

Survive and Thrive in the ED



Look after yourself



- Take Breaks
- Eat Food
- Rest
- Leave on time

Make sure you have a GP



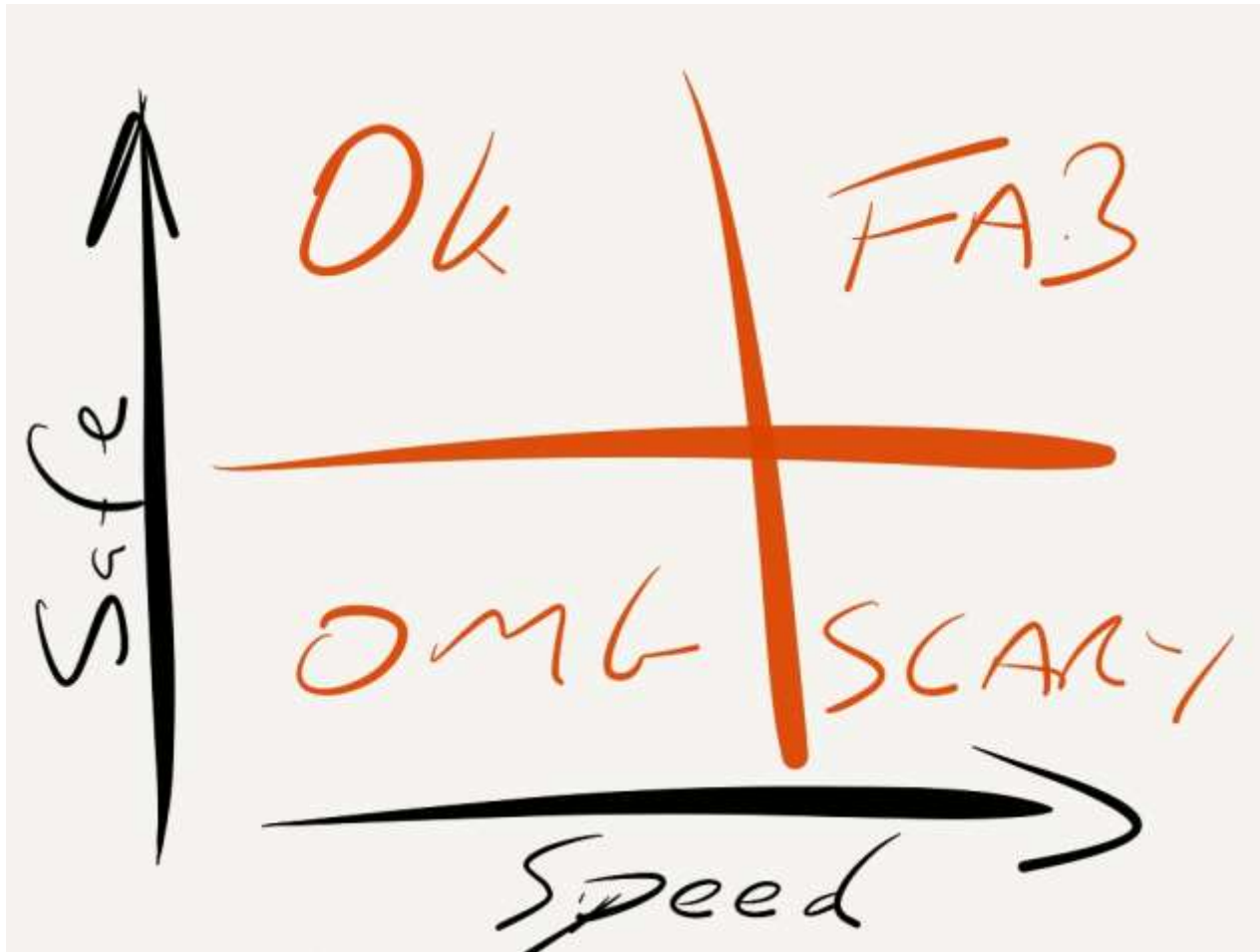
Don't cherry pick patients....



Reflect on the patients you see



Speed vs Safety – get the balance right



Raise concerns

Graduated series of phrases to use


1. "I am concerned"
2. "I am uncomfortable"
3. "This is unsafe"
4. "We need to stop"



Beware of interruptions



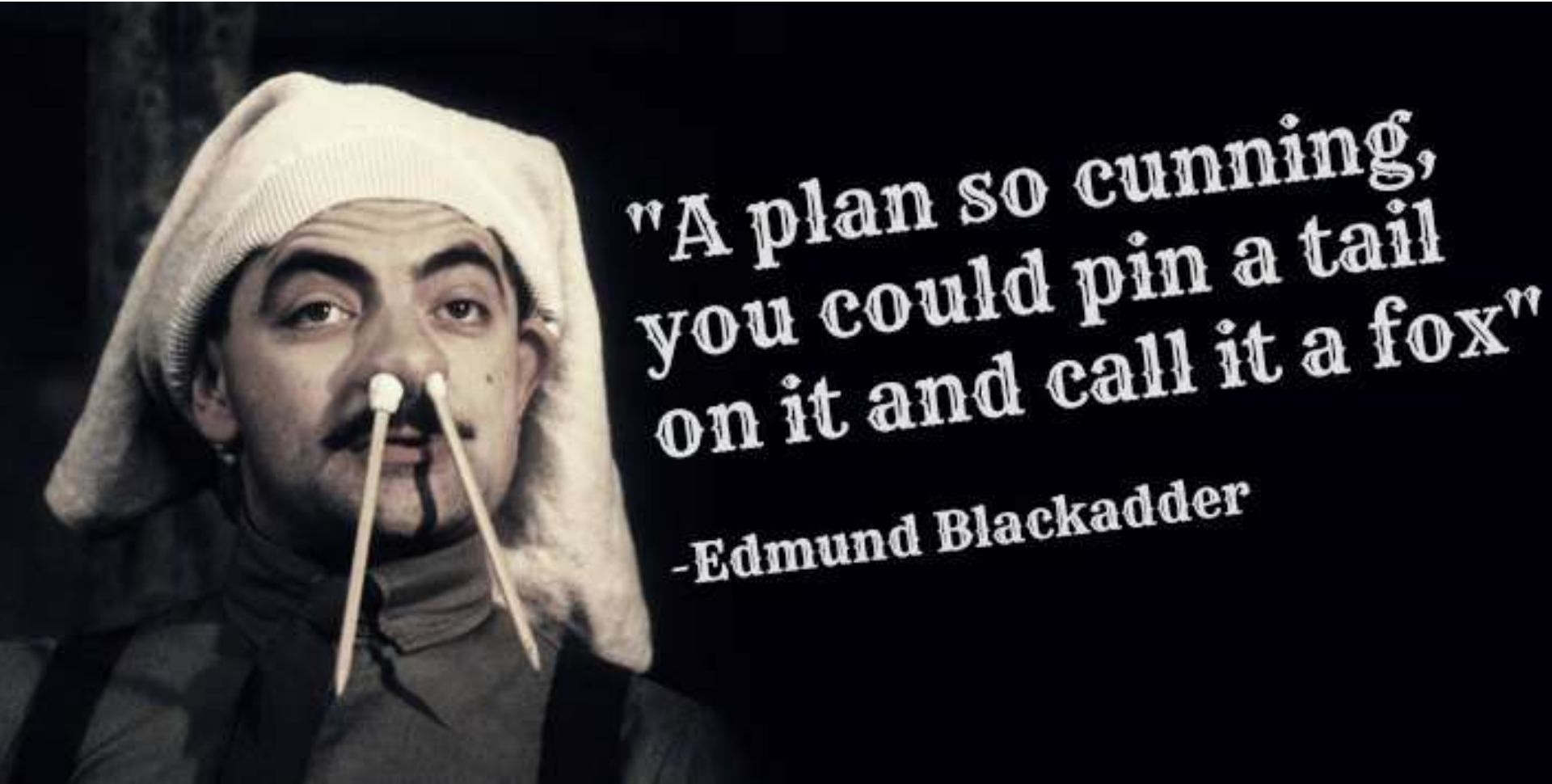
Introduce yourself (& the little things)

hello my name is...


Never be unprofessional about a colleague or service in-front of a patient



Concise plans (makes asking for help easy)



**"A plan so cunning,
you could pin a tail
on it and call it a fox"**

-Edmund Blackadder

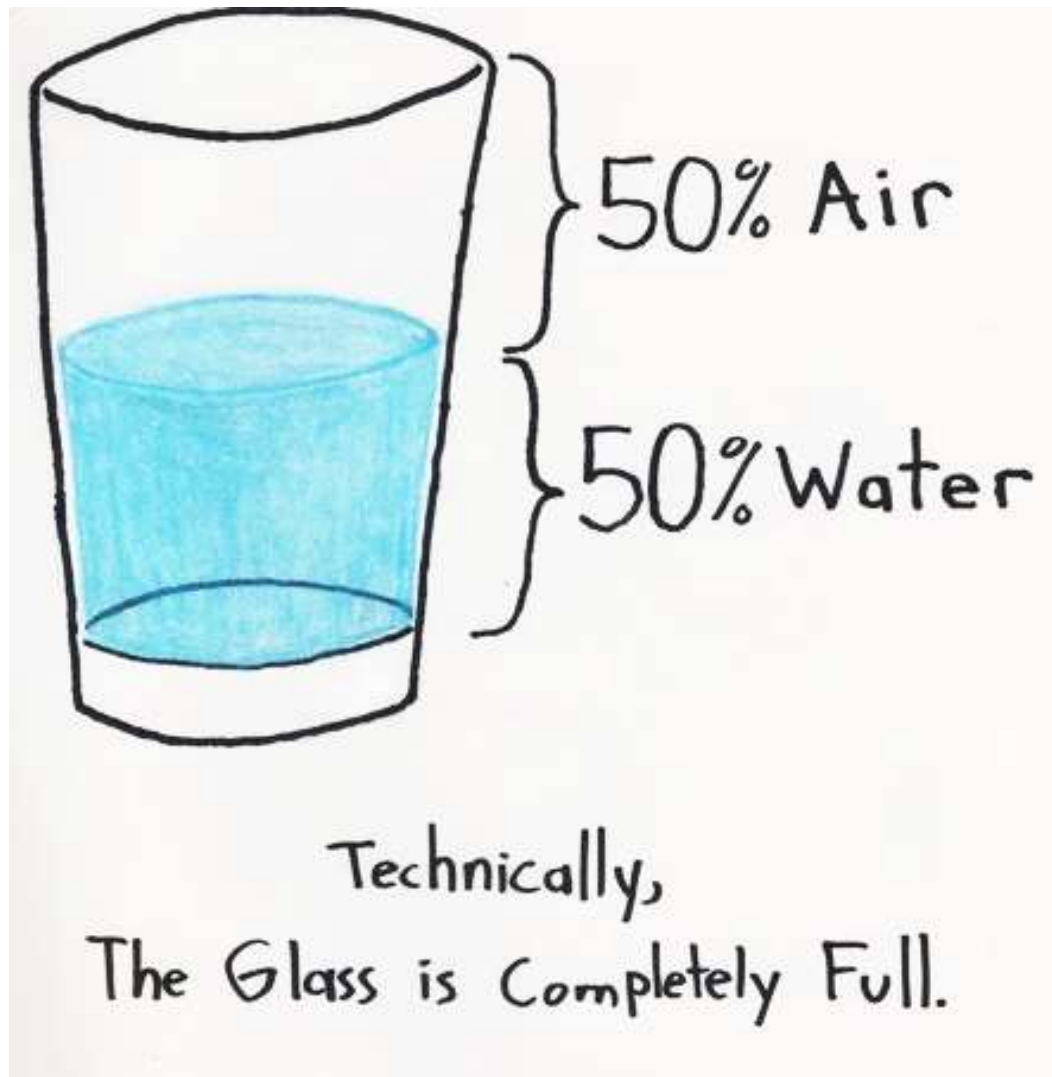
Get to know your colleagues



Beware confirmation bias and keep an open mind



Be keen (and an optimist)



Violence and aggression –
this is not tolerated!



Work within your own competencies



Missed diagnosis – we've all been there. Ask and get support.



Don't guess – Just ask



Bring in cake





HAVE
FUN!

