

FROM BARRIERS TO FLOW

The Impact of Multidisciplinary Pre-Bed Rounds in the Intensive Care Unit

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DESCRIPTION

Effective Intensive Care Unit (ICU) patient flow requires collaboration among nursing leadership and allied health teams. During traditional bedside rounds, charge nurses, nurse managers, and allied health staff stated limited opportunities to collectively review patient needs or promptly address barriers. Less experienced charge nurses often reported feeling unsupported in their leadership role. To close these gaps, Humber River Health's ICU leadership introduced "pre-bed rounds" as a focused morning meeting involving the ICU Manager, Clinical Practice Leader (CPL), Team Leader (TL), Social Worker, and Physiotherapist. Pre-bed rounds review each patient's condition, care needs, while prioritizing action to eliminate discharge barriers, providing leadership, and resource planning support. This can enable proactive issue identification, enhance collaboration, and improve readiness for efficient patient transfers out of ICU.

OBJECTIVE

Enhance ICU patient flow and support team leaders through multidisciplinary pre-bed rounds and eliminating barriers.

ACTIONS TAKEN

The multidisciplinary team including the ICU Manager, CPL, TL, Social Worker, and Physiotherapist participate in daily pre-bed rounds at 08:30. During each session, the team reviews the ICU patient's condition, care needs, identifies clinical and operational barriers, and prioritizes timely actions for resolution. This collaboration enables early flagging of patients ready for transfer, supports charge nurses in resource planning, and aligns social work and physiotherapy priorities. The team also highlights practice support needs for bedside nurses and fostering a responsive environment. This approach improves coordination, accelerates decision-making, and strengthens leadership capacity to enhance patient flow and discharge planning.

Pre-Bed Rounds Evaluation Sheet

Date: _____ Participants Role: _____

Instructions: Please rate the following statements on a scale of 1 to 5, where 1 = Strongly Disagree, 2 = Somewhat Disagree, 3 = Neutral, 4 = Somewhat Agree, and 5 = Strongly Agree.

Statement	Rating (1-5)
1. The pre-bed rounds improve communication among team members.	
2. The pre-bed rounds help clarify patient care goals.	
3. The discussions during pre-bed rounds lead to better patient care.	
4. The agenda of the pre-bed rounds is clear and well-structured.	
5. I feel comfortable sharing my insights and concerns during the rounds.	
6. The rounds effectively identify barriers to patient care.	
7. The rounds provide a good understanding of patient census and flow.	
8. There is adequate time to discuss each patient's situation during the rounds.	
9. The pre-bed rounds facilitate effective resource planning for the upcoming shifts.	
10. Overall, I find the pre-bed rounds valuable for my role and the team's performance.	

Additional Feedback

1. What do you think are the strengths of the pre-bed rounds?

2. What areas do you think could be improved?

3. Are there any specific topics you would like to discuss more in future rounds?

4. Any additional comments or suggestions?

Figure 1. Pre-Bed Rounds Evaluation Sheet Completed by ICU staff.

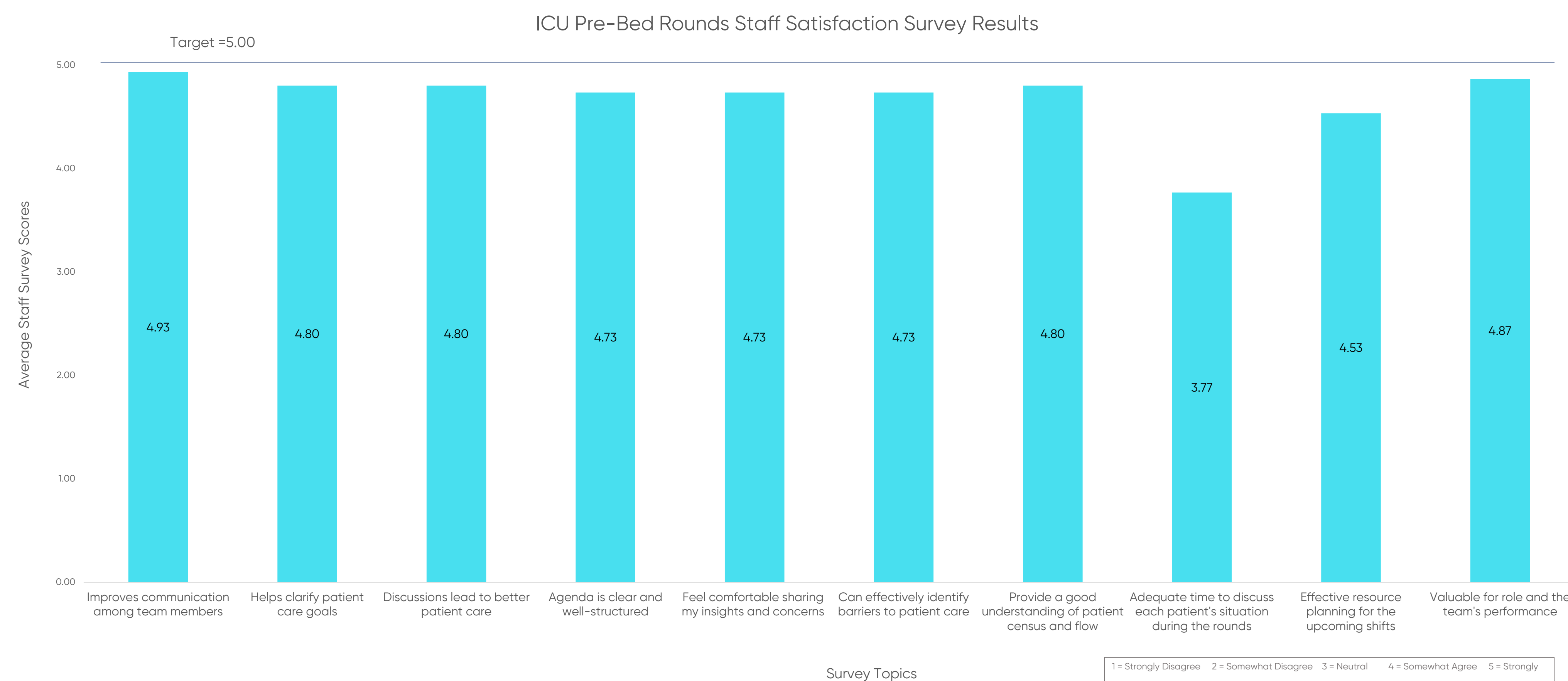


Figure 2. Qualitative Data Pre-Bed Rounds Evaluation Sheet Survey Topic Results from Staff.

SUMMARY OF RESULTS

An anonymous survey with rating scale completed by 15 staff (nursing leaders and allied health), revealed high satisfaction with pre-bed rounds (average 4.76/5). Top-rated benefits included improved communication (4.93), evident patient care goals (4.80), better patient care barriers identification (4.73), and overall value to team performance (4.87). Adequate time for discussion scored lowest (3.77), suggesting a need for agenda or timing adjustments. Overall, results demonstrate improved collaboration, early barrier identification, and stronger leadership support, contributing to more efficient ICU patient flow and proactive discharge planning.

LESSONS LEARNED

Structured multidisciplinary pre-bed rounds strengthen communication, empower leadership, and accelerate patient flow. Effective time management is needed to maximize discussion quality and improve operational efficiency.

