



# Your Stay in the Cardiac Intensive Care Unit (CICU)

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## What is a CICU?

A **cardiac intensive care unit (CICU)** is a specialized hospital unit that treats people with serious or unstable heart problems. If you have been admitted (checked in) to the CICU, your illness is serious enough to require the highest level of medical care and **around-the-clock monitoring**. This means that our staff is keeping track of your health and your condition at all times.

The healthcare providers in the CICU have advanced training in heart (cardiac) care. They use specialized equipment to monitor you closely and provide therapies not available in other parts of the hospital. These can include devices and medications that are used only under close medical supervision (while medical professionals are there to watch you and provide support).

## Who is on my CICU care team?

The CICU has a team of specially trained healthcare professionals who are experts in this type of care. These ICU team members may include any of the following:

- **Critical care nurses:** Registered nurses (RNs) who specialize in critical (intensive) care nursing. They assess, monitor, and care for you during your hospital stay.
- **Patient care technicians (techs):** They help your nurse with your daily care.
- **Medical staff**
  - **Attendings:** Experienced doctors who have the main responsibility for your care. In the CICU, attendings specialize in the care of heart

and its blood vessels (**cardiology**). They supervise the fellows, residents, and medical students.

- **Fellows:** Doctors who are completing specialty training in heart and blood vessel care before they become attendings.
- **Residents:** Doctors who has completed their medical school training. They practice under the supervision of an attending. They often help monitor patients and talk with the attending doctor and other members of your care team.
- **Medical students:** They may work with other healthcare providers and watch your care during the day.
- **Occupational therapists (OT):** Occupational therapists use techniques to improve, restore, or maintain your motor skills (body movements) and overall physical ability to do everyday activities.
- **Physical therapists (PT):** Physical therapists work with you to develop a plan to improve your movement abilities, manage your pain, restore function, and prevent disability.
- **Clinical dietitian nutritionists:** They check on your nutritional status (how you're eating and drinking), make recommendations, and provide patient education.
- **Pharmacists:** Pharmacists review your medications every day while you are in the hospital. They are available to answer questions about your medications. If you are interested in speaking with a pharmacist, please let your nurse know.
- **Care management team**
  - **Nurse case managers** (also called discharge planners): Our case managers help make sure you have a smooth transition between your inpatient stay and home care. If needed, they will visit you during your stay and arrange any medical needs you may have after discharge (when you leave the hospital).

- **Social workers:** A social worker is available to meet with you and your family. They make sure the proper support systems are in place to help you manage emotional and practical issues during your hospital stay. Our social workers can provide emotional support to you and your family, help you complete an Advanced Directive (but they cannot sign it for you), and help you and your loved ones have conversations during times of difficult decision-making.

### **What is it like in the CICU?**

It's common for patients to be connected to many different machines or devices while they're in the CICU. These machines have alarms and display panels, and sometimes the noise and lights can be overwhelming. They help the team manage your treatment and care, and they don't always mean that something is wrong. Below are some short descriptions of some of this equipment. If you have any questions, the CICU team is here to help explain.

| <b>Equipment</b>             | <b>Description</b>   |
|------------------------------|--|
| <b>Bedside heart monitor</b> | A device that continually watches your heart rate and rhythm and shows them on a screen. We attach you to the monitor by special sensors placed on your chest. Special wires connect these sensors to the monitor. Your team can also view information from your heart monitor from other locations in the CICU. |
| <b>Blood pressure cuff</b>   | We will place a cuff on your arm or leg that will stay in place to measure your blood pressure.  |

| <b>Equipment</b>                           | <b>Description</b>   |
|--|--|
| <b>Intravenous catheter (IV)</b>           | An IV is a flexible tube placed in your vein. We can attach this IV to tubing so we can give you fluids, medications, or blood as needed.  |
| <b>Infusion pumps</b>                      | These pumps control the amount of medication or fluid that you receive through your IV. The pump alarms may go off for different reasons, and your nurse will deal with it in a timely manner.   |
| <b>Nasal cannula</b>                       | This is a lightweight tube with 2 hollow prongs that gives you oxygen through your nose. Oxygen is a medication that requires a prescription from a healthcare provider. If your provider orders oxygen, you need to be sure you are wearing your nasal cannula for safety.                      |
| <b>Pulse oximeter</b>                      | If you need oxygen in the CICU, you will wear a pulse oximeter to monitor your blood oxygen levels. The pulse oximeter (also called a probe) is a clip-like device we place on a body part, such as your finger or ear lobe. This device uses light to measure how much oxygen is in your blood. |
| <b>Sequential compression device (SCD)</b> | SCDs are sleeves that we will place on your calves (your lower legs). They will squeeze your legs every so often to help prevent a blood clot from forming.  |

### **What is a typical day like in the CICU?**

The CICU is a very active place, staffed by a dedicated team who provide care around-the-clock. Your day will start before 5:00 AM with activities such as morning blood work and daily weight measurements. This early start gives your team time to review your lab results, your weight trends, and other important

information that they will use during rounds to help your team create your plan of care for the day.

### **What are rounds and how do they work?**

- Rounds begin outside your room, where the team will meet to talk and develop your plan of care for the day. Then the team moves to your bedside to provide updates, review your treatment plan, and ask if you or your family have any questions or concerns.
- Rounds include doctors, residents, medical students, your nurse, a pharmacist, and a dietitian. Specialty providers, physical therapists, occupational therapists, and other healthcare professionals will come by throughout the day.
- In the CICU, we invite you and your family to participate in rounds and be actively involved in your care. If your family can't attend rounds, there is always a doctor on the unit who can give updates when needed.

### **What is the daily schedule in the CICU?**

A typical day in the CICU has a basic structure of activities. This can change, but the schedule below gives you a general overview of how the unit runs.

| <b>Morning</b>  |
|---|
| <b>4:00 AM - 6:00 AM</b> <ul style="list-style-type: none"><li>• We measure your daily standing body weight (or bed weight, if necessary).</li><li>• We draw blood for lab work.</li><li>• Your nurse gives you medication.</li></ul>                           |
| <b>7:00 AM - 8:00 AM</b> <ul style="list-style-type: none"><li>• We complete our nursing bedside shift report.<ul style="list-style-type: none"><li>○ The nurses going off and coming on duty meet by your bedside to talk about your care.</li></ul></li></ul> |

- We encourage you and your family to participate in the nursing bedside shift report. Once the nurses have done their review, they will ask you if you have questions, feedback, or suggestions for your plan of care.
  - A resident will collect information on your condition that may have changed overnight and prepare to share that information with the team during rounds. This is called **pre-rounds**.
- 8:00 AM - 12:00 PM**
- Your nurse does a **head-to-toe assessment**, which is a physical exam of all your body's systems. This is how they check for any health needs or problems.
  - Your team completes their rounds and plans for the day.
  - Your nurse gives you medication.

**Afternoon**

- 2:00 PM - 3:00 PM**
- Your nurse gives you medication.
- Throughout the day, we may schedule some tests, procedures, or therapies to help with your recovery.

**Evening**

- 7:00 PM - 8:00 PM**
- We complete another nursing bedside shift report.
- 8:00 PM - 10:00 PM**
- Your nurse does a head to toe assessment.
  - Your nurse gives you medication.

**Night**

Being in the CICU involves around-the-clock care. You may travel to different parts of the hospital for tests that are only completed during the night hours. You also may need to have your blood drawn or your IV lines changed, or you may need to get bathed. We know sleep is important for your recovery, so we encourage you to sleep at night when you can.

## **What else do I need to do every day in the CICU?**

While the schedule shows the big things that happen during your day, many smaller things also need to happen. These include, but are not limited to:

- Getting out of your bed and into the chair 3 times a day (as your are able, based on your doctor's instructions)
- Having your blood sugar levels checked before meals
- Changing your position in bed at least every 2 hours to prevent skin breakdown (also called pressure injuries, pressure sores, or pressure ulcers)
- Measuring how much urine (pee) you make and fluid you drink
- Practicing good personal hygiene (cleanliness):
  - **Brushing your teeth at least 2 times a day:** The mouth is full of germs. It is important to brush your teeth so that those germs do not enter your lungs or get on your skin.
  - **Bathing:** A nurse or tech will help you with a bath in your bed using a cleanser called chlorohexidine gluconate (CHG). This CHG cleanser comes in the form of pre-packed wipes that help kill germs on your skin.
  - **Washing your hair:** If you are able to wash your hair, a nurse or tech will help you with a rinse-free shampoo cap. This is not done every day.

## **What do I need to know about visiting friends and family?**

Family members, friends, and visitors are an important part of the healing process. Our current visitor guidelines are below:

- Family members and visitors are expected to treat patients, visitors, and staff with respect. We will not tolerate violent, threatening, or disruptive behavior. Thank you for your understanding.
- You are welcome to have 1 adult person at your bedside at any time of the day or night.

- We ask that you have no more than 2 bedside visitors at a time in the CICU. At times, we may ask your family members or visitors to step out of the room if there are procedures or other necessary medical care we need to do. We have a waiting area outside of the CICU they can use.
- All visiting children must be under the supervision of an adult (other than the patient and the healthcare team). Please see the charge nurse to learn more about visiting children under 12 years old.
- Visit this link for the most up-to-date Visitor Guidelines: [www.UofMHealth.org/patient-visitor-guide/visitor-guidelines](http://www.UofMHealth.org/patient-visitor-guide/visitor-guidelines)

### **What are visitors' roles in the CICU?**

Here are some suggestions to share with your visitors in the CICU:

- Wash your hands or use an alcohol-based hand sanitizer when entering and leaving a patient room.
- Act as a support coach as your loved one works toward recovery.
- Encourage your loved one to be as independent (do things on their own, as long as they're safe and able) as possible.
- Please keep track of your time with your loved one. Visits can sometimes be tiring for patients.
- **Do not visit if you aren't feeling well.**
- **Do not bring food or drinks to your loved one unless the care team says it's okay.** Many people are on a special diet or fluid restrictions while in the CICU.
- **Please keep your cellphone on vibrate.** If you are not in your loved one's room, please move to the family waiting area to make a call.

### **How can visitors take care of themselves?**

Having a loved one in the CICU can be stressful. It's important that your visitors take care of themselves. The following suggestions may help:

- Get rest.



- Consider leaving the hospital at night to sleep at home.
- Use the family waiting areas if you are staying overnight.
- Eat regularly and drink plenty of fluids so you can stay healthy and hydrated.
- Stay connected with your family and friends.

### **How can family and friends get updates on me while I'm in the CICU?**

- It is important to fill out the “Family and Friends” form when you're admitted to the CICU so your healthcare team knows who they can talk to about your health status.
- Please pick 1 person as your main contact to get information and regular updates from the CICU team. That person can then pass on information to family and friends. The contact person can call the CICU at **(734) 936-4744** for updates.
  - If possible, avoid calling the CICU between 6:00-8:00 AM or between 6:00-8:00 PM. During these times, the nurses are getting ready to change shifts.

### **How can friends or family send mail to me while I'm in the CICU?**

Below is the address for the CICU. Tell senders to include your name and room number when addressing their mail to you.

Patient's Name

University Hospital

Unit 7D UH, Room #

1500 East Medical Center Drive

Ann Arbor, Michigan 48109

## **What about my valuables?**

We suggest that you do not bring any valuable items with you to the hospital. Please leave valuables (like jewelry, large amounts of money, computers, etc.) at home. The hospital is not responsible for lost or misplaced valuables. If you must bring any of these items, we ask that you keep them in the hospital safe for as long as you're in the CICU. Our security staff can help you with this.

## **What support services does Michigan Medicine offer?**

Michigan Medicine offers many different special services. If you have any questions about the following, please ask your nurse for more information.

### **Spiritual care providers**

We have caring and experienced chaplains who can provide spiritual support to you and your family. They are available 7 days a week, 24 hours a day. You can request a chaplain visit by asking your nurse or by calling **(734) 936-4041**. Chapels and quiet rooms are also available for reflection, meditation, or prayer.

### **Interpreter services**

If you or a family member are more comfortable speaking a language other than English, or if you are deaf, blind, or hard of hearing, trained and certified medical interpreters are available to help you talk with our staff and care providers. Interpreters are available 24 hours per day, 7 days per week. Ask your nurse for help or call **(734) 936-7021**.

### **Patient and Family Life services**

The Patient and Family Life team at the Frankel Cardiovascular Center is made up of trained professionals who are experts in helping reduce the stress and anxiety that goes along with hospitalization and illness. Some of the special services they offer patients and families include:

- Helping you develop ways to cope with fear and anxiety

- Offering emotional support before, during, and after a procedure
- Teaching you different ways to manage pain or discomfort
- Offering support to your family and loved ones
- Providing ways to redirect your thoughts and calm your mind

To request a visit from a Patient and Family Life team member, please call **(734) 803-2706** or ask your provider to place a referral for the Patient and Family life team.

### **The Guest Assistance Program (GAP)**

This office is a part of the Department of Social Work that helps patients manage any non-medical needs they may have. Our dedicated social workers problem solve, research community resources, and help coordinate different needs you may have during medical treatment. If you have questions, problems, or concerns with any part of your hospital stay, contact the Guest Assistance Program at **(800) 888-9825**.

### **Animal therapy**

Ask your nurse for information about our animal therapy program. They can help you request a visit with a therapy dog.

### **Gifts of Art**

Gifts of Art is a program that brings the world of art and music to our patients and families at Michigan Medicine. Call **(734) 936-9431** and then press 1 to request bedside music, free art-making projects, or coloring books.

### **Internet access**

- Michigan Medicine is completely wireless, so you have free access to the internet anywhere throughout the hospital. Select "MGuest-UMHS" from your computer or mobile device's Wi-Fi options.

- Bedside tablets are available for you to use. Ask your nurse for help setting up a tablet.

### **Dining services**

In the same building as the CICU (University Hospital), there are some dining options on Level 2 which include a cafeteria, a vending area, and Einstein Brothers Bagels. Over in the Frankel Cardiovascular Center on Level 2, there is the Atrium Healthy Heart Cafe.

### **Gift shop**

The FRIENDS Gift Shop is located on Level 2 of University Hospital near the UH Cafeteria. You can buy gifts, magazines, cosmetics, candy, toys, games, books, cards, clothing, and more at our gift shops.

### **ATM machine**

There is an ATM located on Level 2 of University Hospital next to the cashier's office, just down the hall from the FRIENDS Gift Shop.

### **Michigan Medicine Lodging**

Michigan Medicine Lodging helps patients and families find overnight lodging during their time at Michigan Medicine. For help making reservations, call **(800) 544-8684**.

### **Michigan Medicine parking**

The P2 and P3 parking structures are located next to the front entrance of University Hospital on East Medical Center Drive. They are open 24 hours, 7 days a week. For current parking fees, please visit our website at:

[www.UofMHealth.org/patient-visitor-guide/parking](http://www.UofMHealth.org/patient-visitor-guide/parking)

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