

Team Vital Signs — the Eight-Verb Worksheet

Every team runs eight verbs. Rate each one honestly, write the evidence, and mark where you flinched.

Twenty minutes. The flinches are the map. Guided online version: ai-nurse-solutions.github.io/domondon-dominium/vitals.html

1 Receives demand

Every channel work arrives through — including the hallway. Which does nobody watch?

Strong Strained Failing

I flinched writing this one.

2 Applies judgment

Who decides what a request is, how urgent, and whose? Name actual humans.

Strong Strained Failing

I flinched writing this one.

3 Performs work

Your five recurring outputs. If you can't list five, that's the finding.

Strong Strained Failing

I flinched writing this one.

4 Coordinates people

Every standing meeting and update — and what each is actually for.

Strong Strained Failing

I flinched writing this one.

5 Uses knowledge

Three things that live only in someone's head. Name the heads.

Strong Strained Failing

I flinched writing this one.

6 Manages risk

The last thing that went out and shouldn't have. What check would have caught it?

Strong Strained Failing

I flinched writing this one.

7 Produces outputs

Who receives your work — and what do they do with it next?

Strong Strained Failing

I flinched writing this one.

8 Improves over time

The last lesson that physically changed a procedure. Not a reminder — a change.

Strong Strained Failing

I flinched writing this one.

Reading it: any Failing = start there. Flinches usually point at the same verb. The crisis almost never lives in verb 3 — the work isn't the problem; the system around the work is. Next step: the four-week Minimum Viable Version (MVB tracker on the site).

Never write patient information on this page — describe your system, not the people in it.

Carry the lamp. Keep the ledger. Agents propose. Humans judge. Nurses steward.