

## Meet your ICU Team

While in the ICU you or your loved one will be cared for by many different highly trained specialists. It can often be overwhelming to see so many people come and go throughout the day, while in the ICU you will be treated by,

- **Doctors:** ICU patients are looked after by a team of doctors led by Intensive Care Specialists otherwise known as the Intensivists. The team perform ward rounds twice a day, and are available in between those times to re-assess patients, organise and perform medical procedures, attend to emergencies and communicate with families.
- **ICU Nurses:** These are highly skilled nurses who can operate complex life-support machines and equipment in ICU. Each bedside nurse looks after either one or two patients providing highly specialised care in line with the overall plan formulated during the ICU ward rounds. There is a nursing team leader (TL) each shift and the ICU nursing team is led by the Nurse Unit Manager (NUM) with the support of Clinical Nurse Consultants (CNC) and Clinical Nurses (CN).
- **Physiotherapists:** ICU physiotherapists provide chest physiotherapy and rehabilitation physiotherapy, both of which are vital in optimising outcomes for critically ill patients. Chest physiotherapy ensures maximises air entry into the lungs. Rehabilitation physiotherapy is important as critically ill patients can lose muscle strength and stamina so early and intensive physiotherapy is essential to prevent loss of function and to speed up recovery.
- **Pharmacists:** Specialised pharmacists help ensure adequate supply of life-saving medications in ICU. They also take comprehensive medication history, help guide the selection and dosing of ICU medications and assist in reducing adverse reactions and medication interactions.
- **Dietitians:** Dietitians assess the nutritional status of patients and formulate a comprehensive strategy for optimal nutrition. This can include oral intake, nasogastric tube feeding (enteral nutrition) or intravenous feeding (parenteral nutrition).
- **Speech pathologists:** Speech Pathologists assess and assist patients who have trouble swallowing (eating or drinking) and communication (talking or understanding).

- **Social Worker:** Social workers assist patients and families to navigate the complex psychosocial problems that arise when people or their loved ones become critically ill. Social worker is often the bridge of communication between families and medical staff or government organisations such as Centrelink
- **Administrative Staff:** Ward clerks and administrative officers provide vital support to clinical staff. They assist in bookings, admissions and discharges, organising documentation, management of visitors and roster management.
- **Operational Support Officers:** Their duties include moving equipment and machines; assist in patient mobilisation and transport and performing environmental cleaning to prevent healthcare acquired infections.