

## SBAR Practice Sheet

<b>S</b> ituation  <ul style="list-style-type: none"><li>• No longer than 8 – 12 seconds long</li><li>• Grab the listeners attention</li><li>• Convey immediate need</li></ul>	
<b>B</b> ackground  <ul style="list-style-type: none"><li>• Sets the context</li><li>• Only the relevant circumstances to this situation</li><li>• The facts that are known</li></ul>	
<b>A</b> ssessment  <ul style="list-style-type: none"><li>• What do you think the problem is</li><li>• Be specific</li></ul>	
<b>R</b> ecommendation  <ul style="list-style-type: none"><li>• What do you suggest be done / ordered / what will correct the problem</li></ul>	
	What questions do you have for me? I am here today until _____ (insert time) so if you have any questions please call ext XXXX and ask for _____ (insert name)

Hand-off:

This method applies to situations where patient care is “handed-off” from one provider to another or from one department to another. Because of the serious implications of this process, the opportunity to ask and answer questions must be included as well as a verification of the information received.

**Situation:** Identify self, unit, patient, date of birth and briefly state the problem, what is it, when it happened or started, and how severe.

**Background:** One only needs to convey information that is relevant to the issue. This section sets the context for what is being discussed. It should include relevant lab values, vital signs and recent medications so be prepared and have this information already gathered.

**Assessment:** Share what you think the problem is or an assessment of the situation.

**Recommendation:** Offer what you think needs to be done to correct the situation.

Include: “What questions do you have of me?” “I am here until \_\_\_\_\_. If you have questions later on call \_\_\_\_\_ and ask for me, \_\_\_\_\_.”

Verify the information is understood.

Source:

Arizona Hospital and Healthcare Association (2007) SBAR Communication Standardization in Arizona. Implementation Tool Kit. **Online:** [www.azhha.org](http://www.azhha.org)