4 Actions Nurses Can Take

1. Create a First Aid Kit
   Visit escapefiremovie.com/first-aid-kit to create an Escape Fire First Aid Kit. Share your Kit with friends, family members and colleagues.

2. Make a Patient Promise
   In a John Hopkins study of 500 docs, 53% were obese or overweight. What message does that send to patients? John Hopkins medical students started the Patient Promise to inspire clinicians and other healthcare professionals to be healthier role models for their patients. Click here to sign the Patient Promise and show your patients that you practice what you preach.

3. Supplement your Education
   Join more than 100,000 other health professional students and residents in the IHI Open School's integrated educational community. Visit www.ihi.org/openschool to take free online courses in patient safety, quality improvement, leadership, and more. All developed by internationally recognized faculty. Plus, join the vibrant Chapter network to connect with peers and colleagues around the world.

4. Share your “Escape Fire”
   Visit our website escapefiremovie.com/your-escape-fire and share your “escape fire.”
10 Discussion Questions for Nurses

1. What is your “escape fire”?

2. Why did you choose to become a nurse? Do you feel you are accomplishing the goals you set for yourself? Why or why not? (For nursing students: Why do you want to become a nurse?)

3. After viewing Escape Fire, do you think you might change anything about your interactions with patients? Doctors? Administration?

4. Have you seen evidence of the system providing the wrong incentives for healthcare professionals and hospitals? If so, what can nurses do to change this?

5. As a nursing professional, which story-lines resonated most with your own experience?

6. Do you have the time to coach your patients to live healthier lives? Do you feel your patients are well informed on how to stay healthy when they leave your care?

7. With doctors being forced to spend less time with more patients, should nurses step in to help counsel patients to live healthier lives? Is this realistic?

8. Does your employer currently offer any incentives to stay healthy? Could they? If so, how?

9. What will it take to recruit more primary care physicians and nurse practitioners?

10. Nurses: If you could give a future nurse one piece of advice, what would it be? Nursing students: If you could ask a nurse for advice, what would you ask?