

# A Mindful Clinician's Checklist



When a clinician is attentive and present during patient encounters it results in a more positive patient experience. Prepare for a mindful patient encounter by running through our quick checklist.

- ✓ **Make time to eat and hydrate during your shift.**
- ✓ **Scan your body for sensations, particularly tension.**
- ✓ **Acknowledge any rushed or anxious feelings.**
- ✓ **Pause for some mindful breaths, working to dissolve anxiety and relax.**
- ✓ **Set an intention to be fully present.**
- ✓ **Knock on the door and pause before entering.**
- ✓ **Establish eye contact right away.**
- ✓ **Introduce yourself.**
- ✓ **Take a moment to connect by chatting before assessment.**