Situation, Background, Assessment, Recommendation (SBAR) is a communication technique used to convey a complete message in a concise manner. With SBAR, communication becomes streamlined and systematic, allowing less room for human error.

**Advantages of SBAR**

- Decreases potentially avoidable and costly adverse events, such as emergency department (ED) visits, falls, and unnecessary medications
- Creates effective communication between providers
- Conveys information to team members in an organized way
- Promotes collaboration and enhances job satisfaction
- Improves quality of life for residents
- Reduces serious adverse events and unanticipated deaths when consistently used
- Increases perception of effective communication and collaboration
- Promotes effective, accurate, clear communication

**Using SBAR**

Use the SBAR acronym as your guide. It can reduce barriers across all disciplines and levels of staff.

- Between nurses and physicians
- Interdisciplinary communications
- During nurse-to-nurse handoff
- In the nursing assistant to charge nurse report
- Anytime a change in condition is suspected

**Situation**

When communicating about a resident, you should provide:

- The identity of yourself, the resident and your relationship with the resident
- What the problem is, when it started and how severe it is
- Code status
- Vital signs (now and baseline)
- Your biggest concern
- What the patient/resident is describing and their symptoms

**Background**

Put the situation into context for who you are talking to:

- Admission date
- Active diagnosis
- Mental status (now and baseline)
- List of current medications and allergies
- Lab results with comparisons values
- Other relevant clinical information
- Relevant psychosocial information
- Resident/patient’s goals for care and wishes regarding hospitalization, antibiotics, etc.

**Assessment**

Explain what you think the problem is based on your current assessment and the resident’s history. Has the resident ever felt this way before? If yes, what was the reason?

**Recommendation**

Provide your recommended actions. Take into consideration the following:

- What do you hope to gain from the communication?
- Did you include the care the patient/resident wants or hopes to receive?