



# Guide to CGH Medical Intensive Care Unit



Changi  
General Hospital  

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SingHealth

# Introduction to the Medical Intensive Care Unit

Patients who are critically ill and require constant monitoring and support are cared for at the Changi General Hospital Medical Intensive Care Unit (MICU).

When your relative or loved one is admitted to the intensive care unit (ICU), it is normal to feel helpless and worried. Please speak to our care team if you have any questions or concerns.

## What should I expect?

Your loved one may have an oxygen mask (special face mask) or a breathing tube inserted through the mouth to help with breathing.

Central venous catheters may be inserted in the neck or groin. These are special lines to give medications. Arterial lines may also be inserted in the arms and connected to machines that help to monitor your loved one's condition.

## What can I do to help my loved one?

Your loved one may appear unaware or even confused at times. This could be due to their medical condition or the sedatives and painkillers given as part of their treatment.

Although they may not be able to respond, your loved one may feel comforted hearing a familiar voice, when you hold their hand or by just being present.

You may also wish to talk about shared experiences, your feelings or read a newspaper or a book to them.

Even when your loved one is conscious, it may be difficult for them to talk if they have a breathing tube inserted in their mouth. You may communicate with them by writing or typing out your messages.

To protect your loved one and prevent the spread of infection, do wash your hands with soap or use anti-bacterial handwash before approaching the patient.

# Caring for Yourself

While you care for your loved one, it is important to care for yourself too.



## Sleep

It is crucial that you get adequate rest. Our care team at the hospital cares for your loved one attentively, even during the night, and will contact the next-of-kin immediately when necessary.

## Support

You are not alone; our team is here to help. If you require additional social and/ or financial support, please speak with our care team for a referral to our medical social workers.



## Spiritual

Accept support from your family or friends with whom you feel comfortable with, and connect with your spiritual and religious practices, if any.



## Inside the MICU Ward



### 1 Infusion pumps

Infusion pumps deliver vital medications and fluids into the patient's circulatory system.

### 4 Ventilator (if required)

The ventilator supports the patient's breathing by delivering air and oxygen into the lungs.

### 2 Endotracheal tube (if required)

The endotracheal tube is a tube inserted into the trachea (windpipe) to assist with breathing.

### 5 Dialysis machine (if required)

For patients with kidney failure, a dialysis machine may be used to remove waste and excess fluids from the body.

### 3 Patient monitor

The patient monitor shows the patient's oxygen saturation, heart rate, breathing rate and blood pressure in real time.

# Frequently Asked Questions

## 1) Where is the MICU located?

The MICU is located on level 4 of the CGH Main Building. You may use the lift at Lift Lobby B to get to the MICU.

## 2) What are the visiting hours for the MICU?

The visiting hours are 12.00pm to 2.00pm and 5.00pm to 8.30pm daily. Two visitors are allowed at the patient's bedside at any one time.

## 3) How can I get updates on my loved one's condition?

The care team will keep you informed with timely updates on your loved one's condition. You may also contact the CGH Call Centre at (65) 6788 8833 and request to be connected to the MICU if you need to contact the MICU urgently.



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### **CGH Appointment Centre**

For appointments and enquiries,  
please call: (65) 6850 3333

Operating hours:  
8.30am to 5.30pm (Mondays to Fridays)  
8.30am to 12.30pm (Saturdays)  
Closed on Sundays and Public Holidays

For more information, please visit **[www.cgh.com.sg](http://www.cgh.com.sg)**



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Information is valid as of November 2024 and subject to revision without prior notice.

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