

### **A Day In the Life IDEO Card – Registered Nurse**

Wake up at 6, get ready for work. My lunch was pre packed the night before. Get to work around 650- since it's pandemic I have to change into hospital scrubs. Then I check in for work, get my temperature checked and do the covid survey to make sure I'm fit for work. Then I research my patients, get report from the nurse leaving, pull my meds, print my telemetry strips. Check in with my buddy and my nursing attendant so see how our workload is for the day. Initial rounds start at 730- do my initial vitals, head to toe assessments, morning medications. Once done all that, I try and chart as soon as possible incase my day gets busy. The rest of the shift depends on the patients needs- medication administration, prepping and sending for tests and surgeries, IV starts, dressing changes, patient education, repositioning, bed baths, assisting in ambulatory and physio. But still constantly checking for new doctors orders, trying to check in with the doctors themselves. Updating families cause no visitors at the moment. Checking with my co workers to see who's busy/who needs help, but also covering the unit clerk and charge nurse to cover the front desk. Mid shift I have to recheck my temperature and do the covid survey again. A lot of time at work is spent donning and doffing in PPE and cleaning basically everything we ever touch. My day ends at 1515 when I give report to the oncoming nurse and usually say bye to my patients so they know not to expect me.