

## ***Shadowing Preparation Checklist*** ***Sanova Health – Clinical Observation***

- 1. Before Your Shift
- Understand shadowing is observation only (no clinical tasks)
- Review what procedures you may observe (ECG, Holter, stress test, echo)
- Familiarize yourself with confidentiality expectations (PHIPA)
- Prepare questions to ask during appropriate moments

### 2. What You Will Observe

- ECG (Electrocardiogram) testing
- Holter monitor setup and removal
- Stress testing (if applicable)
- Echocardiography (if applicable)
- Patient intake and preparation
- Clinical workflow and referrals
- Patient communication and education
- Reporting and data handling

### 3. Learning Goals

- Understand basic cardiac diagnostic tests
- Observe patient flow through the clinic
- Learn how referrals are processed
- Observe professional clinical communication
- Understand teamwork in cardiology care

### 4. Dress Code & Appearance

- Business casual or scrubs (if instructed)
- Closed-toe shoes worn
- Minimal jewelry
- No strong fragrances
- Hair tied back (if applicable)
- Maintain a clean, professional appearance

## 5. Professional Conduct

- Arrive on time (preferably early)
- Introduce yourself respectfully to staff
- Remain quiet during patient care
- Ask questions at appropriate times only
- Do not use phone during clinical observation
- Respect clinic workflow at all times

## 6. Confidentiality (Mandatory)

- Do not share patient information outside clinic
- Do not discuss identifiable cases
- Follow all PHIPA/privacy rules strictly

## 7. Asking Questions

- Ask between patients or after procedures
- Ask during teaching moments
- Focus on learning-based questions, such as:
  - “What are common findings on this test?”
  - “How does this influence treatment?”
  - “What challenges do patients face?”

## 8. How to Get the Most Value

- Focus on communication, not just procedures
- Observe patient flow and clinic efficiency
- Take mental notes during care
- Reflect after each session
- Stay proactive but respectful

## 9. Key Reminders

- You are strictly an observer
- Patient comfort and safety come first
- Ask before acting if unsure
- Maintain professionalism at all times