

Template for an *Essentials* Teaching Resource

NOTE: *The teaching resource can be open source and/or self-created. If you are using an open source, please accurately cite your source(s) under the “Additional resources/Publication” section.*

Resource Title: Badge Buddies w/Wellness Dimensions & TeamsSTEPPS I’S SAFE

Domain & Competency Information

Domain	Competency	Sub-competencies
Domain 10: Personal, Professional, and Leadership Development	10.1 Demonstrate a commitment to personal health and well-being.	10.1a Demonstrate healthy, self-care behaviors that promote wellness and resiliency.
		10.1b Manage conflict between personal and professional responsibilities
		10.1c Contribute to an environment that promotes self-care, personal health, and well-being.

Entry or Advanced Level: Entry

Teaching Strategy: (*Highlight all teaching strategies used in this resource.*)

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| <ul style="list-style-type: none"> • Assessment Strategy • Case Study • Clinical Learning • Concept Mapping • Curriculum Mapping • Developmental Learning • Didactic Learning • Flipped Classroom • Integrative/Experiential Learning • Learning Modules | <ul style="list-style-type: none"> • Reflective Writing • Role-Playing • Rubric • Simulations • Virtual Learning • Webinar • Other: <u>The Well-being Badge Buddies serve as a reminder of the wellness dimension & safe nursing practice.</u> |
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Overview: (*Provide a brief overview of what the resource is. Maximum 2-3 sentences.*)

Students are provided 3 hours of didactic content on Teams/Teambuilding & TeamSTEPPS. Within the TeamSTEPPS training, the I’S SAFE mnemonic is highlighted for students make professional and prudent decisions about fit to practice nursing before and during a shift.

The other side of the badge buddy has a list of the wellness dimensions for students to remember, reflect on, and consider areas to address.

How to Use: *(Provide steps on how to use this resource.)*

Materials:

- Didactic content on Teams/Teambuilding & TeamSTEPPS
- Well-being Badge Buddy

Instructions:

- Didactic faculty provide didactic content on Teams/Teambuilding & TeamSTEPPS. Highlight the I'SAFE & DESC mnemonics to be applied to the individual as well as all healthcare team members.

Integrative Learning Strategies: *(Provide strategies on how the student should receive this teaching.)*

Learning Outcomes:

- Demonstrate effective decision-making on engaging a nursing practice before and during a shift.
- Demonstrate self-care behaviors (self-assessment, rested, breaks during the shift, hydration) when engaging in nursing practice before and during a shift.
- Demonstrate conflict resolution with patients, families, and healthcare team members when engaging in nursing practice during a shift.
- Demonstrate professional behaviors that contribute to a healthy work environment.

In this activity, each student is required to attach the Wellbeing Badge Buddy to the Student ID badge holder for reference when engaging in nursing practice.

Assessment Strategies: *(Provide tools or instructions on how to assess the student's learning outcomes.)*

- Clinical faculty will ensure each student is compliant with wearing the Wellbeing Badge Buddy.
- The student will arrive to clinical fit to practice.
- The student will apply the DESC tool when resolving conflict with a healthcare team member.

Exemplars: *(If applicable, share an exemplar or examples of what the outcomes should look like.)*

See attachment

Possible Courses: *(List courses in bullet form).*

- All clinical courses in an undergraduate program

Additional Resources/Publications: *(Properly cite and link all resources using [Chicago Author-Date style](#).)*

List all sub-competencies met with this teaching resources below. *(To view a list of all domain sub-competencies, visit: <https://www.aacnnursing.org/Essentials/Domains>.)*

Sub-competencies for entry-level professional nursing education (if applicable):
(Example: 6.1b Use various communication tools and techniques effectively.)

- See domains and competencies above.
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Date: 4/11/2023

Submission Process:

Save this file and upload it to the [online submission form](#).

Your submission will be peer reviewed. If approved, AACN will publish this resource within the [Essentials Teaching Resource Database](#).

If you have any questions, contact essentials@aacnnursing.org.