ALEX'S DAILY ROUTINE

Working as a PCT isn't just about following a routine, it's about being there for people when they need you. Every day is a chance to bring comfort, reassurance, and a bit of calm to someone's life.

My shift starts with the basics. I grab my assignment sheet and _____, getting ready for the day. Then _____, greet them warmly, and _____, pulse, temperature, blood sugar, whatever's needed. If I notice any changes, I make sure the team knows right away.

Throughout the day, _____ move or get comfortable in bed, making sure they feel supported. _____, straighten the blankets, and make sure they have everything within reach.

Before I leave each room, I always place the call light in their hand. It's a small gesture, but it means they can reach out anytime they need help and that gives them peace of mind.

That's what my day is about, not just doing tasks, but caring for people and helping them feel safe, seen, and cared for.

LIVEWORKSHEETS