

FEARLESS FONA

CULTIVATE A MINDSET THAT WILL HELP YOU MAKE THE CUT



Staring down an unexpected failed airway can be one of the most daunting moments in a clinician's career—but it doesn't have to be. This learning space is designed to help you cultivate the mindset, preparation, and hands-on skills needed to approach FONA with confidence. When the pressure is on, you'll be ready to act decisively. Ready to sharpen your skills? Enter here.

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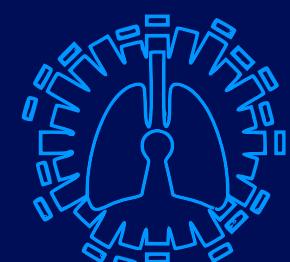
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Enter the Path to a Fearless FONA Mindset

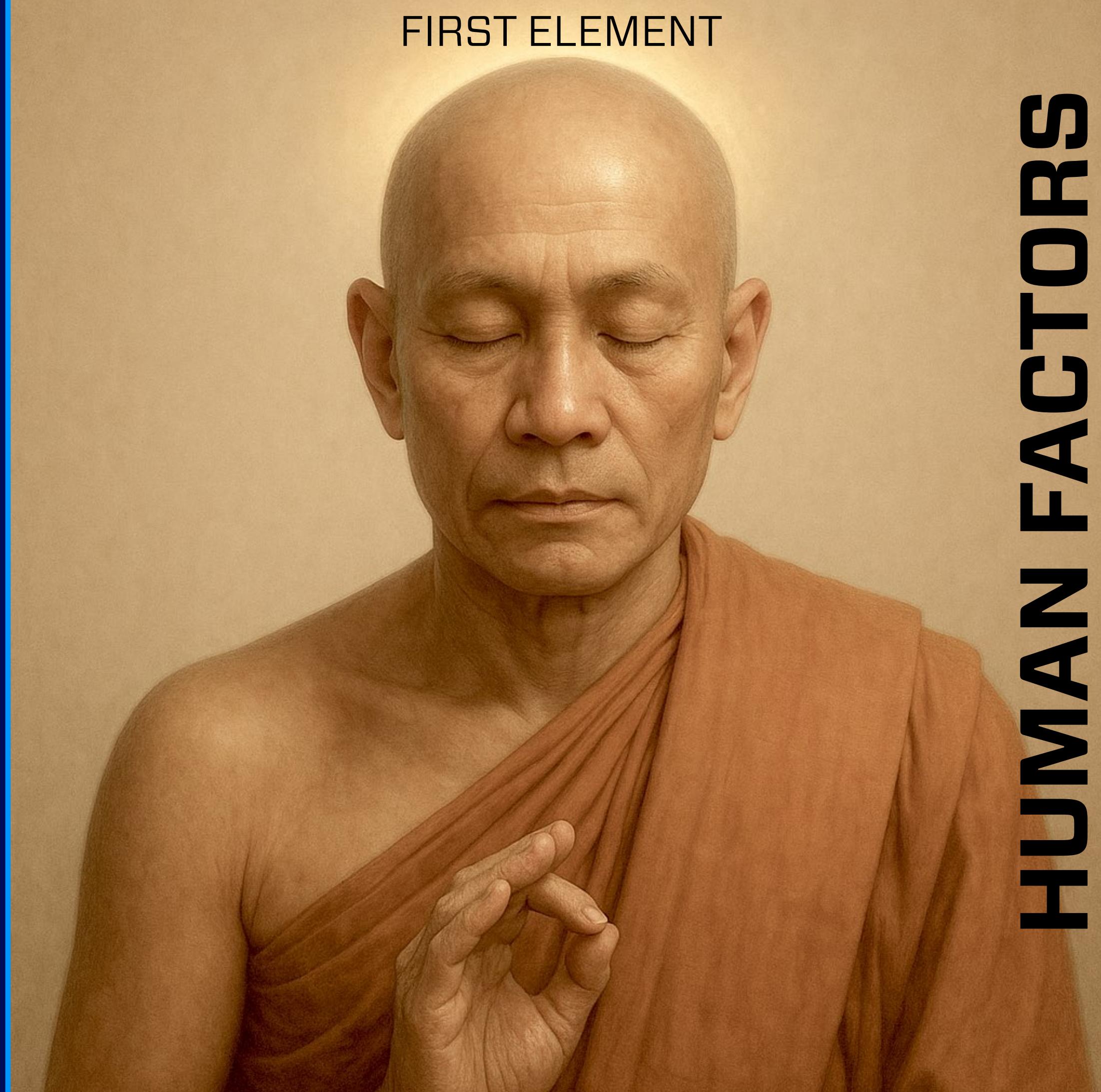


THE 4 ELEMENTS OF A FEARLESS FONA MINDSET



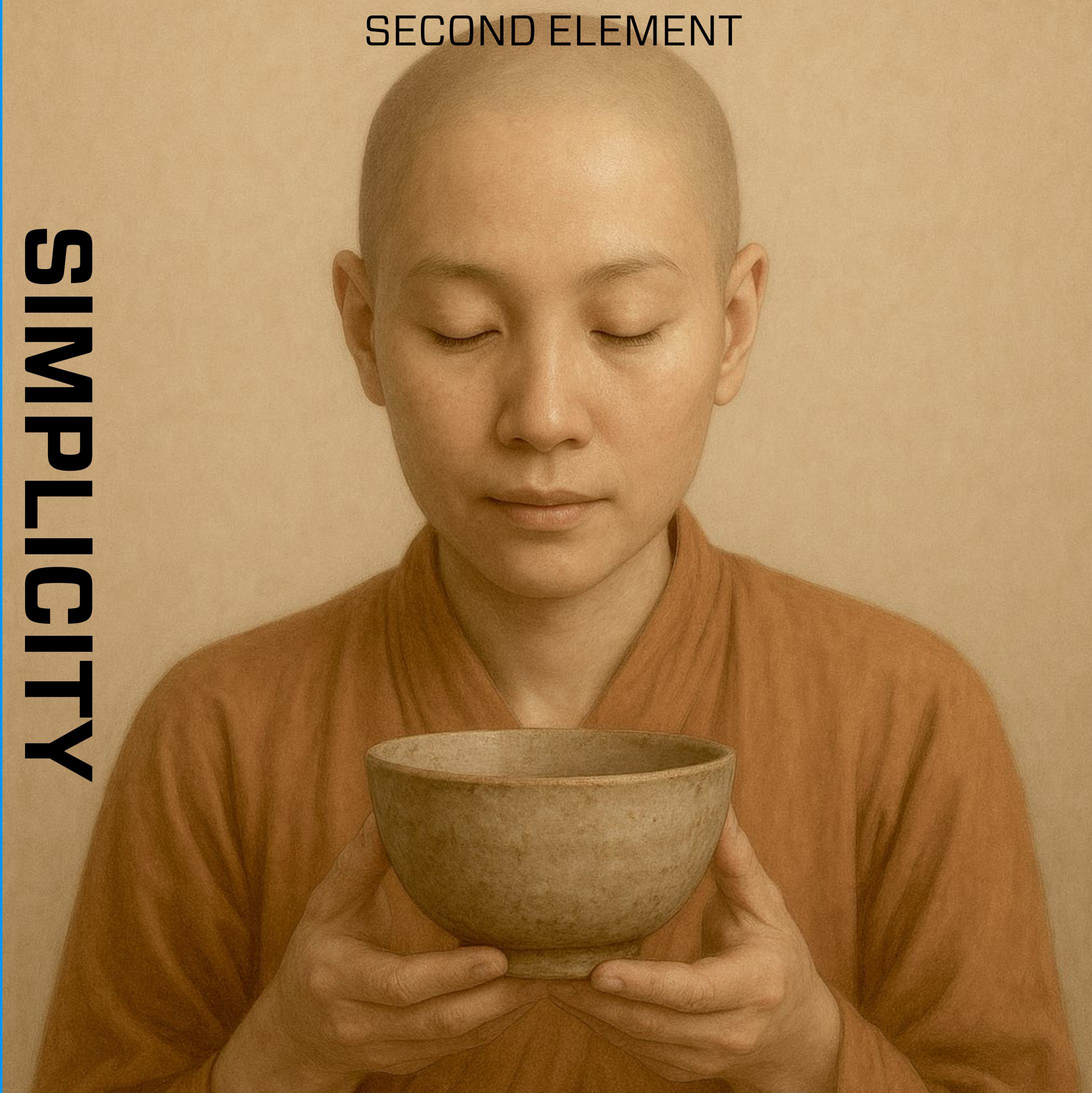
The way we train shapes the way we practice. When faced with a failed airway, our response is only as strong as our preparation. Performing an emergency surgical airway isn't just about knowing the steps—it's about building the confidence, muscle memory, and mental readiness to act without hesitation. It requires deliberate practice, and a mindset that embraces both planning and adaptability under pressure. To be ready when it matters most, we need to develop the four key elements of a fearless FONA mindset. Let's break them down.

FIRST ELEMENT



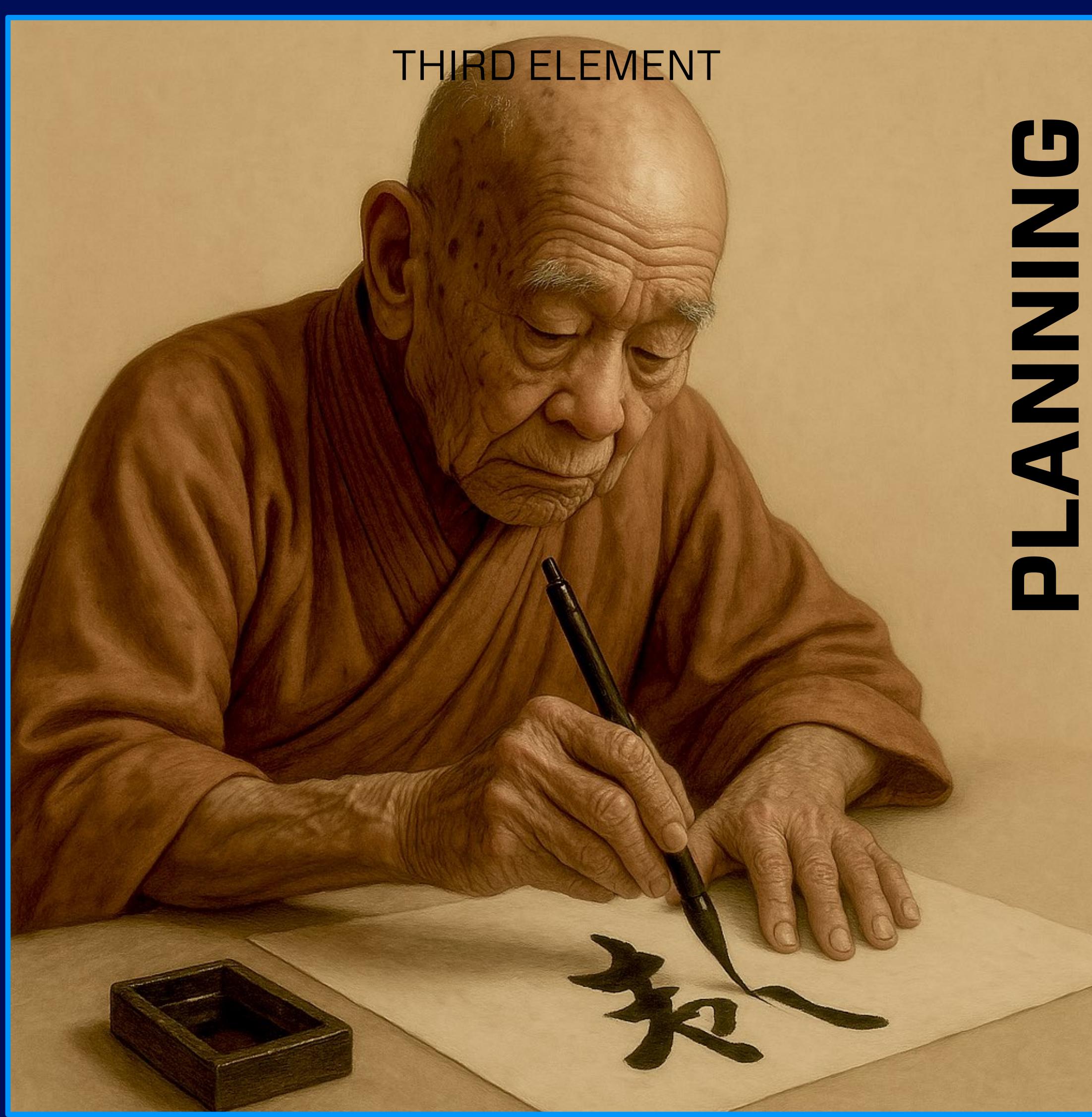
HUMAN FACTORS

SECOND ELEMENT



SIMPLICITY

THIRD ELEMENT

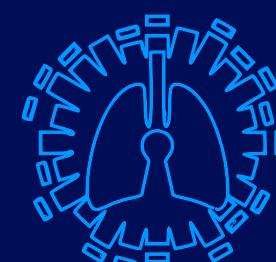


PLANNING

FOURTH ELEMENT

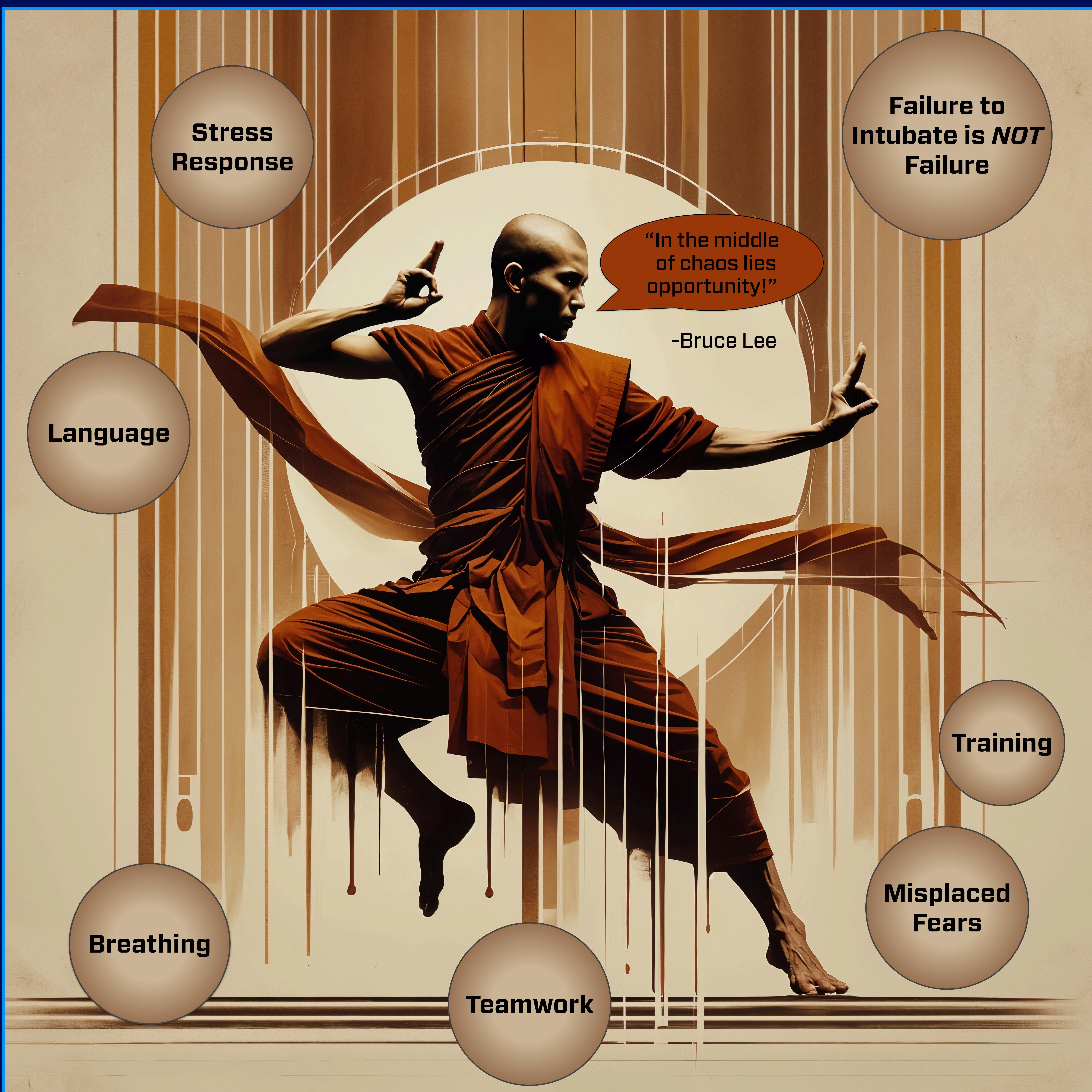


PRACTICE



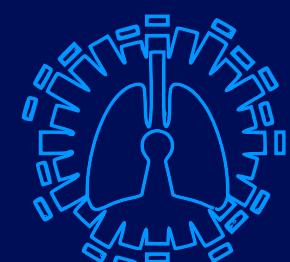
HUMAN FACTORS

UNDERSTAND WHY WE **FAIL** TO MAKE THE CUT



Sometimes, the greatest challenge isn't the situation—it's ourselves. This is especially true in the high-stakes, low-frequency CICO scenario, where hesitation can be just as dangerous as inexperience. Successful FONA isn't just about technical skill; it requires overcoming the psychological and cognitive barriers that can delay action in a critical moment. Here, we explore the human factors that influence decision-making under stress—and how to master them when it matters most.



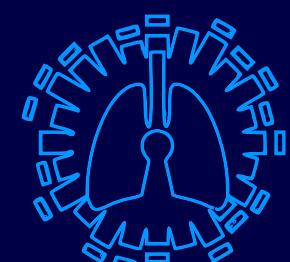


THE CICO SCENARIO

UNDERSTAND THE CRITICAL LANGUAGE OF FONA

The "Can't Intubate, Can't Oxygenate" (CICO) scenario is one of the most high-risk situations in airway management—a true life-or-death emergency. When standard techniques fail and oxygenation can't be maintained with less invasive methods like a face mask, bag-valve mask, or supraglottic airway, immediate action is the only option to prevent severe hypoxia, brain injury, or death. Understanding this critical concept is essential for any airway clinician. Let's break it down here.

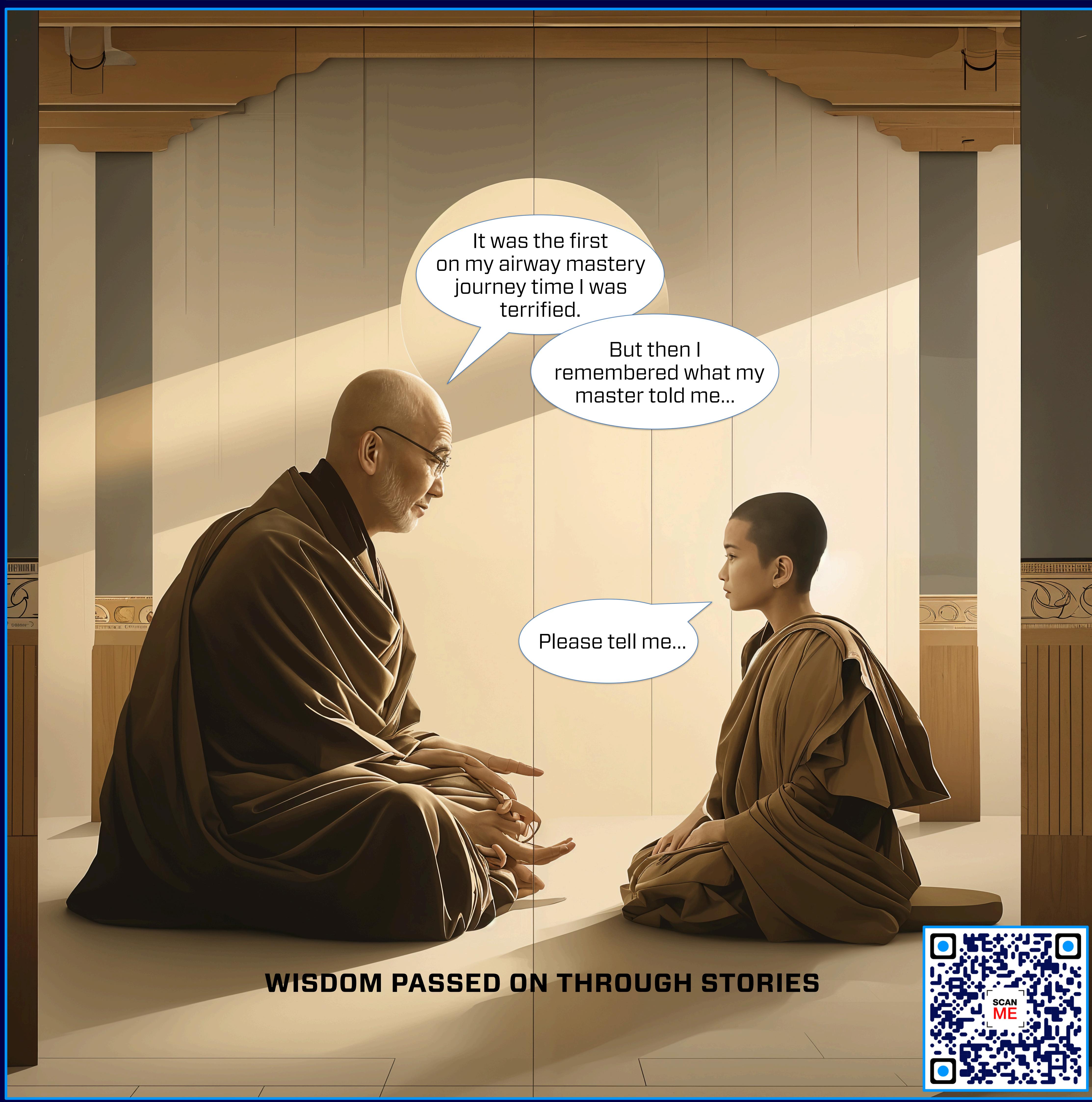


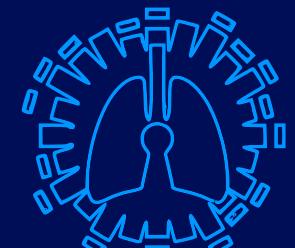


REAL FONA TALES

LEARNING FROM OUR COLLECTIVE EXPERIENCE

Our experiences shape the way we practice, but we don't have to learn every lesson the hard way. Sharing our stories allows us to grow beyond our own cases, gaining insight from those who have faced similar challenges before us. Those late-night war stories aren't just a way to pass the time; they're part of our collective wisdom, helping us prepare for what's ahead and avoid the missteps of those who've already walked this path. Here are some of those stories.



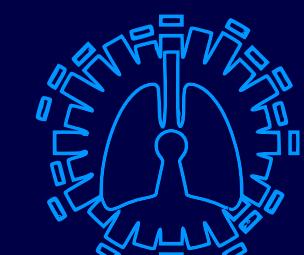


RETHINKING FAILURE

& WHY A FAILURE TO INTUBATE IS *NOT FAILURE*

Have you ever stopped to ask yourself, “What is my psychological and emotional relationship to failure?” If an intubation attempt goes wrong, does it shake your confidence, your identity—even your self-worth—right when you need to be at your best? One thing is certain: if the fear of failure holds us back from acting decisively, we’ve already lost. That’s why developing a Fearless FONA Mindset starts with rethinking our relationship with failure—understanding it, managing it, and ultimately overcoming it.



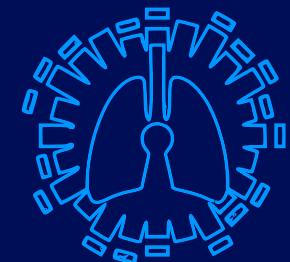


ADDRESS THE STRESS

**UNDERSTAND THE IMPACT OF STRESS ON PERFORMANCE
AND PREPARE YOURSELF TO WORK UNDER PRESSURE**

Even with all the right knowledge, our own minds can still work against us—especially if we haven't addressed how acute stress impacts performance. Under pressure, hesitation and cognitive overload can be just as dangerous as a lack of skill. The good news? We can train ourselves to stay sharp and act decisively, even in high-stakes situations. Take some time here to explore proven strategies to build stress resilience and put them into practice.





SEEK SIMPLICITY & *REDUCE* COGNITIVE LOAD

In high-stakes, time-critical situations like CICO, your success often comes down to one key factor: how easy—or how difficult—you make it for yourself. The smoother your transition to FONA, the faster and more effective your response will be. That's why it's crucial to streamline every aspect of your approach, reducing unnecessary complexity that can slow you down when seconds matter. In this space, explore practical strategies to lighten your cognitive load and simplify your FONA execution for a more confident, decisive response.

***“Simplicity is the
essence of brilliance.”***

- Bruce Lee.

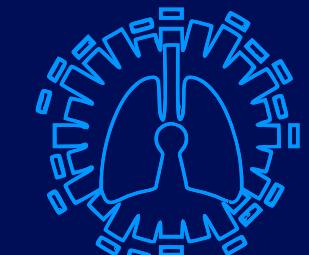
Refine

Focus

Distill

Eliminate

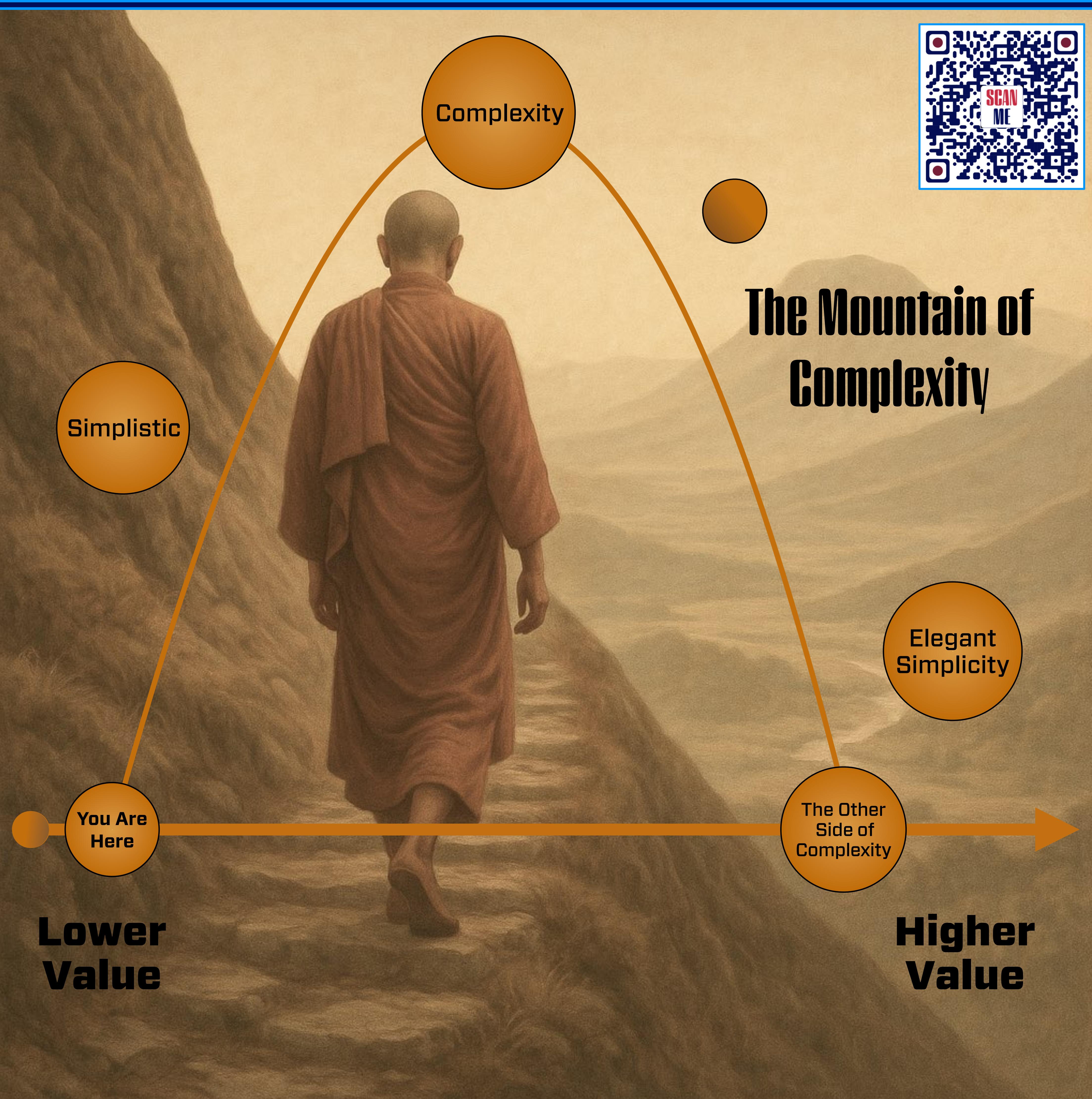




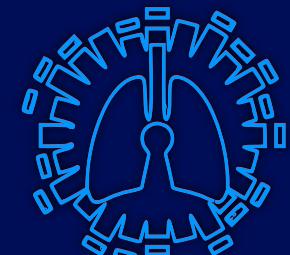
OTHER SIDE OF COMPLEXITY

BECAUSE SIMPLE DOES NOT MEAN **SIMPLISTIC**

True simplicity isn't about dumbing things down—it's about mastering complexity so completely that action becomes instinctive and efficient. Deep knowledge allows us to strip away the unnecessary, leaving behind only what is essential for swift, effective decision-making. In this space, you're challenged to dive deep, break down what you learn, and refine it into a clear, streamlined approach—one that ensures the right action happens quickly and successfully when it matters most. Let's get into it.



“The only simplicity to be trusted is the simplicity to be found on the far side of complexity.” -Alfred North Whitehead



FONA PLANNING

FROM STRATEGY TO IMPLEMENTATION

A solid plan is the foundation of successful FONA—but planning alone isn't enough. In the heat of a crisis, when every second counts, your ability to transition from decision to action depends on having a well-defined strategy and the tactical precision to execute it under pressure. From equipment setup to team communication and procedural sequencing, every detail matters. In this space, we break it all down: a clear, practical strategy combined with high-yield tactics to ensure you can perform FONA confidently and at the right moment—when a life is on the line.

The Element
of **Planning**

*Ensure
every
intubation
has a backup
plan...*



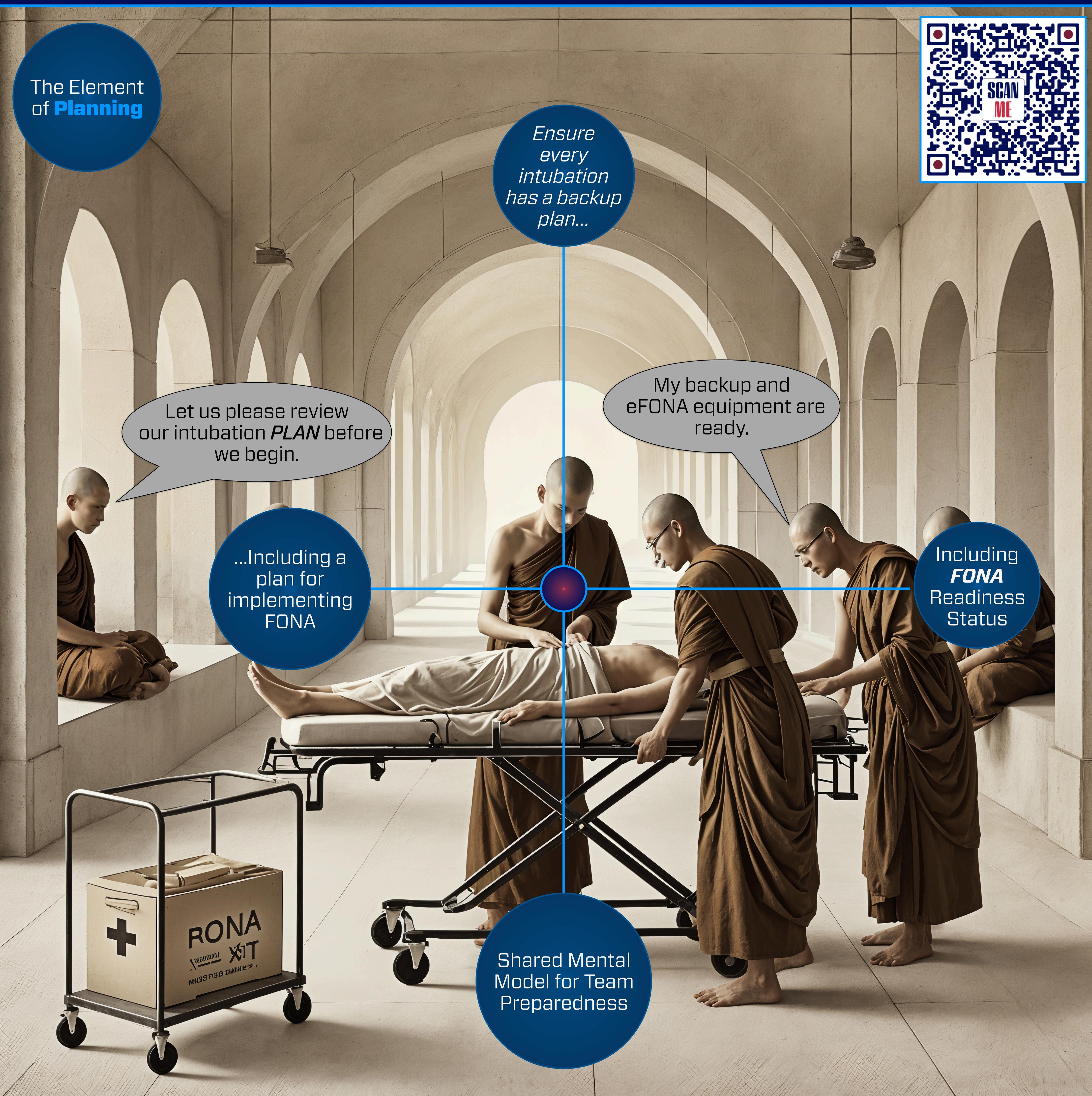
Let us please review
our intubation **PLAN** before
we begin.

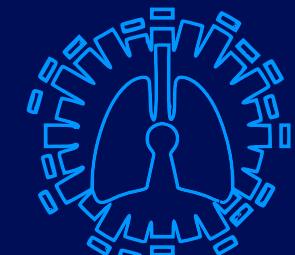
...Including a
plan for
implementing
FONA

My backup and
eFONA equipment are
ready.

Including
FONA
Readiness
Status

Shared Mental
Model for Team
Preparedness





THE ART OF STRATEGY

HOW TO ACHIEVE TIMELY & EFFECTIVE FONA

Failed airways can hit like a tsunami—sudden, overwhelming, and unforgiving. As intubation attempts falter, stress rises, voices blur into noise, and the chaos of the moment can drown out the critical signals that should trigger action. The danger isn't just the failed airway itself—it's the failure to recognize when it's time to pivot to FONA. That's where a strategy of **amplification and escalation** comes in. By deliberately clarifying and reinforcing the signals that indicate a deteriorating situation, we ensure that the need for action is recognized before it's too late. In this space, explore how to fine-tune your approach, cutting through the noise and ensuring that FONA happens at the right moment—not a second too late.

For Better
FONA

Strategy
/'stradəjē/ a plan of action to make decisions & allocate resources to accomplish your objective

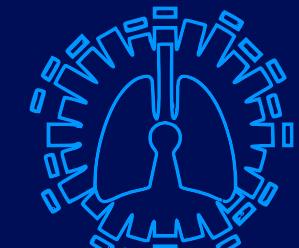
Use the
A&E
STRATEGY

Amplification
the preparation & tactics used to signal a need for FONA

That failed airway is coming. I must be ready...

Escalation
the ability of the team to mobilize resources in anticipation of FONA





FONA READINESS

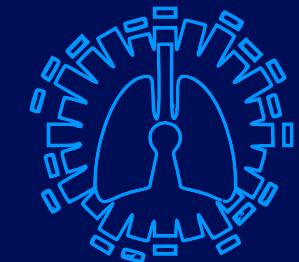
THE REAL WORLD IMPLEMENTATION OF YOUR FONA PLAN

LOW: A FONA KIT IS NEARBY

MEDIUM: NECK MARKED & KIT BEDSIDE

HIGH: SKIN PREPPED, KIT OPEN, SCALPEL IN HAND



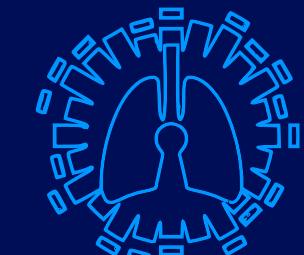


REGULAR PRACTICE

MAKE THE RARE EVENT FEEL *ROUTINE*

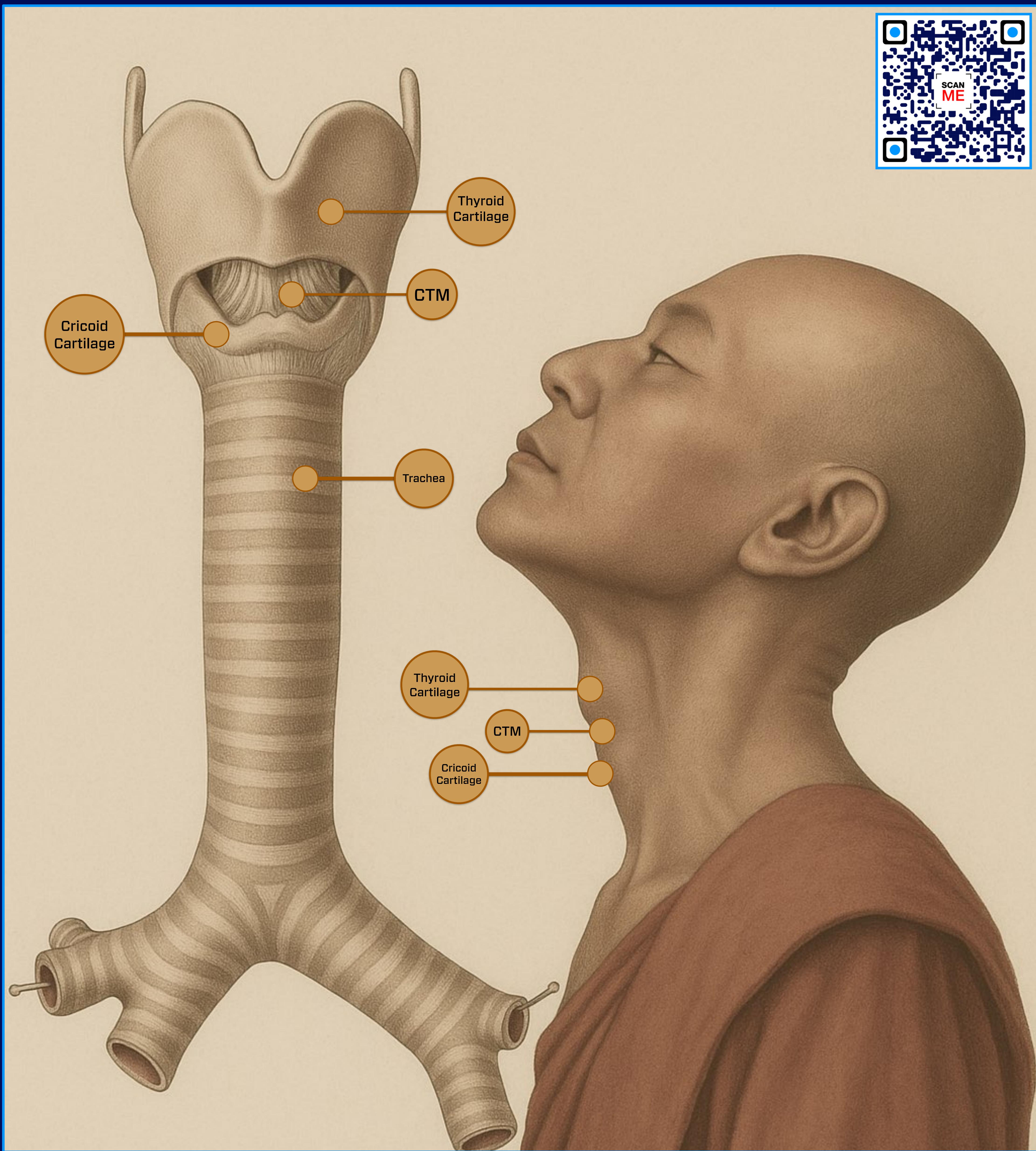
The final element of the Fearless FONA Mindset is practice. Emergency surgical airways are rare—so rare that even seasoned clinicians may go their entire careers without performing one. But when the moment comes, hesitation is not an option. The reality is that without regular practice, skills fade, and in a high-stakes, low-frequency event like eFONA, that lapse can mean the difference between life and death. The solution? Deliberate, ongoing practice. In this space, we reinforce the fundamentals—reviewing key anatomy, the eFONA procedure, and the critical steps needed in an emergency. Most importantly, we provide a practical, hands-on way for you to keep your skills sharp through our integrated training stations. Because when it comes to FONA, competence is confidence, and confidence saves lives. Let's go practice!



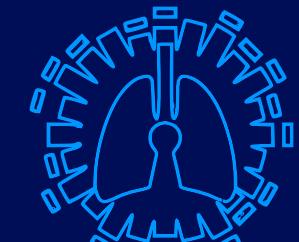


FONA ANATOMY REVIEW

FIND THE LANDMARKS & MAKE THE CUT



The cricothyroid membrane (CTM) lies superiorly between the thyroid cartilage and the cricoid cartilage inferiorly. During attempted eFONA, your success or failure is dependent on your ability to confidently identify the CTM. In this space, we give you the clinically relevant anatomy and the techniques to find those structures. Cutting into someone's neck is already hard psychologically, but it is made easier if you understand where and how to safely create access to the trachea.



SCALPEL FINGER BOUGIE IS SIMPLE FAST & *EFFECTIVE*

In high-stress, time-critical situations, simplicity saves lives. When a surgical airway is your only option, you don't have time for unnecessary steps or equipment. That's why the scalpel, finger, bougie (SFB) technique—fast, reliable, and endorsed by major airway societies—is the preferred approach. Forget needles and guidewires. The Difficult Airway Society recommends SFB for emergency front-of-neck access in a CICO scenario because it's clear, direct, and effective. Here, you'll learn the key steps and best practices—and get the hands-on training needed to execute it with confidence when it matters most. Master it. Practice it. **Be ready.**



Finger

Scalpel

How can one finger save a life? To answer this, you must understand the way of the scalpel and bougie!

Bougie