



## Intensivists at Northridge Hospital

Northridge Hospital Medical Center has the *only* Intensivist Program in the San Fernando Valley providing board-certified Intensivists 24/7.



### What Is an Intensivist?

Intensivists or critical care physicians receive specialized training to treat critically ill patients. Specifically, all of our Intensivists have the unique distinction of holding three board certifications in Internal Medicine, Pulmonary Medicine and Critical Care. Throughout the day, they rapidly coordinate inpatient care in the ICU; respond to treat patients in the Emergency Department within minutes

of being paged; react to emerging clinical data and changes in the patient's medical status; and communicate the treatment plan with patients and their Families/Care Partners.

### How Does an Intensivist-Led ICU Differ From a Traditional ICU?

In a traditional approach, primary care physicians have the chief responsibility for treating their critically ill patients. The downside is that primary care doctors are unable to devote large amounts of time specifically in the ICU. Intensivists, on the other hand, spend their time each day in the ICU and are experienced in treating the sickest patients.

### How Does an Intensivist Benefit the Patient?

National studies have shown that Intensivists improve clinical outcomes. In fact, more than 160,000 lives could be saved each year if critical care was delivered by intensivist-directed, multi-professional teams, according to the Society of Critical Care Medicine. This means patients receive the best possible care at Northridge Hospital.

## Helping Families Prepare for the Family Meeting

In our Intensive Care Unit (ICU), we meet with you, our patient's Family/Care Partner, to talk about your loved one's condition and care. To make the most of our time together at the meeting, you may find it helpful to think about your questions and what you may wish to discuss before we meet. This guide may help you to prepare some questions to ask the ICU team.



### Documents to Bring to the Meeting (if you haven't done so already)

Bring any documents or papers like a Healthcare Proxy, Living Will, Durable Power of Attorney or Advance Directive that relate to medical decisions for your loved one to the ICU.

## Who May Come to Your Family Meeting?

The initial meeting may include the patient (health status permitting), Family/Care Partner, lead physician and bedside nurse.

Healthcare Team Members Include:

- ICU doctor in charge
- Any other doctors who are important in your loved one's care
- Nurse
- Social Worker
- Chaplain
- Supportive Care Representative

### Questions to Consider Asking at ICU Family Meetings

- Why was your loved one brought to the ICU?
- What has happened since then?
- What are his or her main medical problems now?
- What treatments are being given or planned?
- What do the doctors expect to happen?
- Are there other treatment choices?
- What medical decisions does the family need to make?
- If my loved one is unable to speak, who has the authority to make decisions on his/her behalf?