SYNDICA HEALTH · FOR NURSES

Shift Survival Kit

A one-page report sheet, a shift checklist, and a short list of free tools. Written by Andrew Bridges, FNP-C, for The Scrub Club.

This is a worksheet, not medical advice and not legal advice. The links go to other organizations. Syndica did not write their pages and does not run their programs. Check a link yourself, and check your own license, board, and employer rules before you use any of it.

Report sheet

Fill this out at the end of a shift, or during handoff. Keep patient names off this page and off your personal phone.

Date: _____

Unit / assignment: _____

Census or typical load (no names): _____

Staffing today (how many hands, in plain words): _____

What I walked into: _____

_____

What still needs doing: _____

_____

What I need the oncoming nurse to know (no patient identifiers):

_____

_____

Breaks I actually got: _____

Hours I worked: _____

One thing that went sideways: _____

_____

One thing that went right: _____

_____

Shift checklist

Before you walk in

- Water, a snack you will actually eat, and whatever you need for a long stretch.
- Badge, license, and anything your unit requires. If you float, know the camp you are walking into.
- A plan for report: what you will ask, not only what you will tell.
- If you are already running on empty, tell a charge nurse or a coworker you trust before the wheels come off.

During the shift

- Take the break. A skipped meal is not a badge of honor.
- Document as you go when you can. Do not rely on memory at 06:50.
- Ask for help early, not after you are already underwater.
- No patient names, photos, or details on a personal phone, in a group chat, or on social media.
- If the assignment feels unsafe, say it out loud to charge, write down the time, and follow your facility's process. This kit is not legal advice.

After you clock out

- Bathroom, water, and a minute that is actually yours.
- Hand off what matters. Leave the rest.
- If the shift sat on your chest, talk to a person you trust. If you are in crisis, call or text 988, or visit 988lifeline.org. You can also text HOME to 741741.
- Come by The Scrub Club when you want company that already knows the job.

Free tools worth bookmarking

These are third-party sites. Some need a free account. Confirm CE credit with your own board. Full list, with notes, is on the Syndica Health nurse resources page.

CDC TRAIN (free CE, free account)
https://www.train.org/cdctrain

Medscape (free account for CE and clinical reference)
https://www.medscape.com

NCLEX prep and test plans, from NCSBN
https://www.nclex.com/prepare

AANP certification
https://www.aanpcert.org/

ANCC certifications
https://www.nursingworld.org/our-certifications/

DailyMed, official FDA labels
https://dailymed.nlm.nih.gov/dailymed/

MedlinePlus drug information
https://medlineplus.gov/druginformation.html

LactMed, drugs and breastfeeding, from the NIH
https://www.ncbi.nlm.nih.gov/books/NBK501922/

MDCalc clinical calculators
https://www.mdcalc.com/

988 Suicide and Crisis Lifeline
https://988lifeline.org/

ANA nurse suicide prevention and well-being links
https://www.nursingworld.org/practice-policy/nurse-suicide-prevention/

Healthy Nurse, Healthy Nation
https://www.healthynursehealthynation.org/

Nursys license lookup and free e-Notify
https://www.nursys.com/

Nurse Licensure Compact
https://www.nursecompact.com/

HRSA Nurse Corps scholarships and loan repayment
https://bhw.hrsa.gov/programs/nurse-corps

The Scrub Club

A private Facebook group for nurses: RNs, LPNs, NPs, all of us. Request to join:

https://www.facebook.com/groups/1141723261550490

Wednesdays are for Vent and Win: one thing that went sideways, one thing that went right. No patient information.

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