

# Patient and Family Empowerment and Advocacy Checklist

NOTES

## Activities to help yourself or loved one:

- Perform hourly Incentive Spirometry
- Turn the TV off at night
- Assist with oral hygiene
- Passive range of motion
- Blinds up and lights on during the day

## Questions to ask the care team during rounds:

- What are the daily goals today?
- Am I eating? If not, why not?
- Do I need my bladder catheter?
- Do I need my arterial line?
- Do I need my central line?
- Do I need the breathing tube? If so, why?
- Can I bring familiar items/music from home?
- What issues are keeping me in the ICU?
- Do I need my chest tubes? If so, why?
- Am I able to walk? If not, why?
- Have I asked all my questions?