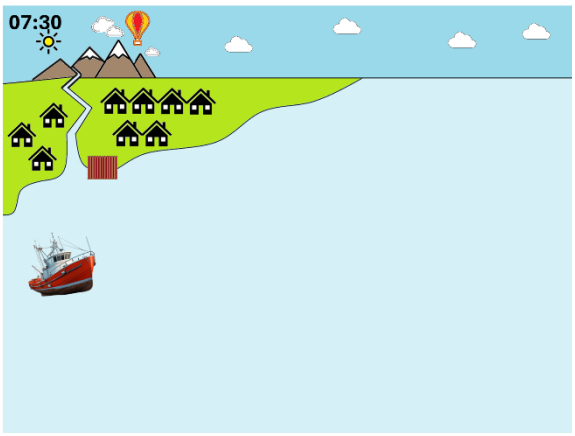




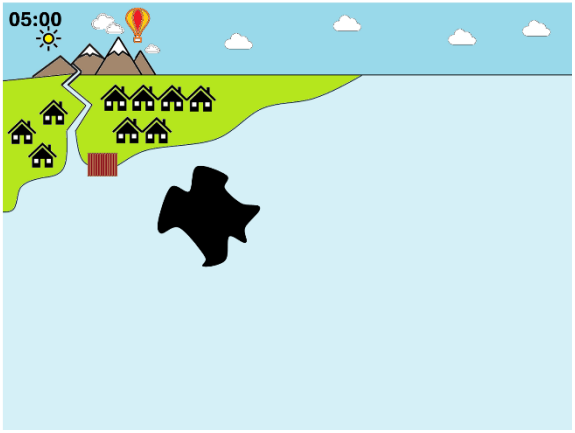


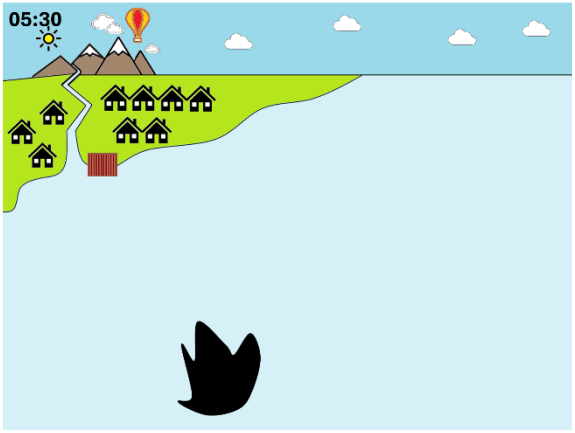


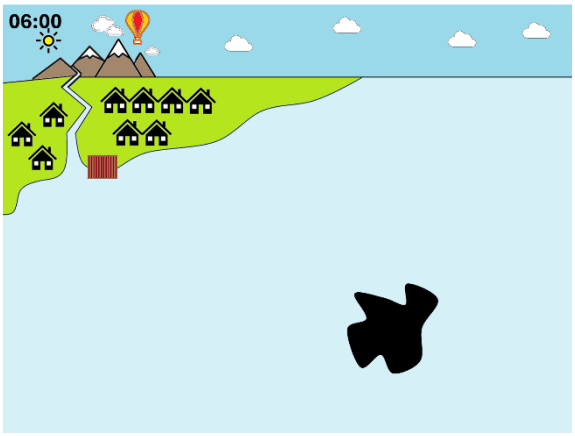


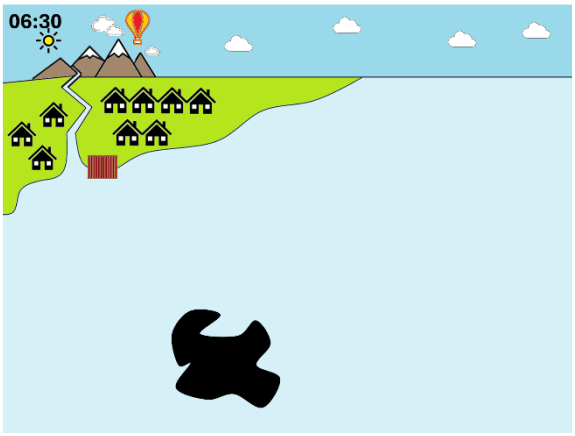


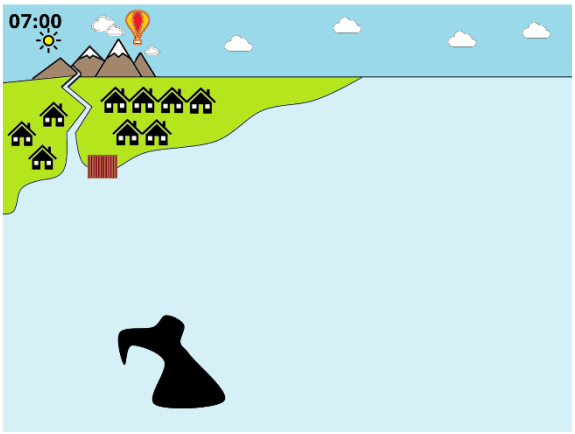
Oil Spill Movements

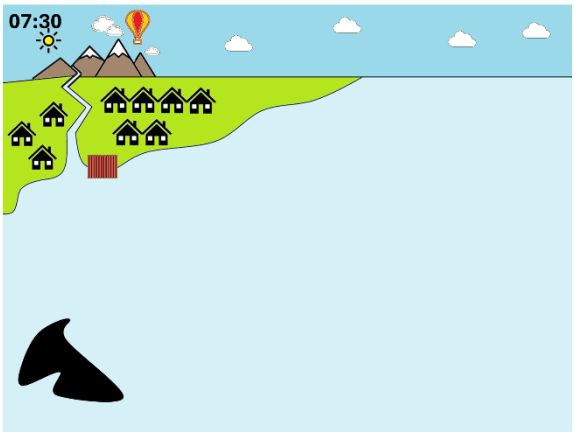




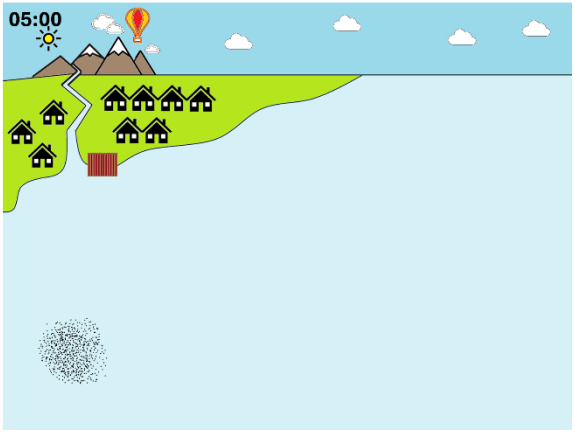


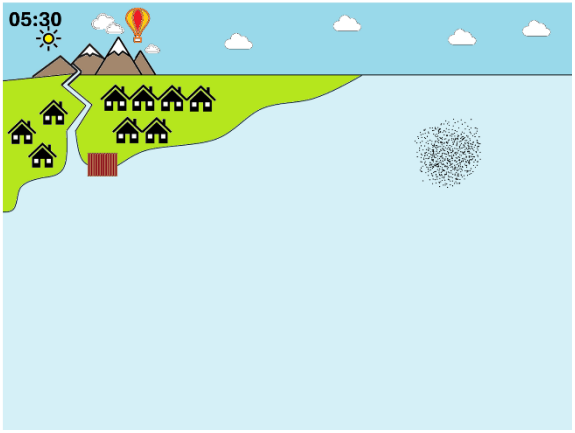


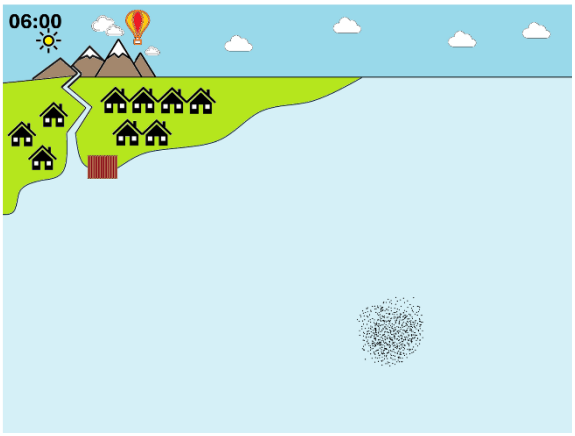


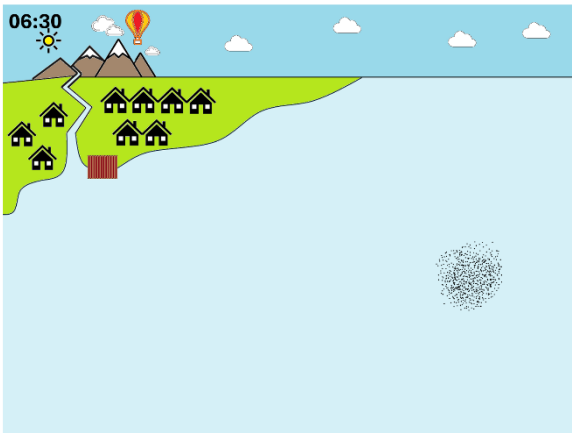


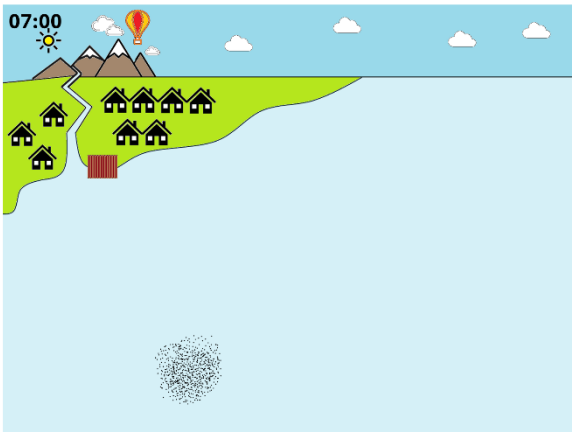
Sea Snail Migration

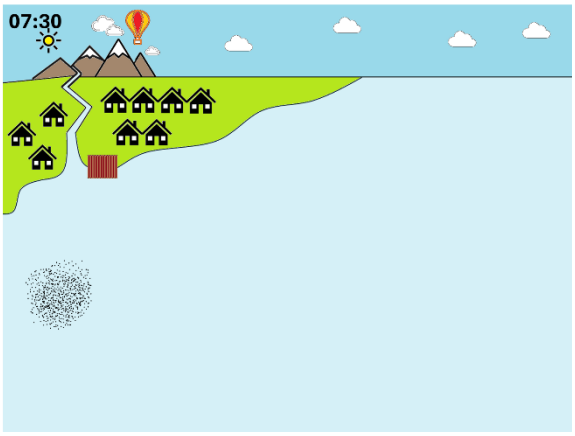












To win the game you will need to know:

1) **The place**
2) **The food**
3) **What caused the toxicity**