

Self-Check with STAR

The error prevention tool STAR stands for **Stop, Think, Act, Review**.

Stop	Stop for 1 to 2 seconds to focus on what you're about to do.
Think	Think through what you're about to do and pay attention to details. Be sure that you are about to perform the task correctly.
Act	Carefully perform the task with 100% concentration.
Review	Make sure that the task was performed correctly.

When we are pressured for time or are in a distractive environment, it is more likely that a mistake will be made if we act too quickly. STAR helps us self-check what we are about to do to avoid making mistakes.

The best time to use STAR is when you are transitioning from thought to action in a task. It helps prevent errors when we are completing skill-based tasks that are so routine and familiar that we sometimes forget to think the task through when we're doing it.

Here are some examples of when STAR could be used:

- Recalling and committing to using the safety procedures recommended for using Sharps devices
- Thinking through which medication you are prescribing or administering to a patient
- Reviewing other tests a patient has already had before prescribing one
- Making sure a patient is safe prior to leaving them unattended
- Reviewing which area of the patient needs surgery
- Determining which spreadsheet or patient portal needs specific data input
- Adding and cancelling appointments in an online calendar
- Making sure all attachments have been added before sending an email

Practicing Safety in Valley's Simulation Program

Hospital departments can practice implementing safety measures in high-risk situations with The Valley Hospital's Simulation Program. Flip this page for more details!

The Valley Hospital's Simulation Program

Valley's Simulation Program allows multidisciplinary teams to practice their skills for high-risk situations using high fidelity simulations. The simulations, which use mannequins or live actors, can be specifically created for particular scenarios for team members and multiple departments that involve:

- urgent issues (e.g., hemorrhages, codes, surgeries, various diseases, system issues)
- practicing communication-building skills between patients, families, and peers (e.g., debriefing, having difficult conversations)
- training team members on new equipment or procedures
- recognizing abnormal signs and symptoms of a patient and learning how to react appropriately

Participating in a simulation allows team members to increase their communication and understanding of each other's roles, as well as build confidence in incorporating best safety practices during an emergency or high-risk event.

If you have a high-risk situation or learning objective where a simulation may be used as a learning modality, please reach out to the **Nursing Professional Development Department** at ext. 447-8049.

Meet our Simulation Operation Team!

Our simulation operators have completed comprehensive simulation instructor training through the Center for Medical Simulation.

Pictured here, from left to right:
Bonnie Weinberg, RN, Simulation Operator for Perioperative Services;
Laura LoPresti, RN, Simulation Operator for Medical-Surgical Services;
Peggy Bischoff, RN, Simulation Operator for Women's and Children's Services; **Jeanne Wilson, RN**, Simulation Operator for Critical Care;
Colleen Bardi, RN, Simulation Operator for all other areas

