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# BONUS

## RESOURCES

ARTIFICIAL INTELLIGENCE, HEALTH, AND TECHNOLOGY



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# **HOW NURSES CAN USE AI IN DAILY WORK WITHOUT BREAKING HIPAA & PIPEDA**

A PRACTICAL GUIDE TO  
using AI  
safely in  
Nursing  
Practice



# DISCLAIMER:

This toolkit is intended for informational and educational purposes only. It does not constitute medical, legal, or compliance advice. While every effort has been made to ensure the accuracy and relevance of the content, users are responsible for verifying that any AI tool or prompt used in a healthcare setting aligns with their institution's policies, regulatory requirements, and applicable privacy laws, including HIPAA (U.S.) and PIPEDA (Canada).

By using this toolkit, you acknowledge and agree that: The creators of this document shall not be held liable for any direct, indirect, or incidental damages resulting from the use or misuse of the information contained herein.

All AI tools, services, and suggestions must be used in accordance with your local laws, clinical judgment, and institutional guidelines.

This toolkit neither instructs, encourages nor engages in the accessing, storing, or processing of identifiable health information, and it is your responsibility to maintain confidentiality and patient safety at all times.

If in doubt, consult your organization's privacy officer, legal department, or compliance team before using any AI-powered system in a clinical setting.

*-Kwilsontheauthor*  
for [klewshare.org](https://klewshare.org)



As artificial intelligence (AI) becomes more common in healthcare, many nurses are asking the right questions:

**How can I use AI in my daily work?**

**Can I do it safely?**

**Will it put patient privacy at risk?**

The good news is—yes, nurses can absolutely use AI to enhance their workflow, reduce stress, stay organized, and sharpen clinical skills, all without compromising HIPAA and PIPEDA regulations or patient trust.

In this guide, we'll explore how Registered Nurses (RNs), Licensed Practical Nurses (LPNs), and nursing students can leverage AI tools responsibly for everyday tasks, education, and personal well-being.

To use the suggested prompts included in this guide, simply copy the text within the quotation marks. Additional information on this topic is provided in the article, "[Toolkit for Nurses: Using AI Daily While Respecting HIPAA & PIPEDA](#)", available on [klewshare.org](https://klewshare.org).





## WHAT AI CAN —AND CAN'T— DO FOR NURSES

AI can be a powerful assistant: it can help draft checklists, summarize clinical guidelines, clarify medication details, and even check in on your mental health after a long shift. But AI should never replace your clinical judgment—or become a shortcut that puts patient data at risk.

*Think of AI as a “smart clipboard”—not your charting system, not your EHR, and definitely not your diagnosis tool.*



# THE HIPAA & PIPEDA RULE OF THUMB: LEAVE OUT THE PHI

Under HIPAA and PIPEDA, you must not share Protected Health Information (PHI) with non-compliant software or AI tools. PHI includes anything that could identify a patient, like:

- Names, ID numbers, or room numbers
- Dates of birth or hospital visits
- Medications linked to specific patients
- Imaging results, lab values, or diagnoses

The Golden Rule is that if the information could point to one specific person, don't input it into AI tools like ChatGPT, Notion AI, or others unless they are HIPAA-secure platforms, such as Microsoft Azure OpenAI in a health system, and even then, ensure that you have explicit permission.

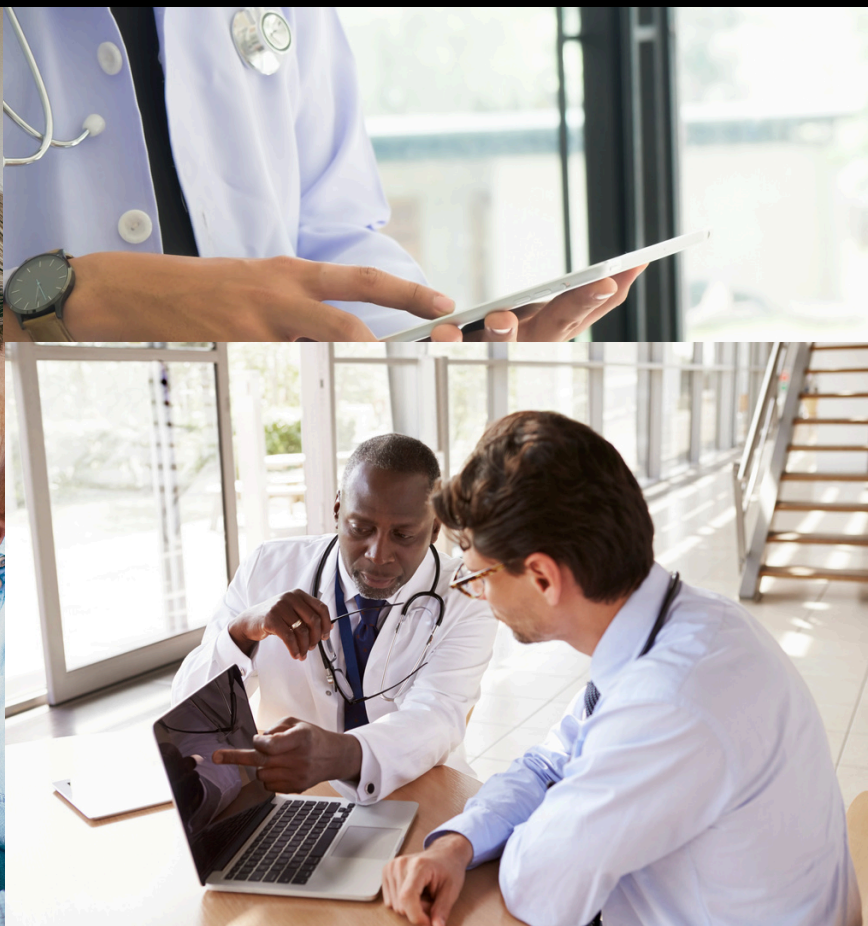






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# AI USE-CASES NURSES CAN SAFELY EXPLORE TODAY







## 1. TASK LISTS AND SHIFT PLANNING

AI tools like Notion AI or ClickUp can help you:

- Build reusable shift checklists
- Organize dressing changes, med passes, and breaks
- Create time-blocked task plans for heavy caseloads

**Example:**

“Create a checklist for a night shift nurse on a surgical unit.”



## 2. MEDICATION EDUCATION AND COMPARISONS

Use AI to summarize medications, side effects, and best practices. Tools like Glass.health, ChatGPT, or Perplexity AI are great for this.

### **Example:**

“What are the differences between Lisinopril and Amlodipine?”





### 3. PROCEDURE AND PROTOCOL REFRESHERS

Need to quickly brush up on a clinical procedure? AI can summarize steps for:

- Central line care
- Fall prevention, and
- Neurovascular assessments

**Example:**

“What are the steps in a neurovascular assessment?”



#### 4. TRANSLATION AND PATIENT COMMUNICATION

AI-powered translation tools like DeepL or Google Translate can help you:

- Translate general instructions into a patient's preferred language
- Communicate clearly and professionally

#### **Example:**

“Translate: ‘Let me know if you’re feeling pain’ into Spanish.”





## 5. NURSE SELF-CARE AND MENTAL CHECK-INS

Apps like Woebot, MoodAI, or Youper use AI to help you. How? By:

- Tracking how you're feeling
- Helping you to decompress after difficult shifts
- Guiding you with mental wellness tips

### **Example:**

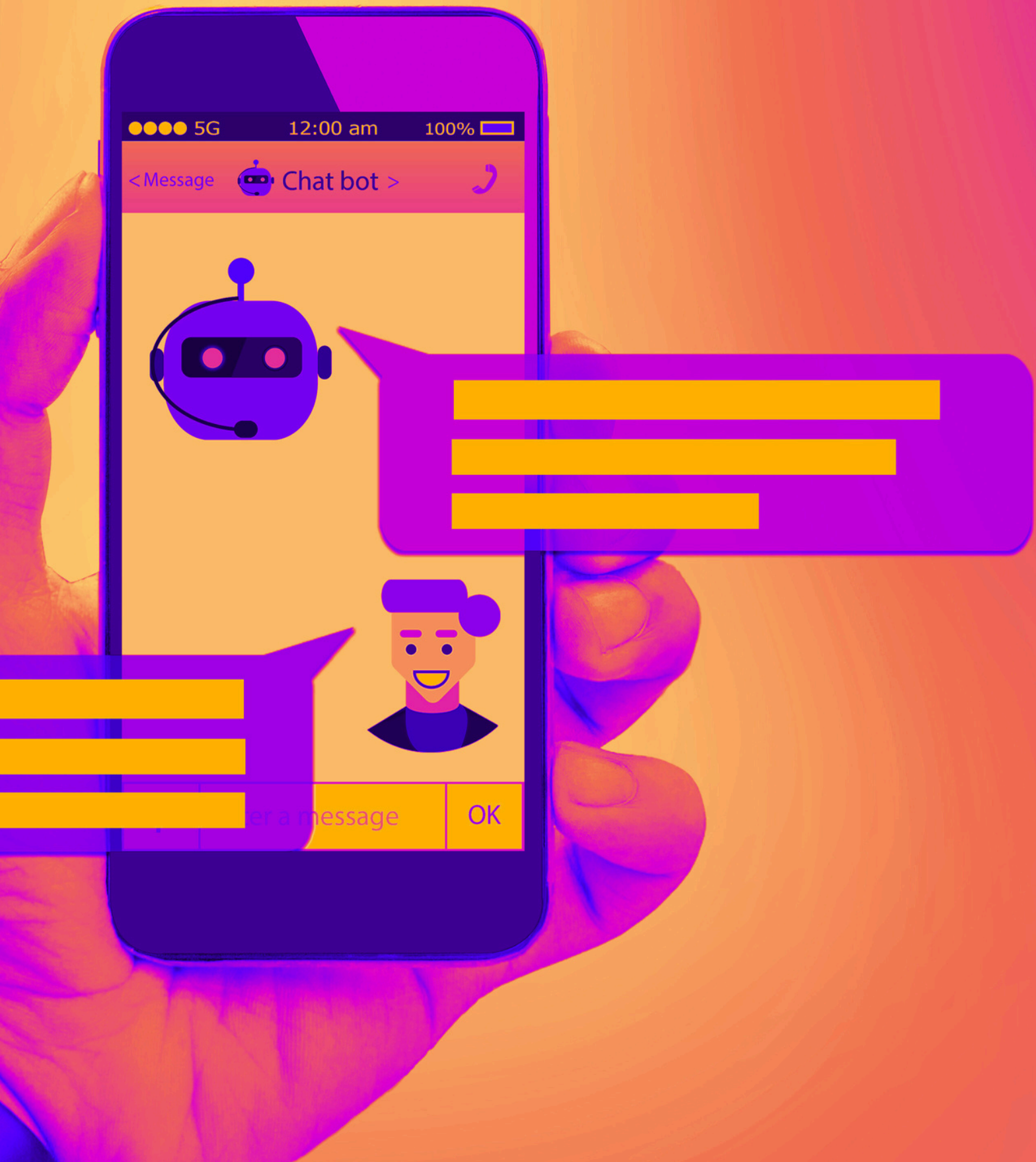
“Help me reflect on today’s shift and how I’m feeling.”



As more and more advances in Artificial Intelligence become a reality in our regular lives with the, especially with the increasing prevalence of technology in healthcare, it's important that the most critical resources in healthcare – our people – are encouraged to embrace and take advantage of the benefits of this ever-evolving support tool. But, why? What would be the goal(s)? Let's consider four (4) based on the prompts we just reviewed :

- Improved efficiency, accuracy and, clarity in charting, documentation, and communication
- Encourage revision and advanced learning of current and new skills relevant to both specific and general roles healthcare
- Learn about new tools which can help support care activities, and of course,
- Promote positive mental wellness and self-reflection





# WHAT YOU SHOULD NEVER DO WITH AI

Even helpful tools can become risky if misused, so it's absolutely critical that you avoid ALL of the following mistakes when using an AI-related service or application, regardless of whether it's mobile or web-based or whether or not you have an account or are just testing out an app:

**DON'T** type patient names into any AI app.


**DON'T** upload discharge summaries.

**DON'T** share patient notes or charts.

**DON'T** mention personal, employer, or fellow employees information in any AI interactions.

**DON'T** disclose any personal or work-related information that would violate the privacy of others (and yourself).

**ABSOLUTELY DO NOT** let AI summarize patient documentation.

 You should only be using using Personal Health Information for patients in platforms your hospital has officially approved and secured, and even then, don't hesitate to verify with your Team Leader, Manager and IT Department if you are not sure.

# WHAT YOU SHOULD NEVER DO WITH AI



## REMEMBER:

📌 You should only be using using Personal Health Information for patients in platforms your hospital or healthcare facility has officially approved and secured, and - even then - don't hesitate to verify with your Team Leader, Manager and/or IT Department if you are not sure.

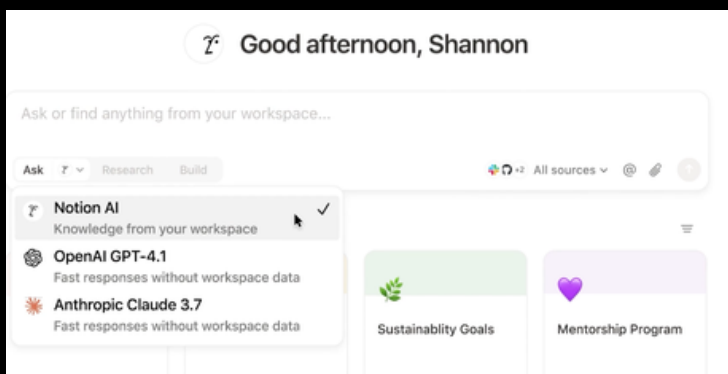
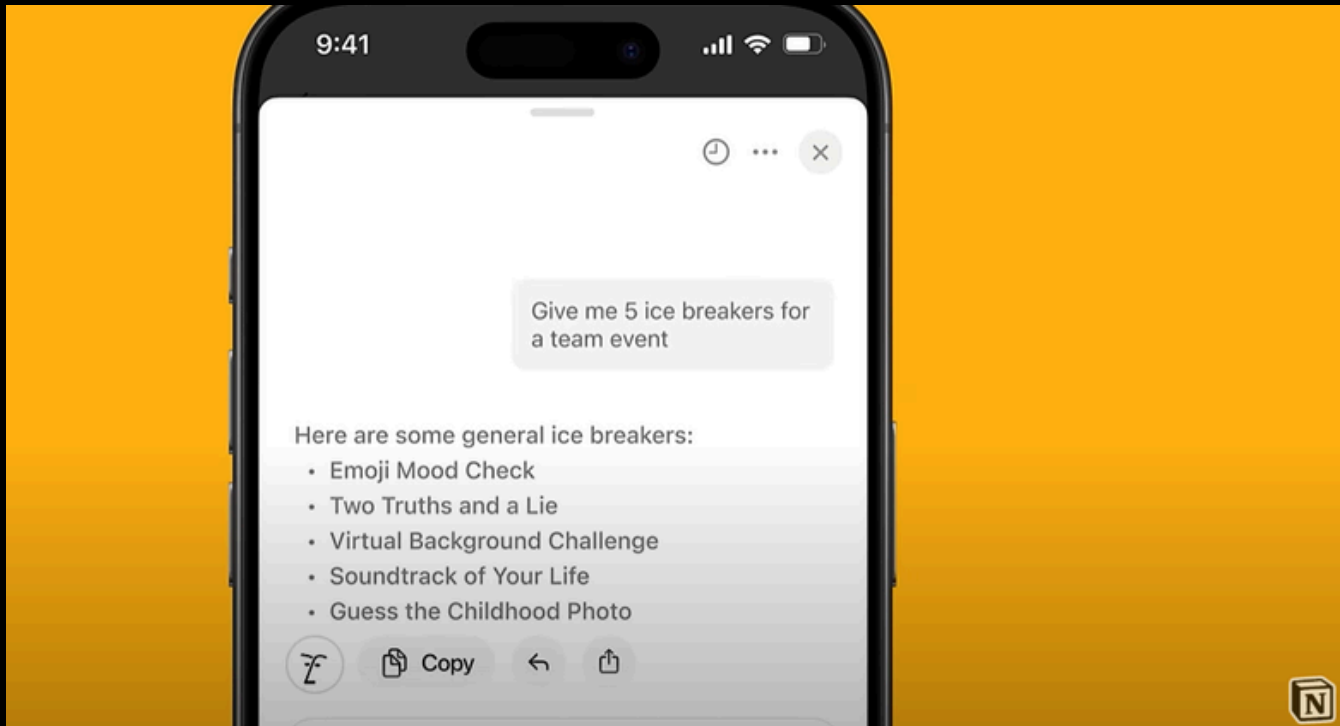
📌 While AI tools can help with personal concerns, it is still always recommended to communicate with a Licensed and Recognized Therapist about matters of personal mental wellness. Choose professionals who are formally trained and experienced in understanding more complex human concerns and are legally bound to protecting your privacy.





# TOOLS YOU CAN START USING TODAY (SAFELY)





## EXAMPLES OF USE:

Creation of Procedural & Shift Checklists  
Translation & Communication Strategies  
Task Management

Source: <https://www.notion.com/>



# GLASS HEALTH

## AI Clinical Decision Support

GLASS HEALTH

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GLASS HEALTH  
AI Clinical Decision Support

How can I help you?



 Draft DDx

 Draft A&P

 Ask a Question

 Draft H&P

 Draft Progress Note

 Draft DC Summary

 Draft DC Instructions

 Draft Patient Handout

Glass 4.0 v2025-07-24

Our Glass Health AI Clinical Decision Support (CDS) platform is designed to enhance the clinical decision-making processes of clinicians. Our AI CDS generates drafts of differential diagnoses, assessments & plans, and answers to clinical reference questions. The available core features of the platform are not designed for and should not be used for acquiring, processing, or analyzing medical images, signals from in vitro diagnostic devices, or patterns or signals from signal acquisition systems. [Read full disclaimer](#)

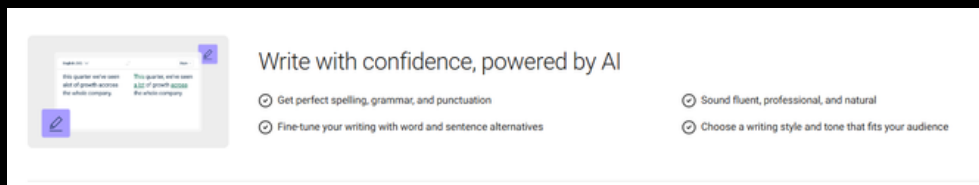
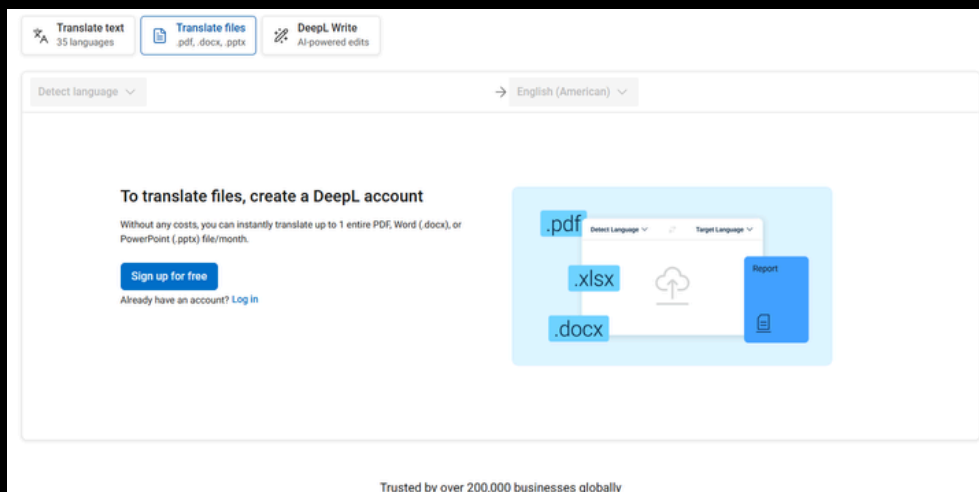
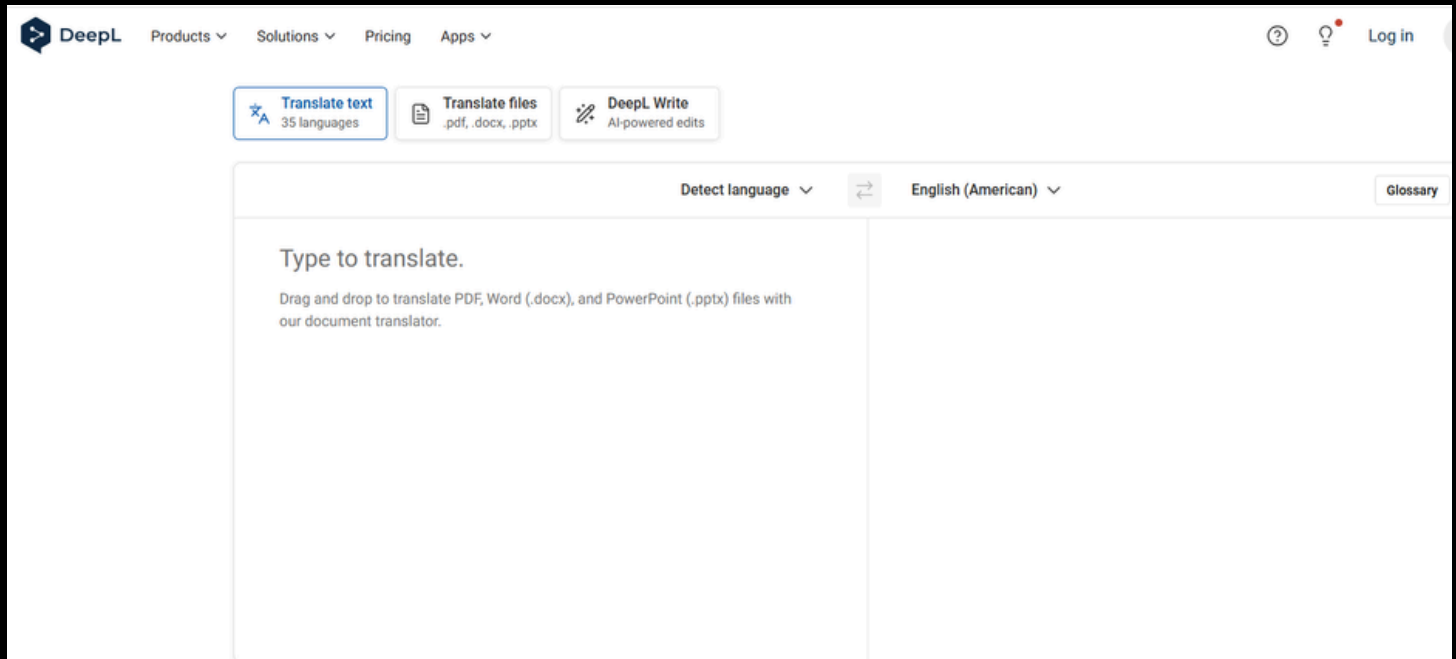
[Discover the power of clinical AI](#) ↓

## EXAMPLES OF USE:

Drug Reference for clarification,  
explanations, applications, and interactions

Source: <https://glass.health/>

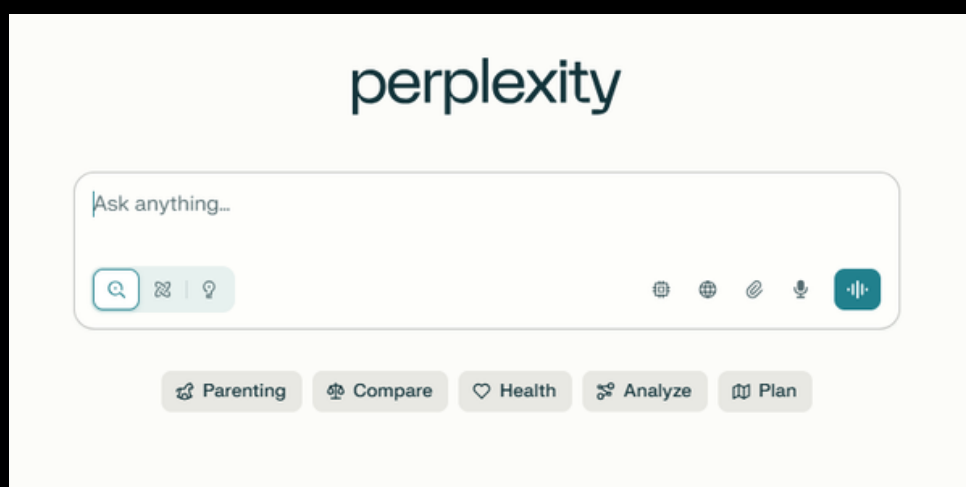
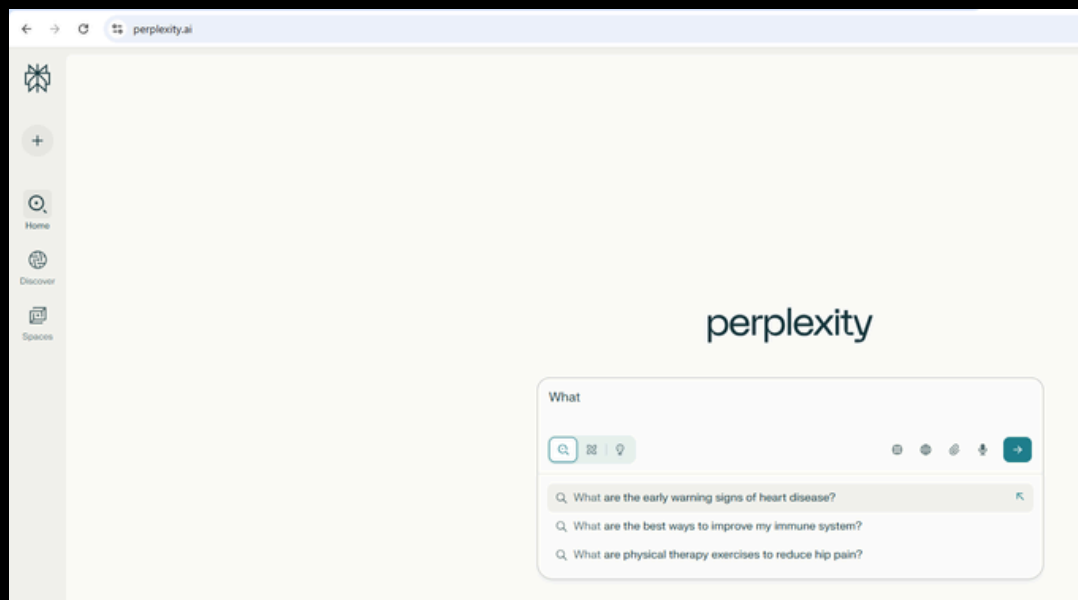
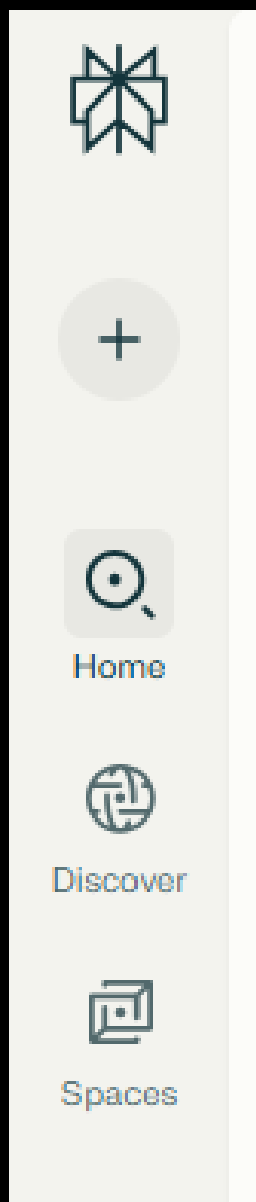




## EXAMPLES OF USE:

### Language Translation

Source: <https://www.deepl.com/en/translator>

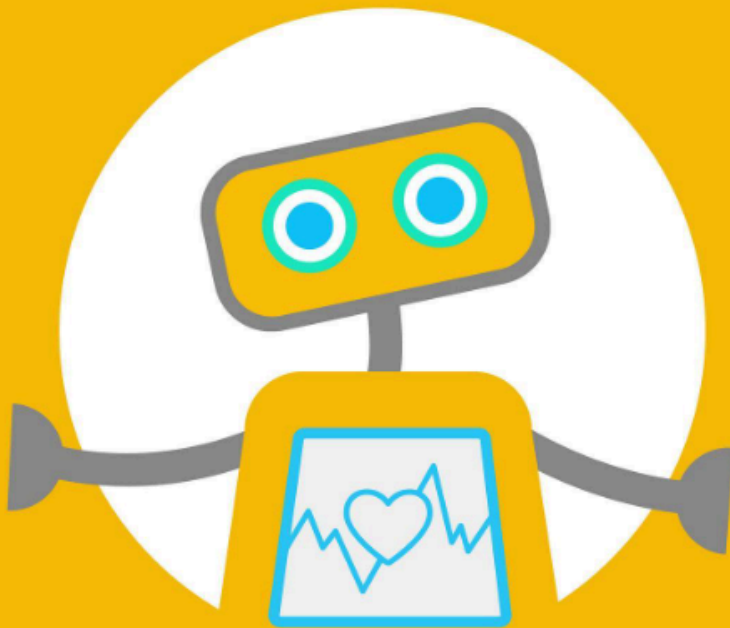


## EXAMPLES OF USE:

Procedure Refreshers

Source: <https://www.perplexity.ai/>

Journal prompt of the day  
The 3 words I'd use to  
describe myself are...



- ✓ HIPAA compliant
- ✓ Concerning language recognition\*\*
- ✓ IRB review for all clinical studies
- ✓ DHAF safety rating (ORCHA)
- ✓ Mozilla privacy rating
- ✓ SOC 2 Type 2 examined with zero exceptions

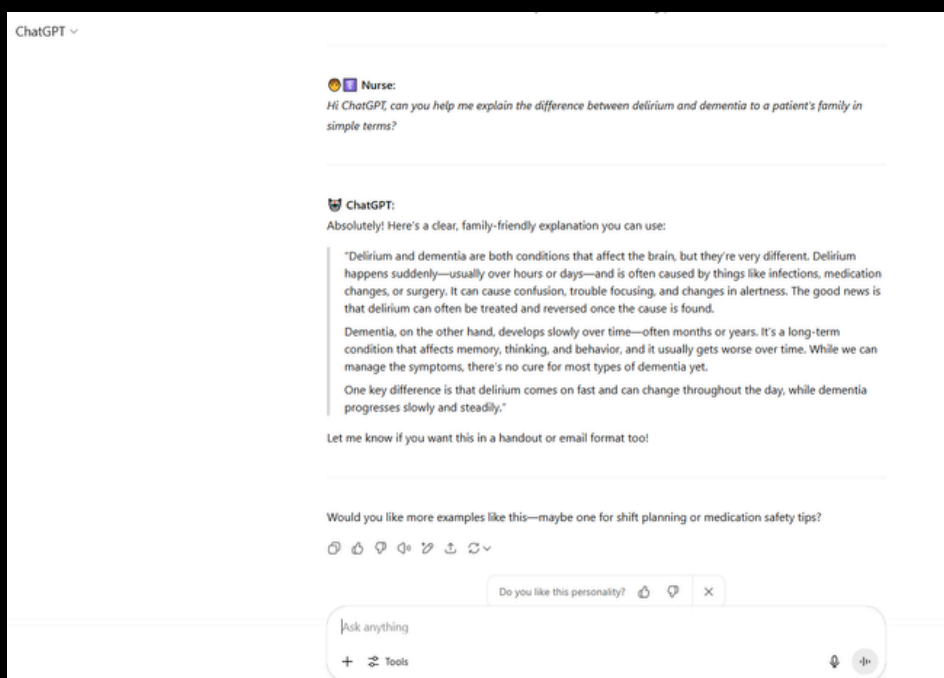
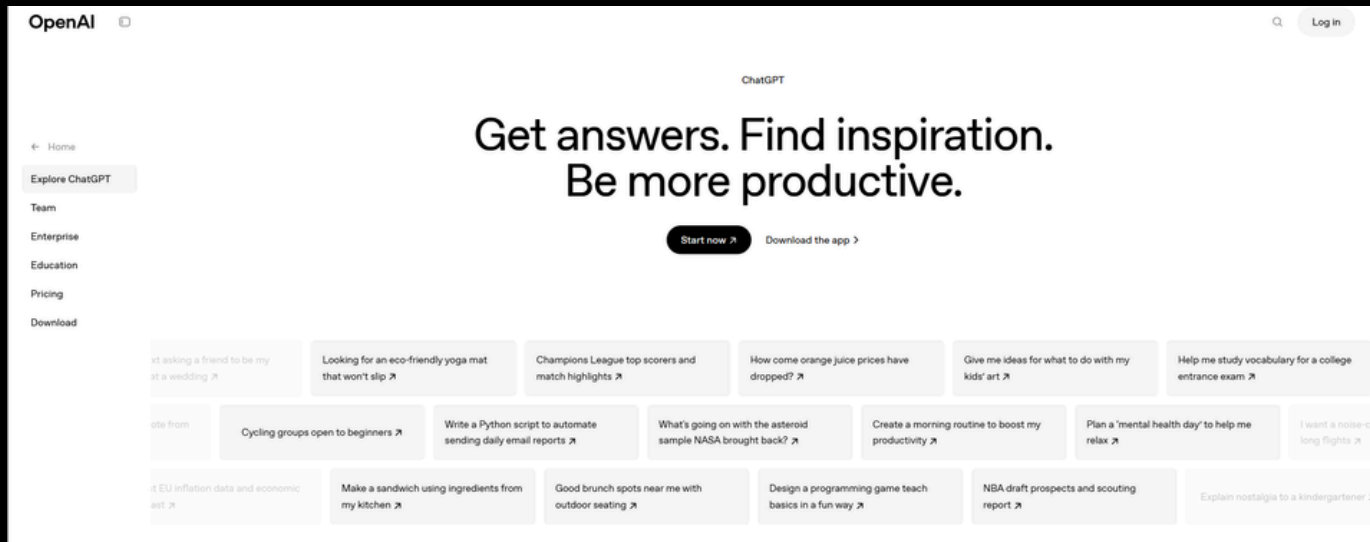
Safety is a priority at Woebot Health. We can only help people if they trust us. So we take safety, privacy and security very seriously.



## EXAMPLES OF USE:

Mental health support

Source: <https://woebothealth.com/>



## EXAMPLES OF USE:

Patient Education support

Shift Handover & Documentation Templates

Professional Learning & Clinical Refreshers

Source: <https://openai.com/chatgpt/overview/>



# Top 10 AI PROMPTS FOR NURSES

1.

“Create a shift checklist for a night nurse on a cardiac unit.”

2.

“List side effects and nursing interventions for Metoprolol.”

3.

“Summarize the steps in central line dressing changes.”

4.

“Translate: ‘Let me know if you’re in pain’ into Spanish.”

5.

“How can nurses prevent burnout on 12-hour shifts?”

# Top 10 AI PROMPTS FOR NURSES

(CONTINUED)

6.

“What are the signs of fluid overload in heart failure?”

7.

“Suggest a time management routine for new nurses.”

8.

“Help me reflect on a difficult patient interaction (non-identifiable).”

9.

“Compare the differences between delirium and dementia.”

10.

“List education tips for a diabetic patient (general info only).”









# *Final Thoughts...*

Let's be honest—AI isn't here to replace nurses. It's here to lighten the load, support your critical thinking, and give you back some space to breathe. The daily demands of nursing—from medication passes to charting to caring for multiple patients at once—can be overwhelming. But with tools like ChatGPT and Notion AI, you can stay on top of your workflow, even during the most chaotic shifts.

These tools can also help you continue learning in the quiet moments between tasks and protect your well-being as you juggle the emotional weight that often comes with caregiving.

Think of AI not as something distant or futuristic, but as a practical, approachable assistant you can tap into anytime. That said, always pause and ask yourself, "Would I say or write this on a whiteboard in the nurses' station?" If the answer is yes, it's likely safe. If not, it's better left out.

This first issue marks the beginning of a resource designed with your real-life needs in mind. You're not just adapting to new technology—you're shaping how care evolves for the better. And we'll be right here, walking with you, one smart and safe prompt at a time.



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