

## Family Visiting Suggestions

The ICU has open visiting hours at the discretion of the nurse. Immediate family members or significant others can come at any time to check on the patient and spend time with him or her.

The critical care nurse taking care of your family member will work closely with both you and the patient to ensure a quality visit. Keeping in mind the best interest of the patient, we would make these suggestions to help you optimize your visits:

- Feel free to check to see if the patient is resting. Please do not enter the room if the patient appears to be sleeping as this can rouse the patient from a light sleep.
- Sit with the patient at intervals if this seems to be soothing to the patient. Keep in mind the need for the patient to rest. Mealtimes can be a good time for a conversational visit.
- Fresh flowers are not permitted in the room.
- Patient assessment times are: midnight, 4 a.m., 8 a.m., noon, 4 p.m., and 8 p.m. Our assessments are usually completed in the 30 minutes before or after these times. This may be a good time for you to take a break and rest. We are concerned about your health also.
- Nighttime suggestions: We try to allow uninterrupted sleep periods of 2-3 hours when at all possible. If your family member is sleeping, this may be a time when you would want to go home to rest or sleep in the family waiting room. Lights go down at 9 p.m., and patients are encouraged to rest or sleep from this time on.
- Please limit the number of immediate family visitors to two in the room at a time.
- The nurse will contact you if there are any changes in your family member's condition or if he or she requests that you be called. Please be sure to leave phone numbers with the nurse where you or other family can be reached when you are away from the hospital.
- Feel free to call the ICU nurse's desk at any time if you have concerns. If you have a large family, it is best to provide a spokesperson to communicate with the nurse. By only giving information once, the nurse can spend more time with each patient.
- Smoking Policy: Newman Regional Health has joined hospitals across Kansas in an effort to be tobacco-free. As a health care organization, we are committed to the health and safety of our employees and patients. For this reason, tobacco use of any kind is not permitted - inside or outside - on hospital property.

These departments or individuals are also available to assist you during your hospital stay.

Patient Advocate.....	Ext. 2104
Lost and Found.....	Ext. 7789
Social Services .....	Ext. 4102
Business Office .....	Ext. 1153
<b>Nurses Station .....</b>	<b>Ext. 3508</b>
<b>Family Waiting Room .....</b>	<b>Ext. 3511</b>
<b>Director of ICU.....</b>	<b>Ext. 3202</b>

Intensive Care Unit  
620-343-6800, ext. 3508



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Intensive Care Unit is just one of the quality services provided by Newman Regional Health. For more information on one of our many services, please visit our web site at [www.newmanrh.org](http://www.newmanrh.org).

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620-343-6800 • [newmanrh.org](http://newmanrh.org)

# INTENSIVE CARE UNIT



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# GUIDE TO THE INTENSIVE CARE UNIT

Your physician has chosen to admit you to ICU for close observation and treatment. To assist with this close observation, there are many types of sophisticated equipment in ICU, and some may be attached to you. Most of them have lights and displays, and many generate sounds. These machines are here for support or monitoring. Some of the equipment in ICU includes:

- **Cardiac or Heart Monitor-** This machine records activity of the heart, including heart rate and rhythm. Patches will be placed on your chest and attached to the heart monitor. Not all alarms are emergencies. Sometimes movement in bed may cause the alarms to sound. All the information displayed on the monitor is also displayed at the nurse's desk and in our central monitor room that is always attended.
- **NIBP-** A noninvasive blood pressure cuff takes your blood pressure automatically. Some medications affect your blood pressure and require us to monitor your blood pressure frequently. This may be every 5-15 minutes or up to every 1-4 hours.
- **SpO2-** Oxygen saturation monitor. This is a monitor that attaches to your finger, forehead, or earlobe. It has a red light or sensor which measures the amount of oxygen in your blood. You may be asked to wear this all the time, or your nurse may use it occasionally to check your oxygen level.
- **An intravenous plastic catheter** is placed in your vein to deliver medication or fluids. Please notify your nurse if the area around the catheter becomes sore or swollen.
- **Nasal Cannula-** A small plastic tube that is placed at the opening of the nostrils to deliver extra oxygen. You can breathe, eat, and speak normally while wearing a nasal cannula.

## Routine of Unit

- **Assessments-** This will be done every four hours or more frequently as needed. Assessments include recording vital signs; listening to your heart, lung, and bowel sounds; and checking pulses.
- **Meals-** Mealtimes are breakfast around 8 a.m., lunch around 12 noon, and supper around 5:30 p.m. Snacks will be provided if your diet allows. Since many patients are on restricted diets and/or fluid restrictions, families are asked to check with the nursing staff before giving the patient something to drink or bringing in any food or snacks from home.
- **Personal Care-** Depending on your condition or activity restrictions, a nurse may need to help you with your bath. A commode is placed at your bedside or a bedpan and/or urinal may be used.
- **Doctors' Rounds-** Your regular physician will usually see you every morning during the week. An associate of your doctor will make evening rounds and see you on the weekends.
- **Your Nurse-** The intensive care nurse has special training and clinical skills in the care of the seriously ill and injured. The nurse makes observations at the bedside and provides for your care. Intensive care nurses work with physicians in developing a special plan of care for each patient. The intensive care nurse is here to meet your needs. Please let us know how we can better meet you or your family's needs. If you have questions, please ask.

## A Special Word to Families

You are an important member of the health care team! You may feel overwhelmed and frightened, but there are positive ways you can help yourself and the patient you love. Your role as a member of the health care team is to provide emotional support to the patient through your visits.

A waiting room next to the ICU especially for families of ICU patients is provided. There is a computer with games and internet access in the ICU waiting room for family members to use. As a CaringBridge™ Caring Alliance partner, we invite you to go to [www.caringbridge.org](http://www.caringbridge.org) and build a web page for your loved one.

CaringBridge™ is a free, not-for-profit, easy-to-use internet service developed to keep friends and family informed during important life events. Ask your nurse for a CaringBridge™ brochure or pick one up in the ICU waiting room.

You are invited to eat in the Snack Bar or the hospital cafeteria, Newman Café. Both locations are on the ground floor near the East Entrance. For hours that each location is open, please read the signs that are posted by either the Snack Bar or Neman Café entrance. A vending area with food and drinks is located next to the Emergency Department.

Many local hotels offer discount rate for family members of hospitalized patients.