Make Nurse AI OS Yours

Six public-safe workflows

Status: Source-controlled Community guidance. These routines can be used in a browser AI or adapted for an optional local tool. They do not create clinical authority, institutional approval, or automatic EDENA enforcement.

Boundary before every workflow

Use only personal, educational, entrepreneurial, and public material classified D0/D1. Never enter PHI, patient names, charts, screenshots, employer-confidential information, credentials, passwords, or secrets. Keep judgment, relationships, assessments, approvals, licensed work, publishing, and external action human-controlled.

Week 1 — Morning Huddle

Ask one question: “What is my number-one priority today?” After you answer, have the AI restate the goal, suggest up to three bounded ways it could help through drafts, research, summaries, or planning, and ask what—if anything—you want it to draft.

Action posture: Observe or Draft. You decide whether work begins.

Week 2 — Digital Kardex

After a meaningful session, create a five-line handoff note: date, topic, decision, output, and what remains open. Save it locally and review it before supplying it to another service.

Do not save transcripts, regulated data, or hidden secrets. A Kardex is continuity guidance, not a clinical record.

Week 3 — Evidence-first brief

Give the AI a bounded set of public or personal learning sources. Ask it to extract key concepts, compare claims, identify uncertainty, and cite the supplied source for each important statement before proposing a study or project plan.

Any ranking or proposed course of action is Yellow Recommend and requires evidence and human review.

Week 4 — Interview before planning

For a substantial goal, ask the AI to interview you about success criteria, deadline, time budget, existing material, constraints, prohibited actions, and verification. Require it to return a plan for approval before drafting deliverables.

Week 5 — Station Board

Maintain one local page with current projects, next actions, waiting items, and decisions needed. Have the AI draft updates only from information you provide. You approve changes and decide priorities.

Week 6 — Teach It Once

When you correct an output or establish a durable preference, ask the AI to summarize the lesson and propose where you could record it locally. Review the proposed rule before saving it. Do not allow automatic changes to standing instructions, memory, schedules, connectors, or tools.

Optional automation boundary

Scheduled jobs, profiles, gateways, model routing, connectors, and external actions are not required for these workflows. If you later use them, review the exact configuration and grant separate explicit approval. Keep clinical work, PHI, purchasing, publishing, messaging, and irreversible actions outside unattended automation.

Six-week check

At the end of each week, ask:

1. Did this routine reduce repeated work?
2. Could I inspect the source and output?
3. Did any recommendation receive human review?
4. Did any sensitive or prohibited data enter the workflow?
5. Should the routine be kept, revised, or removed?