

NICU Bedside Rounds: How Parents Can Participate

What are Bedside Rounds?

Rounds is when you and members of your baby's healthcare team get together to discuss your baby's journey and to plan care.



How can Parents Participate in Rounds?

Parents are always invited to participate in rounds. Parents tell us participating in rounds is overwhelming at first but gets easier with time and is extremely valuable.

You decide *if and when* to be present for rounds. Every day may be different.

Parents can attend rounds in-person or virtually, or one parent can attend in-person and the other can attend virtually.

Examples of how you can Participate in Rounds

- Be present and listen
- Ask questions and raise concerns
- Ask a member of the healthcare team to ask questions for you
- Share information about your baby in a way that is meaningful to you.
 - You are not expected to give a medical report of your baby's progress.
- To help organize your thoughts, use the Alberta FICare Parent Journal, your own journal, or the bedside whiteboard



If you are unable to attend rounds, you can call the unit for an update at any time.