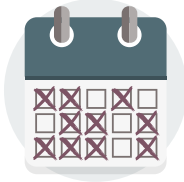


7 TIPS FROM A LONGTIME ICU NURSE

The following tips were provided by **Michael Kirk, MSN, RN, CNML** a longtime ICU nurse. With 25+ years of experience, Mike told us how he sustains his mind, body, and spirit in critical care.



1. Spread Out Your Shifts

There are plenty of benefits of an 8-hour (rather than 12-hour) shift. It allows those to live a healthier, more balanced life.



2. Make Sure to Have the Equipment Before Going In

It's encouraged that nurses gather their equipment before entering patient rooms – a simple but powerful tip.



3. Get Involved

Actively participating in things like policy change and decisions related to hospital culture, can allow nurses to feel more engaged, and frankly, happier, even when circumstances are tough.



4. Lift Less

ICU nurse resources are often lacking, contributing to musculoskeletal injuries that are common among caregivers. Products like HoverMatt® SPU reduce the force needed to move a patient by an astounding 80-90%.



5. Never Skip Bedside Shift Reports

Completing bedside reports with incoming nurses at the end of every shift can even attribute to job satisfaction and less stress.



6. Read Doctors' Progress Notes

Continuing education doesn't have to happen in a classroom – and can improve job performance and outlook.



7. Learn How People Communicate

Take quizzes like DISC profile, The Myers-Briggs Type Indicator and the Enneagram of Personality to learn what makes you and others tick.