Use these key points to help you provide the essence of good care.

**Be proactive**

Build a caring culture.
Maintain a healthy work environment.
Round on patients. Check the four Ps:
- Potty
- Position
- Pain
- Possessions

**Prevent patient harm**

Falls are the leading adverse events in hospitals.
- Evaluate types of fall risk factors found.
- Have patients wear proper footwear.
- Teach patients and families about fall risks.
- Choose the proper support surface to prevent pressure ulcers.

**Wash your hands**

Remember, the CDC says hand hygiene is one of the most important ways to prevent infection spread.
Use CDC education and reminder tools available at cdc.gov/handhygiene/index.html.
Consider an electronic monitoring system.
Make sure everyone knows the “5 moments for handwashing” from the World Health Organization:
- before touching a patient
- before a clean or aseptic procedure
- after body fluid exposure risk
- after touching a patient
- after touching patient surroundings.

Above all...
Engage patients

- Listen, listen, listen.
- Repeat important information.
- Keep patients and families informed.
- Practice patience.
- Teach patients about their condition and treatments.

Keep patients moving

Some ventilated ICU patients can lose up to 25% of peripheral muscle strength within 4 days. Incorporate range-of-motion exercises into care. Provide mobility education for patients and families. Use such tools as whiteboards to track progress. Apply 6 steps from TeamSTEPPS® program for sustaining early-mobility program:
- Provide practice opportunities.
- Ensure that leaders emphasize new skills.
- Provide regular feedback.
- Celebrate wins.
- Measure success.
- Update current plans.

Promote sound nutrition

1 in 3 Number of hospitalized patients who are malnourished
Assess nutritional status, checking for risk factors and:
- trouble chewing
- swallowing disorders
- weight history
- height and weight measurement
- skin integrity
- presence of edema
- electrolyte abnormalities
- hand-grip strength.
Partner with dietitians.
Monitor nutrition status.

be a patient advocate.
Remember—the nurse is the only healthcare professional who’s with the patient and family 24/7/365.