

# Alex B. Criswell

## Project Design Document

Includes the following sections.

- Outline
- Blueprint
- Learning Outcomes
- Research
- Case Study
- Time Log

### Note

- Project Information and Goal/Blueprint grids adapted from IDOL courses.
- *Case Study template adapted from IDOL courses.*

## Composing an SBAR

### Overview

- **Purpose:** To teach healthcare workers on the SBAR method.
- **Description:** This presentation provides an overview of the SBAR method and how it relates to the healthcare industry. An opportunity to complete an SBAR in a worksheet is provided.

## Project Information

|                                  |   |
|----------------------------------|---|
| <b>Project Title</b>             | Composing an SBAR                         |
| <b>Tools used in Development</b> | Microsoft Word, Canva                     |
| <b>Time in Development</b>       | 1.5 days                                  |
| <b>Client</b>                    | Bethel Native Medical Clinic (fictitious) |
| <b>Collaborators</b>             | Dr. Ann Sabin, DNP, Director of Nursing   |

## Topic Analysis

|                  |   |
|------------------|---|
| <b>Audience</b>  | Healthcare Workers, specifically clinical staff, such as administrative assistants, nurses, nurse practitioners, and doctors.   |
| <b>Problem</b>   | The business desired a presentation on the SBAR method given that this process is critical to the Nursing Process.  |
| <b>Solution</b>  | A presentation was created in Canva utilizing content from the world wide web and public domain.  |
| <b>Resources</b> | (n.d.). ASQ. SBAR.<br><a href="https://asq.org/quality-resources/sbar#:~:text=SBAR%20Example&amp;text=Situation%3A%20The%20patient%20has%20been,Usual%20interventions%20are%20ineffective">https://asq.org/quality-resources/sbar#:~:text=SBAR%20Example&amp;text=Situation%3A%20The%20patient%20has%20been,Usual%20interventions%20are%20ineffective</a><br><br>(n.d.). Wikipedia. SBAR. <a href="https://en.wikipedia.org/wiki/SBAR">https://en.wikipedia.org/wiki/SBAR</a> |

# Outline

1. Composing an SBAR
2. Overview
3. History
4. SBAR Uses in healthcare
5. Before Beginning an SBAR
6. Medical-based Information
7. Elements of an SBAR
8. Example SBARs
9. Effects of Use
10. Limitations
11. SBAR Worksheet
12. References
13. Course Design and Copyright

# Goal Strategy Blueprint

## Lesson Strategy - Course Planning

| Starting Point            | Milestone 1               | Milestone 2               | Milestone 3               | Goal                      |
|---------------------------|---------------------------|---------------------------|---------------------------|---------------------------|
| Someone at this stage is: | Someone at this stage is: | Someone at this stage is: | Someone at this stage is: | Someone at this stage is: |

|  |  |  |  |   |
|--|--|--|--|---|
| Learner has no context regarding the SBAR process.   | Learner will be able to recall the history of the SBAR process and its uses in healthcare. | Learner is able to summarize the elements of an SBAR.              | Learner is able to recall the SBAR process and review the effects of use and limitations.    | Given the use of a worksheet, the Learner is able to apply the SBAR process to a personal topic or situation.                                     |
| <b>To get to the next stage:</b>   | <b>To get to the next stage:</b>   | <b>To get to the next stage:</b>                                   | <b>To get to the next stage:</b>   | <b>Goal Assessment</b>  |
| Learner will review foundational information of the SBAR process, as well as the history of it.<br><br>Learner will be introduced to the uses of SBAR within healthcare. | Learner will be introduced to the different elements of the SBAR process.                  | Learner will review effects of use and limitations regarding SBAR. | Learner will review example SBARs in order to apply the SBAR process to their own situation. | Complete a worksheet  |
| <b>Content Ideas</b>   | <b>Content Ideas</b>   | <b>Content Ideas</b>   | <b>Content Ideas</b>   | <b>Overall Goal</b>   |
| Stock images and text.   | Stock images and text.   | Stock images and text.   | SBAR Worksheet   | By the end of this presentation, learners will be able to apply and evaluate the SBAR method to a personal topic or situation with 100% accuracy. |

## Learning Outcome

### Terminal Outcome

- By the end of this presentation, learners will be able to apply and evaluate the SBAR method to a personal topic or situation with 100% accuracy.

# Research

## Composing an SBAR

### **What is SBAR?**

A technique that can be used to facilitate prompt and appropriate communication.

- S - Situation
- B - Background
- A - Assessment
- R - Recommendation

## Overview

SBAR has gained popularity in healthcare settings as it is a way for health care professionals to communicate effectively with one another.

### **Benefits**

- Important information can be transferred accurately.
- Allows for short, organized and predictable flow of information.
- SBAR has been suggested as a means to overcome problems by applying a system and structure to the presentation of information.

## History

SBAR was first utilized for nuclear submarines by the military, and later adopted by the aviation industry.

### **How SBAR Became Widely Used in Healthcare**

- SBAR was introduced to rapid response teams (RRT) at Kaiser Permanente in Colorado in 2002, to investigate patient safety.
- The main purpose was to alleviate communication problems traced from the differences in communication styles between healthcare professionals.
- SBAR was later adopted by many other health care organizations.

## SBAR Uses in Healthcare

The Royal College of Physicians of London, UK, recommends the use of SBAR during the handover of care between medical teams when treating patients who are seriously ill or at risk of deteriorating.

SBAR is an included tool in the Interventions to Reduce Acute Care Transfers (INTERACT II) project, a US measure to reduce rehospitalization among residents of long-term care (LTC) facilities.

SBAR is one of the most popular and recommended handover mnemonic systems in use within healthcare.

## Before Beginning an SBAR

A few things are necessary for a health care professional to know before beginning an SBAR conversation.

- A thorough assessment of the patient should be done.
- The patient's chart should be on hand with a list of current medications, allergies, IV fluids, and labs.
- Vital signs should be completed before making the call, and the patients code status should be known and reported.

## Medical-based Information

Examples of medical-based information include:

- Date and reason for admission
- Most recent vital signs and vital signs outside of normal parameters

- Current medications
- Allergies
- Labs
- Code status and other clinically important information

## Elements of an SBAR

### Situation

#### **Goal**

Determine and communicate the:

- What (is going on)
- Why (professionals are needed)
- Status (such as chest pain or nausea).

#### **Key Points**

- Become familiar with the environment and the patient.
- Identify the problem and concern. Provide a brief description of the scenario.
- Be brief as this assessment should last no more than 10 seconds.
- Provide patient information - name, age, sex, and reason for admission.

### Background

#### **Goal**

Identify and provide the diagnosis or reason for the patient's admission, their medical status, and history.

## **Key Points**

- Determine the reason or context of the patient's visit.
- Prepare the patient's chart.
- Provide important medical-based information to set up the assessment of data.

## Assessment

### **Goal**

At this stage, the situation is surveyed to determine the most appropriate course of action.

### **Key Points**

- The medical professional states what they believe the problem is based on current assessments and medical findings.
- The assessment should include a focused assessment of problem areas, all lines coming in and out of the patient's body, input and output, bowel and bladder, nutrition, and pain status.
- Any impertinent information is avoided unless asked for.

## Recommendation

### **Goal**

Health care professionals give very precise and descriptive explanations on exactly what they need.

### **Key Points**

- Possible solutions are discussed.
- An explicit statement of what is required, how urgent, and what action needs to be taken is critical.
- Prepare to be able to answer any question the physician may ask.



- Discussion with another colleague may help.
- Before contacting a physician, review information about medical records, medication, administration records, and patient flow.

## Example SBARs

### Example SBAR 1

Below is a basic example of how SBAR communication can be used in a healthcare setting, but SBAR can be used as a leadership communication tool in any industry.

#### **Situation**

The patient has been hospitalized with an upper respiratory infection. Respiration are labored and have increased to 28 breaths per minute within the past 30 minutes. Usual interventions are ineffective.

#### **Background**

The patient is a 72-year-old female with a history of congestive heart failure and chronic obstructive pulmonary disease. Her husband has requested to be notified if the patient's condition changes.

#### **Assessment**

Patient's breathing has deteriorated in the last 30 minutes. Usual interventions (i.e., inhaler, oxygen, breathing treatments) have been ineffective and are not relieving symptoms.

#### **Recommendation**

Consider intubation immediately. Call physician STAT or initiate Rapid Response Team.

(ASQ, n.d.)

### Example SBAR 2

This is a direct example that shows how SBAR communication is used in a hospital setting involving communication between a preoperative nurse and operating room nurse to effectively assess and diagnose the patient and correct the problem.

### **Situation**

"Mary, I'm going to be sending Mr. Porter over to you in a few minutes for repair of his fractured ankle. I want you to know what's going on with him. I'm concerned about his emotional status. I've also alerted Dr Anesthesiologist and Dr Surgeon about my concern, but they have agreed to go ahead with the surgery because he needs this procedure to salvage his foot."

Background

### **Background**

"He was in an auto accident last Friday, and his wife was killed. His children are all at the funeral home making arrangements for her burial. He's made some comments about not wanting to live. His vital signs are stable; the foot is cool and slightly mottled. We've just given him some Versed."

### **Assessment**

"I think his emotional status is such that this will be a very difficult period of time for him, especially during induction and awakening from anesthesia."

### **Recommendation**

"I suggest that you meet him as soon as possible and stay with him during induction and emergence from anesthesia."

(Wikipedia, n.d.)

## **Effects of Use**

- Provides for more effective and enhanced family and patient outcomes.
- Using SBAR when producing bedside reports increases patient and family satisfaction and increases their level of comfort when dealing with outlying situations.
- Allows nurses to be more effective when giving reports outside of the patients room.
- Standardizes information to be given and ensures reporting is concise, objective and relevant.

- Improved the communication relationship between doctors and nurses which caused an increase in the overall health of patients.
- Used in quality improvement projects to examine ways of avoiding hospitalizations.

## Limitations

- If the recipient is unfamiliar with the concept of SBAR.
- SBAR knowledge requires thorough education about the subject matter complete with necessary follow-up. A supportive environment, role-playing, and a skills assessment may help with the process.
- Further emphasis must be given on recommendation as the R in SBAR has been the weak point of assessments. Giving advice to physicians on what to do is found to be intimidating for some.
- Health care professionals and units must find an alternative way to deal with the patients and their families decisions if they chose not to be awakened and involved in bedside charting and SBAR assessment.
- Make plans to share new or sensitive information before or after bedside report and not in front of the patient/family if it has not been disclosed.
- Using SBAR communication when bedside charting causes a disadvantage for itself through the sharing of confidential information with the patient where it could be over heard by other patients.

## References

(n.d.). ASQ. SBAR.

<https://asq.org/quality-resources/sbar#:~:text=SBAR%20Example&text=Situation%3A%20The%20patient%20has%20been,Usual%20interventions%20are%20ineffective>

(n.d.). Wikipedia. SBAR. <https://en.wikipedia.org/wiki/SBAR>

# Case Study

## Background – Context

Bethel Native Medical Clinic is a small nursing clinic located in Bethel, Alaska which offers health services to the indigenous communities. The clinic desired an eye catching presentation regarding a topic from the Nursing Process.

## Challenge

The business desired a presentation on the SBAR method given that this process is critical to the Nursing Process. The director wanted to ensure the staff understood the process in a uniform manner in order to effectively communicate needs across the clinic.

## Solution

The SBAR Content, from Wikipedia, in the Public Domain, was suggested to be used when designing the presentation. Dr. Sabin desired the content to be eye-catching as she planned to use it during a live presentation.

## Results – Reflection

Initially, a SBAR worksheet was not included, but after feedback was received, it was implemented. Dr. Sabin was happy with the change as she did plan to have a group activity regarding the SBAR process. This made the visual instructions easier for the group since it was already included in the presentation.

## Time Log

- Research
  - 2 h
- Objectives - Blueprint
  - 0.5h
- Case Study
  - 0.5h
- Media
  - 9h