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# 5P’s and Q

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**Pain:** If patient/resident’s pain is more than a 4 notify nurse.

**Potty:** Assist patient/resident to bathroom or commode, check incontinent patient/resident, empty hat/urinal, and check Foley/leg bag.

**Positioning:** If patient/resident has not repositioned since last check, reposition them.

**Personal Items:** Make sure that the patient/resident has personal items like phone, call light, remote, Kleenex, and water nearby.

**Protection:** Make sure pathway to bathroom is clear of clutter and cords. Put bed in lowest position and keep call light near patient/resident.

**Question:** Always ask the patient/resident before leaving the room if there is anything else you can do for them.

Hourly Rounding

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**Introductions:** Use opening Key Words to introduce yourself and your co-worker. Be sure to explain what hourly rounding is to patient.

Hourly Rounding: Between the hours 6 am and 10 pm rounds will be done once an hour to make sure patient/resident’s needs are met. From the hours 10 pm and 6 am rounds will be done every 2 hours.

**For Example:** “*Mr. Smith, this is Sarah. She will be your Nurse today. I have talked with her and told her our plan for the day. She will take good care of you.*

Here is an example of how you can explain hourly rounding to the patient/resident: *“Because we want you to receive the best care possible, we are going to round* ***EVERY HOUR*** *from 6 am to 10 pm and* ***EVERY 2 HOURS*** *between 10 pm and 6 am. We will not wake you if you are sleeping, unless your provider has asked us to do so. During this time, we will check on your pain, your comfort and ask if you need to use the restroom.”*

Using the whiteboard could be helpful when keeping track of the goals for the day as well as I/O, Date, and name of Nurse and C.N.A.

Communicate when you will return and **ALWAYS** close with “*Is there anything else that I can do for you?”*

Don’t forget to document your rounds.

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| Heather Wulf  The 5 P’s and Q  [Type the sender company address] |
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