SBAR
(Situation, Background, Assessment)

SBAR	CONTENT	EXAMPLE
Situation	Introduced yourself and check you are speaking to the correct person. Identify the patient you are calling about (who and where). Say what you think the current problem is, or appears to be. State what you need advice about. Useful phrases: • The problem appears to be eg. Anaphylaxis • I am not sure what the problem is but pt is unwell • The pt is unstable, getting worse and I need HELP.	Hi, I am_____. I am calling about my pt_____ In area/address_____, who I think has anaphylaxis. She has rash/breathing difficulties and oxygen saturation of _____despite oxygen and I am very worried about her.
Background	Background information about the patient. Reason for appointment. Relevant past medical history.	She is 45 and previously fit and well. No relevant past medical history. She arrived 30 min ago by car/ she had botox injected 15 min ago etc.
Assessment	Includes specific information and values if possible based on A-E approach. Airway Breathing Circulation Disability Exposure	She looks very unwell and is tiring. Airway – she can say few words Breathing – her Respiratory Rate is 28, she has moderate stridor. O2 level is_____. Circulation – her pulse is_____, And BP_____ Exposure – she has rashes around face and puffy eyes.
Recommendation	State what you want the person you are calling to do. What by when? Useful phrases: • I am going to start the following/investigation, is there anything else you would like to suggest? • I don`t think I can do anymore, I would like you to see pt urgently.	I am getting antibiotics ready and pt is on IV fluids. I need help – please can you come and see him straight away.
Decision	In SBARD form	