

Mutual Support Exercise Sheet

INSTRUCTIONS:

With guidance from your TeamSTEPPS instructor, perform the following script as a demonstration of the concept of Mutual Support.

Two nurses are at the desk during a brief lull in a busy day. They notice another nurse racing busily from the supply area to the gurneys, glancing over at them as she passes.

Nurse #1: "Let's see whether Maureen can use some help."

Nurse #2: "My patient will be back from X Ray in just a few minutes, and I hate to get tied up. Besides, Maureen doesn't usually accept help from anyone."

Nurse #1: "Come with me. I'll show you how it's done."

(Nurse #1 approaches Nurse #3.)

Nurse #1: "Maureen, I can see you're busy. I have about 5 minutes before my patient gets back from X Ray. I can start this IV for you while you tend to your other patient if you like."

Nurse #3: "Thanks. The IV is set up. You just need to start the line."

(Nurse 3 exits.)

Nurse #1: "The key to offering assistance is being clear about how much time you have and what tasks you're able to pick up."