

Station overview

Surname	Name	Age	Gender	Illness	Treatments	Medication	Pre-conditions	Room
Kleine	Alexander	24	male	Severe trauma after traffic accident	Emergency surgery, intensive care monitoring, physiotherapy	Morphine, ceftriaxone, midazolam	No known previous illnesses	1B-03
Schmidt	Laura	38	female	Acute respiratory distress syndrome (ARDS) due to COVID-19	Ventilation therapy, physiotherapeutic breathing exercises	Remdesivir, dexamethasone, propofol	Asthma	1B-05
Müller	Hans	56	male	Heart attack with heart failure	Cardiac catheterization, PCI, fluid management	Aspirin, Ramipril, Metoprolol	Hypertension, diabetes type 2	1B-07
Meyer	Elena	43	female	Sepsis after abdominal surgery	Intensive care monitoring, dialysis treatment, surgical wound revision	Piperacillin/Tazobactam, norepinephrine, fentanyl	chronic renal insufficiency	1B-09

Daily Routine of the Patients

1. Alexander Kleine (Severe Trauma after Traffic Accident)

06:00 – Vital signs monitoring: blood pressure, heart rate, respiratory rate, temperature.

07:00 – Morning round by the intensive care team: assessment of the patient's status, wound care.

08:00 – Medication administration: painkillers (Morphine), antibiotics (Ceftriaxone).

09:00 – Early morning visit by the attending physician: assessment of healing progress, adjustment of medication.

10:00 – Physiotherapy session: mobilization and exercises to improve mobility.

12:00 – Lunch (if possible): monitored by the nursing staff.

13:00 – Wound revision: checking and treating surgical wounds.

14:00 – Rest period: monitoring and documentation of vital signs, adjustment of medication as needed.

16:00 – Evening visit by the attending physician: discussion of progress, planning further treatment.

17:00 – Medication administration: painkillers and sedatives (Midazolam) for the night.

18:00 – Physiotherapy: light exercises to improve muscle strength.

20:00 – Preparation for the night: vital signs control, check on patient comfort.

22:00 – Final medication administration of the day and overnight monitoring.

3. Hans Müller (Heart Attack with Heart Failure)

06:00 – Vital signs monitoring: heart rate, blood pressure, and oxygen saturation.

07:00 – Morning visit: assessment of heart function, adjustment of medication.

08:00 – Medication administration: antiplatelet agents (Aspirin), ACE inhibitors (Ramipril), beta-blockers (Metoprolol).

09:00 – Cardiac catheterization: planning and execution of the procedure.

11:00 – Rest period: monitoring of vital signs and response to treatment.

2. Laura Schmidt (Acute Respiratory Distress Syndrome due to COVID-19)

06:00 – Monitoring of vital signs and ventilation settings.

07:00 – Morning visit by the intensive care team: assessment of ventilation settings and lung function.

08:00 – Medication administration: antiviral drugs (Remdesivir), corticosteroids (Dexamethasone).

09:00 – Breathing therapy: supportive measures to improve lung ventilation.

11:00 – Physiotherapy: breathing exercises to support lung cleaning.

12:00 – Lunch (nutrition via nasogastric tube, if necessary): monitoring of nutrient intake.

13:00 – Visit by the respiratory therapy team: adjustment of ventilation therapy based on latest findings.

15:00 – Rest period: monitoring of vital signs and ventilation.

16:00 – Evening visit by the attending physician: evaluation of progress and adjustment of therapy.

17:00 – Medication administration: continuation of antiviral therapy and corticosteroids.

18:00 – Breathing therapy: review of ventilation settings and breathing exercises.

20:00 – Preparation for the night: review of vital signs and ventilation settings.

22:00 – Night monitoring: adjustment of ventilation settings if necessary.

4. Elena Meyer (Sepsis after Abdominal Surgery)

06:00 – Vital signs monitoring: body temperature, heart rate, and blood pressure.

07:00 – Morning visit: assessment of infection status, wound healing check.

08:00 – Medication administration: broad-spectrum antibiotics (Piperacillin/Tazobactam), vasopressors (Norepinephrine), painkillers (Fentanyl).

09:00 – Dialysis treatment: administration of necessary dialysis to support kidney function.

11:00 – Wound revision: checking and caring for the surgical wound.

12:00 – Lunch (diet-appropriate food): monitoring of nutrition and fluid intake.

13:00 – Visit by the cardiologist: assessment of progress following the cardiac catheterization.

15:00 – Physiotherapy: gentle mobilization to improve cardiovascular function.

17:00 – Medication administration: continuation of heart medications.

18:00 – Evening visit: assessment of heart failure symptoms and adjustment of therapy.

20:00 – Preparation for the night: vital signs control and ensuring patient comfort.

22:00 – Night monitoring: ensuring stable heart function and medication adjustment.

12:00 – Lunch (diet-appropriate food): monitoring of nutrition and fluid intake.

13:00 – Visit by the cardiologist: assessment of progress following the cardiac catheterization.

15:00 – Physiotherapy: gentle mobilization to improve cardiovascular function.

17:00 – Medication administration: continuation of heart medications.

18:00 – Evening visit: assessment of heart failure symptoms and adjustment of therapy.

20:00 – Preparation for the night: vital signs control and ensuring patient comfort.

22:00 – Night monitoring: ensuring stable heart function and medication adjustment.

Weekly Menu

Monday

Full Diet:

- **Breakfast:** Scrambled eggs with wholemeal bread, tomato slices, apple juice
- **Lunch:** Grilled chicken breast fillet, mashed potatoes, steamed peas, carrots
- **Dinner:** Lentil soup, wholemeal roll, mixed salad with yogurt dressing

Light Diet:

- **Breakfast:** Porridge with banana, herbal tea
- **Lunch:** Steamed cod, rice, carrot puree
- **Dinner:** Clear broth, soft-boiled zucchini, applesauce

Vegetarian:

- **Breakfast:** Wholemeal toast with avocado and tomatoes, orange juice
- **Lunch:** Vegetable quiche, green salad with vinaigrette
- **Dinner:** Pumpkin soup, wholemeal roll, cream cheese with herbs

Tuesday

Full Diet:

- **Breakfast:** Yogurt with muesli and berries, a wholemeal croissant
- **Lunch:** Grilled chicken breast fillet, mashed potatoes, steamed peas, carrots
- **Dinner:** Chicken soup with vegetables, wholemeal bread, vegetable salad

Light Diet:

- **Breakfast:** Porridge with banana, herbal tea
- **Lunch:** Steamed cod, rice, carrot puree
- **Dinner:** Tomato soup, wholemeal roll, cucumber salad

Vegetarian:

- **Breakfast:** Wholemeal toast with avocado and tomatoes, orange juice
- **Lunch:** Vegetable quiche, green salad with vinaigrette
- **Dinner:** Vegetable broth, soft-boiled carrots and zucchini, unsweetened applesauce

Wednesday

Full Diet:

- **Breakfast:** Scrambled eggs with wholemeal bread, tomato slices, apple juice
- **Lunch:** Grilled chicken breast fillet, mashed potatoes, steamed peas, carrots
- **Dinner:** Lentil soup, wholemeal roll, mixed salad with yogurt dressing

Light Diet:

- **Breakfast:** Porridge with banana, herbal tea
- **Lunch:** Steamed cod, rice, carrot puree
- **Dinner:** Clear broth, soft-boiled zucchini, applesauce

Vegetarian:

- **Breakfast:** Wholemeal toast with avocado and tomatoes, orange juice
- **Lunch:** Vegetable quiche, green salad with vinaigrette
- **Dinner:** Pumpkin soup, wholemeal roll, cream cheese with herbs

Thursday

Full Diet:

- **Breakfast:** Scrambled eggs with wholemeal bread, orange juice
- **Lunch:** Grilled chicken breast fillet, mashed potatoes, steamed peas, carrots
- **Dinner:** VVegetable cream soup, wholemeal bread, cheese platter

Light Diet:

- **Breakfast:** Applesauce with some oats, herbal tea
- **Lunch:** Steamed cod, rice, carrot puree
- **Dinner:** Clear chicken broth, steamed vegetables, yogurt

Vegetarian:

- **Breakfast:** Chia pudding with berries, herbal tea
- **Lunch:** Vegetable quiche, green salad with vinaigrette
- **Dinner:** Cauliflower soup, wholemeal roll, carrot salad

Friday

Full Diet:

- **Breakfast:** Scrambled eggs with wholemeal bread, apple juice

Saturday

Full Diet

- **Breakfast:** Scrambled eggs with wholemeal bread, orange juice

- **Lunch:** Grilled chicken breast fillet, mashed potatoes, steamed peas, carrots
- **Dinner:** Lentil soup, wholemeal roll, mixed salad with yogurt dressing

Light Diet:

- **Breakfast:** Porridge with banana, herbal tea
- **Lunch:** Steamed cod, rice, carrot puree
- **Dinner:** Clear broth, soft-boiled zucchini, applesauce

Vegetarian:

- **Breakfast:** Wholemeal toast with avocado and tomatoes, orange juice
- **Lunch:** Vegetable quiche, green salad with vinaigrette
- **Dinner:** Pumpkin soup, wholemeal roll, cream cheese with herbs

- **Lunch:** Grilled chicken breast fillet, mashed potatoes, steamed peas, carrots
- **Dinner:** Chicken soup with vegetables, wholemeal bread, vegetable salad

Light Diet:

- **Breakfast:** Porridge with banana, herbal tea
- **Lunch:** Steamed cod, rice, carrot puree
- **Dinner:** Tomato soup, wholemeal roll, cucumber salad

Vegetarian:

- **Breakfast:** Wholemeal toast with avocado and tomatoes, orange juice
- **Lunch:** Vegetable quiche, green salad with vinaigrette
- **Dinner:** Vegetable broth, soft-boiled carrots and zucchini, unsweetened applesauce

Sunday

Full Diet:

- **Breakfast:** Scrambled eggs with wholemeal bread, tomato slices, apple juice
- **Lunch:** Grilled chicken breast fillet, mashed potatoes, steamed peas, carrots
- **Dinner:** Lentil soup, wholemeal roll, mixed salad with yogurt dressing

Light Diet:

- **Breakfast:** Porridge with banana, herbal tea
- **Lunch:** Steamed cod, rice, carrot puree
- **Dinner:** Clear broth, soft-boiled zucchini, applesauce

Vegetarian:

- **Breakfast:** Wholemeal toast with avocado and tomatoes, orange juice
- **Lunch:** Vegetable quiche, green salad with vinaigrette
- **Dinner:** Pumpkin soup, wholemeal roll, cream cheese with herbs