

YOU AND YOUR CARE AT YOUR BEDSIDE

INFORMATION FOR PATIENTS, FAMILIES AND CARERS

A 'bedside round' is when one or more members of your health care team visit you to plan your care. This happens in a variety of ways in different wards and hospitals.

The health care team includes you, your doctors, nurses and allied health staff who have a role in your care.

We have learned from experience that we can provide better care by doing a 'bedside round' that includes the patient and all members of the health care team.

Bedside rounds – the new structure

The structure of this new approach to bedside rounds is as follows:

- The bedside round will happen regularly at the same time and will be a structured discussion for you to talk with your health care team
- The discussion will be brief (around 5 minutes) and will include all members of your health care team at your bedside
- You may be visited after the bedside round to have a more detailed discussion about your care
- Your family and carers are encouraged to be part of this bedside round
- The bedside round helps your health care team to better understand your needs and plan your care for the day
- You, your family and/or your carer will have an opportunity to make decisions together with the health care team about your care and ask any questions.

Benefits of bedside rounds

Involvement – being part of the team

You and your family are encouraged to talk with the team and be involved in the decisions made about your care.

Empowerment – having more say

You and your family will have the opportunity to discuss your care with your team and ask any questions.

Confidence – talking the same language

You and your health care team will have the same understanding of your plan for the day.

Certainty – knowing what to expect

Your team will visit you at a set time on regular, scheduled days.



Acknowledgement

The Clinical Excellence Commission acknowledges the creator of Structured Interdisciplinary Bedside Rounds (SIBR™) Dr Jason Stein of Emory University in Atlanta, Georgia. SIBR™ is a registered trademark of Centripital, Inc. For more information, please visit www.centripital.org.

During the bedside round

When your health care team visit you at your bedside, the bedside round will follow the below structure.

The bedside round on my ward happens at:

_____ am/pm

For any further questions, speak to the Nursing Unit Manager of your ward or your Doctor

1 Introduction
(Doctor introduces health care team to the patient)

2 Review of issues, test results
(Doctor will outline the patient's current health issues)

3 Update current status
(The bedside nurse will provide an update on the patient's current health and other clinical information)

4 Patient Safety Checklist
(The bedside nurse will go through a checklist of clinical items to make sure nothing is missed)

5 Allied Health Input
(Allied Health will provide an update on patient progress and priorities)

6 A Plan for the Day is developed
(The health care team agree to the plan of the day, engaging the patient)

Frequently asked questions

What if we run out of time at the bedside round?

There may be times when more detailed discussions about your care need to happen. You and your health care team will decide this together during the bedside round and a member of the team will return later.

What if I have more questions for my team after the round?

We encourage you to write down your questions – your health care team will be happy to answer questions throughout the day, or at the next bedside round.

What if I do not want to be involved?

You can choose not to be part of bedside rounds. To do this, please let your nurse know.

If you choose not to be part of bedside rounds, your health care team will discuss your care in a private meeting room to ensure all important information is passed on to all members of the team, and will visit you individually to have a more detailed discussion about your care.

About the In Safe Hands Program

The CEC's In Safe Hands program supports local health districts across NSW to build and sustain efficient and effective health care teams within a complex health care environment.

For further information on the In Safe Hands program, please visit <http://www.cec.health.nsw.gov.au/programs/insafehands>

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