



CONFERENCE ABSTRACT

Cognitive and Technical Competencies of Nursing Professionals in the Application of the Mnemonic Fast - Hug - Bid "Quick Hug"

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Background: The FAST-HUG-BID mnemonic is a checklist designed for critically ill patients.

Aim: To determine the cognitive and technical competencies of nursing professionals in the application of the FAST-HUG-BID "Quick Hug" mnemonic applied to patients in Critical Care Units of the Private Banking Health Fund in La Paz.

Methodology: This research was organized using a cross-sectional study. Data collection took place during the first semester of 2022. The study area was the Private Banking Health Fund, Obrajes Zone in the City of La Paz.

Results: More than 75% have 5 or more years of work experience, and 42% have a Master's degree. Regarding knowledge and practice, the level of knowledge evaluated is minimal in 50% of subjects ($\chi^2 = 7.7$, P-value < 0.05), accepting the null hypothesis that knowledge and techniques are important factors in the quality of care. The knowledge and technique required to properly apply this mnemonic by professional staff represent one of the best strategies to ensure high-quality nursing services.

Conclusions: These results underscore the critical importance of closing the gap between academic training, work experience, and the practical application of specific tools such as FAST-HUG-BID in critical care units. Despite having experienced and highly educated staff, the lack of practical knowledge in this specific area suggests the need for more effective and focused continuous education strategies, as well as regular competency assessment to ensure the highest quality in ICU nursing services.