



oneED

Pod Huddle – Shift Rules

1. The priority today is that we keep our patients safe.
2. We will make sure we look out for our team mates.
3. Let's have the shift of our lives!



Take a brain break

while you wait for your blood gas to process

1. Breathe in deeply and say “ah” as you exhale. This interrupts your thoughts and emotions and brings you into the present moment.
2. Notice any tight areas – perhaps in your chest – and then notice your breath again.
3. You are okay. Everything is okay. Now check that gas.