

Putting it together

LEADING A TEAM

Leading a team during a stressful situation takes a careful balance between patience and assertion. The ability to quickly command attention, while remaining focused and efficient takes practice, but there are some techniques that can help.



Identify yourself as the leader

This will help to clarify who should provide instruction, and empower you into accepting the role. You may say something as simple as, "Hello, my name is... I will be leading this resuscitation".

Identify the situation

While it may seem obvious to some, it may not always be immediately clear to everyone what's going on. In order to focus everyone's attention, it is useful to explicitly identify the situation, for example, by saying "the patient is now in cardiac arrest".

Identify specific roles

Clearly defined roles help people focus on specific tasks during a stressful situation. Now, instead of feeling overwhelmed by every aspect of the situation, "oh no, my patient is dying", a person can focus their attention in a useful way, "I need to place an IV".