

ICU Questions Guide

The questions that cut through the noise when everything feels overwhelming.

Parent Down

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INTRO:

The ICU is overwhelming - alarms, machines, specialists, and a constant sense of urgency. This guide gives you the questions that cut through the noise so you can understand what's happening and advocate with confidence.

UNDERSTANDING THE SITUATION:

- What is the current diagnosis
- What caused this
- What are the biggest risks right now
- What is the expected trajectory over the next 24 hours

TREATMENT & INTERVENTIONS:

- What treatments are being given and why
- What are the goals of each treatment
- What complications are you watching for
- What would be signs of improvement
- What would be signs of decline

COMMUNICATION:

- Who is the attending physician
- When do they round
- Who can I talk to if I have questions outside of rounds
- What's the best way to reach the care team

NEXT STEPS:

- What needs to happen before they can leave the ICU
- What decisions might I need to make soon
- What should I prepare for in the next 24-48 hours
- What does the team need from me

NOTES SECTION:

Notes: