

DAILY ROUNDING TIPS

Always check: Nursing chart, Electronic records, Physician chart

Get into a routine of looking through the same things everyday!

Nursing chart

- **Vitals**
 - Pattern to hyper/hypotension?
 - Oxygen requirement and trend
- **MAR**
 - **Antibiotics** - which ones? Stop date?
 - PRN **pain meds** - how frequent?
 - PRN **agitation** or **sleep aids**?
 - Appropriate **DVT ppx**
 - Dalteparin vs. heparin?
 - Any reason to hold?
- **Fluid balance**
 - **Net balance**?
 - **Urine output** adequate for kidney?
 - **Post-void residuals**?
- **Weight**
- **Stool chart**
 - Normal BM and frequency?
 - If constipated, bowel regimen?
 - If loose stools:
 - Too much bowel regimen?
 - Cdiff testing?
- **Sleep and behavior** chart
 - Patterns of day night reversal?
 - Sleep aids given at appropriate time?
- **Blood sugars**
 - How much **scheduled** insulin
 - How much **sliding scale** use
 - Trend in last 2-3 days?

Physician chart

- Previous notes from MRP
- Any notes from **consultants**
- Check **orders from overnight** for any changes made on call
- **Allied health** progress notes

Electronic medical record

- **Routine** labs:
 - CBC, lytes, urea, Cr,
 - urinalysis, ext lytes, liver enzymes
- **Any special labs:** e.g.
 - peripheral smears, SPEP/UPEP
 - rheumatologic, endo workup
 - drug levels, path reports
- **Microbiology:**
 - cultures and sensitivities,
 - C diff toxin, AFBs, NP swab
 - viral serologies
- **Imaging studies:**
 - X-rays, CTs, nuclear med studies
 - echocardiograms
- **Documents:**
 - consultations
 - allied health notes
 - Holter, EEG, EMG studies

Seeing your patient

- Assess **symptomatic** improvement
- Perform **relevant physical exam**
- Always ask about:
 - **Eating, drinking** adequately?
 - Having **BMs**? **Urinary** issues?
 - **Ambulation** and activity level?
 - How close to baseline?
- Update patient on:
 - **Results** of investigations
 - Presumed causes of illness
 - **Upcoming tests**
 - **New medications** to be started
 - **New consulting services** involved
- Tip: ask the **most responsible nurse** what concerns they may have!

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Specific entities

- CHF:
 - Examine **volume status**, check **weight**, fluid **balance**, **creatinine**
 - Reassess **diuretic dose**, is there room to optimize **cardiac meds**?
 - Do you need an echocardiogram this admission?
 - Is there heart function clinic follow up? Cardiologist involved?
- COPD:
 - Check **oxygen** use, respiratory **exam**, **PRN puffer** use
 - Appropriate duration of steroid and antibiotic treatment?
 - Ready to step down to **MDI**? Ready for **home puffer** regimen?
 - **Functional assessment**, e.g. walking oximetry prior to discharge
 - Review **puffer technique**, COPD education, **vaccination**
- AKI:
 - Examine **volume status**, check **weight**, **urine output**, **creatinine**
 - Have **pre-renal** and **post-renal** causes been addressed?
 - Are there any **nephrotoxic** meds?
 - Should any medications be **renally dosed** or switched to alternative
- Infections:
 - Check **microbiology**, **sensitivities**, WBC count/CRP
 - Examine **infection site** if possible, improving clinically? adequate **source control**?
 - Antibiotics: appropriate **coverage**? **Duration**? **IV or PO**?

Specific entities

- Delirium
 - Check patient **orientation**, attention, LOC, **collateral** hx
 - Review **sleep** and **behavior** chart, **PRN meds** use, **stool** chart, **PVR**
 - Have **DIMS-R** been fully addressed?
 - Can sleep be optimized? **Sensory aids** present? **Anchors** removed?
 - Bed next to window? **Sitter** possible? Family present?
- Afib
 - Is heart rate appropriate? Is there **room to optimize** meds?
 - Should patient be **anticoagulated**?
 - If so, which agent?
- Decompensated cirrhosis
 - Check for **ascites**, **SBP**, **encephalopathy**, **GIB**, **kidney** dysfunction
 - Ascites: appropriate **diuretic** dosing? Need diagnostic or therapeutic **tap**?
 - **Variceal** bleed: on **antibiotics**? Room to titrate **beta blocker**?
 - Encephalopathy: adequate dose of **lactulose**?
- Diabetes
 - Check **BG** and **sliding scale** use over last 24-48hrs
 - What's the pattern to highs/lows? Which meds can be optimized?
 - Are meds **appropriate for kidney** function? E.g. metformin
- Alcohol withdrawal
 - Check **CIWA** scores, **vitals**, patient orientation, **LOC**
 - Ready for help with alcohol cessation? Is addictions involved?