



FAMILY CHECKLIST

Questions to ask after ICU care, hospitalization, discharge, or rehab transition.

Use this for non-emergency planning and family meetings. Bring these questions to the treating team, facility team, or primary clinician.

Not emergency care. For urgent symptoms or rapid clinical changes, call 911, contact the treating clinician, contact facility staff, or go to the emergency department.

What happened?	<ul style="list-style-type: none"> - What was the main reason for hospitalization? - Were there ICU complications, infections, breathing problems, kidney problems, delirium, bleeding, or procedures? - Which problems are resolved, improving, or still active? - What information is still uncertain?
Medication questions	<ul style="list-style-type: none"> - Which medications are new, stopped, or changed? - Which medications are temporary? - Which medications increase fall, bleeding, sedation, kidney, or confusion risk? - Who is responsible for refills and follow-up?
Follow-up questions	<ul style="list-style-type: none"> - Which clinician should be seen first after discharge? - Are labs, imaging studies, wound checks, oxygen needs, dialysis, or therapy needs being tracked? - What symptoms should trigger a call to the clinician or emergency care?
SNF / rehab questions	<ul style="list-style-type: none"> - What are the therapy goals? - What medical issues could delay discharge home? - Who is the clinician following the patient at the facility? - How often will the family receive updates? - What would need to be true for discharge home to be safe?
Goals-of-care questions	<ul style="list-style-type: none"> - What is the best-case, worst-case, and most likely path? - What decisions might come up in the next few days or weeks? - What does code status mean in this situation? - Is the current plan focused on recovery, stabilization, comfort, or a mix? - Would palliative care or hospice be appropriate to discuss?

When physician advisory guidance may help

Consider BridgeCare when records are hard to understand, multiple specialists gave different messages, the family is preparing for a meeting, a major decision is coming, the discharge/SNF plan feels unclear, or medication changes are confusing.

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