

The 30-Day Nurse AI OS Roadmap

Carry the lamp. Keep the ledger. Build the system in 30 days.

A free, step-by-step plan to configure a nurse-centered set of AI workflows, files, and review habits — one calm habit at a time. Four tracks (Student / Staff Nurse / Leader / Educator) share one browser-first starting point.

Core promise: In 30 days you can assemble a reusable, human-reviewed configuration and workflow practice across three spheres — **Personal, Professional, and Community/Entrepreneurial** — using the AI host you choose. This is not a finished standalone OS, clinical system, or mechanically enforced control plane.

Core rule:

Agents propose. Humans judge. Nurses steward.

Boundary: No PHI. No patient-specific clinical decisions. No replacement for licensed judgment.

How to use this roadmap

- **Time budget:** ~20 minutes/day, or one 2-hour Sunday block per week. Skipping days is fine — the roadmap waits for you.
- **Pick your track:** Student, Staff Nurse, Leader/Manager, or Educator. The architecture is shared; the use cases differ.
- **Pick your door:** Almost everyone starts with **Door 1** — the browser AI you already have (ChatGPT or Claude), no installation. **Door 2** is an optional desktop Hermes configuration path for advanced users; it is not a finished Nurse AI OS runtime or a grant of higher authority. See the [setup guide](#).
- **EDENA risk tier** is shown on each task. These labels do not set data or action authority. This roadmap stays within D0/D1 and Observe/Draft; any Recommend step begins at Yellow and remains subject to human review. Orange, Red-E, D2–D4, and action modes above Recommend require separate formal gates; Red-P is prohibited.
- **Weekly Lamp Huddle:** Join the free live community call to ask questions and share wins.
- **Companion pages:** [Start Here](#) · [Setup](#) · [Make It Yours](#) · [Resource Hub](#)

Week 1 — Assessment: Values, Boundaries, First Win

“Before the tool, the steward.” You’d never write a care plan without an assessment. Neither will we.

Goal: Know yourself on paper, lock the no-PHI boundary, and get one real win before your next shift.

Day 1 — Take the SOUL Quiz + get your first win (Green)

- Take the [2-minute SOUL Quiz](#). It drafts your **SOUL file** — your values, boundaries, and how you want AI to support you. Nothing leaves your browser. Save it.
- Then the win: open your browser AI, paste your SOUL file, and give it **one real task from your actual week** (never a patient task — a *you* task). A study map, a certification renewal plan, a shift-recovery checklist. Notice it already sounds like it knows how you want to be helped. It does — you told it.

Day 2 — Review your whole life with your SOUL file (Green)

- Reread the SOUL file your quiz drafted, and do a gentle review of systems across your three spheres — Personal, Professional, and Community. Where is your real life asking for help first: studying, time, family logistics, wellness, a project? Write one line per sphere. This decides where AI helps *first*.
- Feeling over your head? Normal. There are no wrong answers, and you only ever need the next step — never the whole map.

Day 3 — Set the no-PHI boundary (Green)

- Read the [plain-language safety rules](#). Identify which accounts/devices are PHI-free and which are not.
- Write your own one-line version of the rule and add it to your SOUL file.

Day 4 — Choose your door + download the kit (Green)

- **Door 1 (recommended):** browser AI + SOUL file + the free [workbook and starter kit](#). Nothing to install.
- **Door 2 (optional, later):** the full governed Hermes build — official Hermes site first, then our nursing layer. Don’t feel behind for skipping this; most nurses do.

Day 5 — Build your folder home (Green)

- Unzip the starter kit. Its numbered folders (`00-Start-Here` through `14-Google-Workspace-HIPAA`) are your library — guides, templates, and checklists to read. Its three working folders — `Memory` , `Projects` , and `Skills` — are the bones of your OS: the rest of this roadmap saves into them. (Older download without the three folders? Ask your AI to create them.) Obsidian is a lovely home for it all, but any folder works.

Day 6 — Draw your delegation map (Green)

- One page, one line down the middle. Left: what stays human — judgment, relationships, assessments, approvals, your license. Right: what the system may carry — research, drafts, summaries, reminders, repetition.
- Save to `00-Start-Here/delegation-map.md` , next to your SOUL file (`00-Start-Here/Core-SOUL.md` — if your quiz download is still in Downloads, move it there now). Every workflow you ever build must respect this line.

Day 7 — Weekly review (Green)

- 15 minutes. What worked? What felt unsafe? What do you want next week?
- Save to `Memory/weekly-reviews/W1.md` .

Week 1 checkpoint: You have a SOUL file, a life map, a locked boundary, a delegation map, a folder home — and you've already had one win.

Week 2 — Personal Sphere: The Daily Rhythm

“The lamp first lights the one who carries it.”

Goal: Install the two workflows that make the system feel alive — the Morning Huddle and your digital Kardex. (Both are detailed with copy-paste prompts in [Make It Yours.](#))

Track-specific focus

Track	Week 2 emphasis
Student	Study planning, energy tracking, deadline triage, burnout early warning
Staff Nurse	Off-shift recovery, meal/family planning, finances, sleep & energy
Leader/Manager	Calendar triage, executive function, decision journal, boundaries
Educator	Course prep rhythm, grading load triage, mentorship time protection

Days 8–9 — Start the Morning Huddle (Green)

- Every morning, the system asks you one question: *“What is your number one priority today?”* — then suggests three ways it can help, and asks before starting any of them.

- Copy the Morning Huddle prompt from [Make It Yours](#). Door 2 users can schedule it with one cron command.

Days 10–11 — Open your digital Kardex (Green)

- Create `Memory/KARDEX.md`. End every meaningful session by asking for a five-line handoff entry: what was decided, what was produced, what's still open. Paste the Kardex back in at the start of new sessions.
- This is searchable continuity — no session starts from zero again.

Days 12–13 — Wellbeing prompt (Green)

- Build a daily reflection prompt: mood, energy, gratitude, friction.
- Save to `Skills/personal/daily-reflection.md`.

Day 14 — Weekly review (Green)

- What time did you reclaim? Where did AI overreach? Make one correction a **standing rule** in your SOUL file — that's the teach-it-once loop starting.

Week 2 checkpoint: A daily rhythm that gives back at least 2 hours/week, and a memory that carries forward.

Week 3 — Professional Sphere: Evidence First, License Protected

"Use the counting mind to protect the caring heart."

Goal: Apply AI to your professional work — evidence-first, without PHI, without replacing judgment.

Track-specific focus

Track	Week 3 emphasis
Student	Clinical reasoning practice, NCLEX Socratic tutor, research appraisal
Staff Nurse	Template-only prep, policy navigation (public documents), handoff prep, certification roadmap
Leader/Manager	Meeting prep, policy brief drafting, AI vendor evaluation, EDENA tier assignment
Educator	Huddle scripts, quiz generation from fictional cases, assignment redesign for the AI era

Day 15 — Learn the evidence-first pattern (Green)

- The rule: **collect, filter, compare — then recommend**. The AI works only from materials you give it (your notes, the exam blueprint, the public guideline) and cites where every claim came from. AI summarizes; you judge.
- Copy the evidence-first brief prompt from [Make It Yours](#).

Day 16 — Clinical reasoning, not clinical answers (Green)

- Build a Socratic tutor prompt: *"Ask me questions about this topic. Do not give me the answer until I've reasoned through it."*
- Save to `Skills/professional/socratic-tutor.md`.

Day 17 — Research appraisal (Green)

- Use the EDENA evidence rubric: source, methodology, bias, applicability.
- Ask AI to summarize a paper using the rubric. Always verify the citation yourself.

Day 18 — Meeting / handoff prep (Yellow)

- Use only non-PHI inputs: agendas, topics, your own notes.
- Build a reusable prep skill in `Skills/professional/meeting-prep.md`.

Day 19 — Track task (Yellow for Leaders; Green for others)

- **Leaders:** draft a one-page brief on an AI tool using the EDENA tier framework.
- **Students/Staff:** build a non-PHI study or prep template AI can fill from your notes.
- **Educators:** build one Huddle Script Builder skill (topic + public source → 2-minute script + 3 teach-back questions + 1 safety pearl + citation).

Day 20 — Set up your station board (Green)

- Open the [Local HTML Life Dashboard](#) from the starter kit — browser-only, no account, nothing uploaded. Bookmark it.
- Ask the AI for a station-board update from your Kardex: three wins, current focus, next action per project.

Day 21 — Weekly review (Green)

- What admin time did you save? What did you almost over-trust? Turn this week's best correction into a standing rule.

Week 3 checkpoint: A professional AI workflow that respects your license, cites its sources, and saves real hours.

Week 4 — Community Sphere + Stewardship

“The lamp is meant to light others.”

Goal: Use AI to amplify your voice and your community — and close the loop that makes the system improve forever.

Track-specific focus

Track	Week 4 emphasis
Student	LinkedIn profile, portfolio start, content from clinicals (fully de-identified)
Staff Nurse	Side projects, per-diem proposals, community advocacy, content engine
Leader/Manager	Thought leadership, grant/proposal drafting, council charter, mentor matching
Educator	Community learning rhythms, badge/evidence frameworks, mentorship patterns

Day 22 — Choose one community project — and let AI interview you first (Green)

- Pick one: a LinkedIn post series, a community event, a unit pilot, a grant application.
- Before any work: use the **admission-assessment prompt** from [Make It Yours](#) — the AI interviews you about success criteria, constraints, time budget, and boundaries, then writes the plan back for your approval. Never hand it a one-line goal.
- Create `Projects/<project-name>/`.

Day 23 — Voice + audience prompt (Green)

- Define your audience, voice, and non-negotiables.
- Save to `Skills/community/voice.md`.

Day 24 — Content / proposal draft (Yellow)

- Ask AI to draft the first version. You edit, you decide, you publish.

Day 25 — EDENA tier check (Yellow)

- For every workflow you've added this month, assign a tier.
- Save your tier map to `00-Start-Here/MY-EDENA-TIERS.md` .

Day 26 — Audit and prune (Green)

- Which skills and standing rules did you actually use? Archive the rest to `99-Archive/` .

Day 27 — Backup + recovery test (Yellow)

- Confirm your folder syncs or is backed up. Restore one file. You should be able to recover.

Day 28 — Share one win (Green)

- Post it. Tell a colleague. Bring it to the Lamp Huddle.

Day 29 — Write your 60–90 day plan (Green)

- Use the admission-assessment prompt on your own next quarter. Where do you want your AI OS in 3 months? Door 2? A new pathway? Teaching others?

Day 30 — Steward someone else (Green)

- Teach one nurse one thing you learned. Stewardship is the final exam.

Week 4 checkpoint: A working Nurse AI OS, a community presence, a tier-mapped governance layer, and a habit of teaching others.

Your 30-day completion checklist

- ☐ SOUL file written (via the SOUL Quiz) and refined with standing rules
- ☐ Three-sphere life review completed (one line per sphere)
- ☐ No-PHI boundary defined + delegation map drawn
- ☐ Morning Huddle running daily
- ☐ Digital Kardex (`KARDEX.md`) carrying continuity between sessions
- ☐ 4 weekly reviews completed
- ☐ At least 5 reusable skills or standing rules saved
- ☐ Station board bookmarked and fed weekly
- ☐ EDENA tier map for every workflow you use

- [] One community project started (after an admission-assessment interview)
 - [] One nurse mentored
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What's next after Day 30

1. **Keep building** — the six workflows in [Make It Yours](#) deepen for months.
 2. **Consider Door 2** — the full governed Hermes build, when a real need shows up. [Setup guide](#) →
 3. **Join the NAIO community** and stay with the Lamp Huddle.
 4. **Contribute** one sanitized prompt, checklist, or teaching pattern back to the community.
 5. **Apply** for the leader cohort if you're ready to lead AI adoption at your unit.
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Resources

- **Start Here (guided onboarding):** <https://nurse-ai-os.org/start-here.html>
 - **Setup — two doors:** <https://nurse-ai-os.org/setup.html>
 - **Make It Yours — the six workflows:** <https://nurse-ai-os.org/personalize.html>
 - **Resource Hub (all downloads):** <https://nurse-ai-os.org/resources.html>
 - **Weekly Lamp Huddle:** see the [Lamp Huddle announcement](#)
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