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.