

ICU Diaries

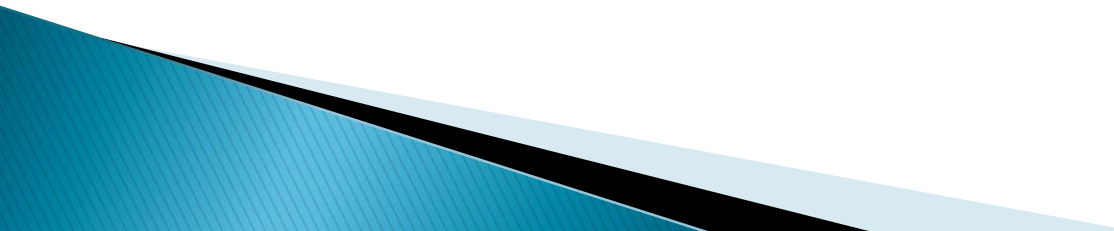
Quality
Improvement
with RICU

“NICE has recommended that services should be developed to meet the psychological care needs of patients following Critical Care.”

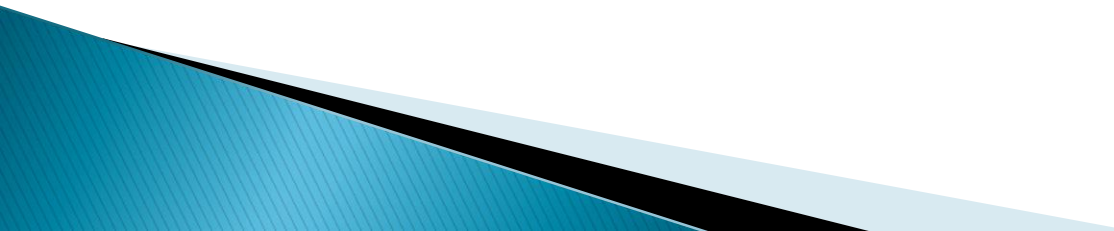
Philips, C. (2011) Nursing Standard 26,11,35-43



Why ICU diaries?

- Fill in 'lost time'
 - High incidence of PTSD
 - Cost-effective alternative to follow-up clinics
 - Allow families to feel involved
 - ICU is only the start of the journey for them
 - Help resolve differences in experience between patients and families
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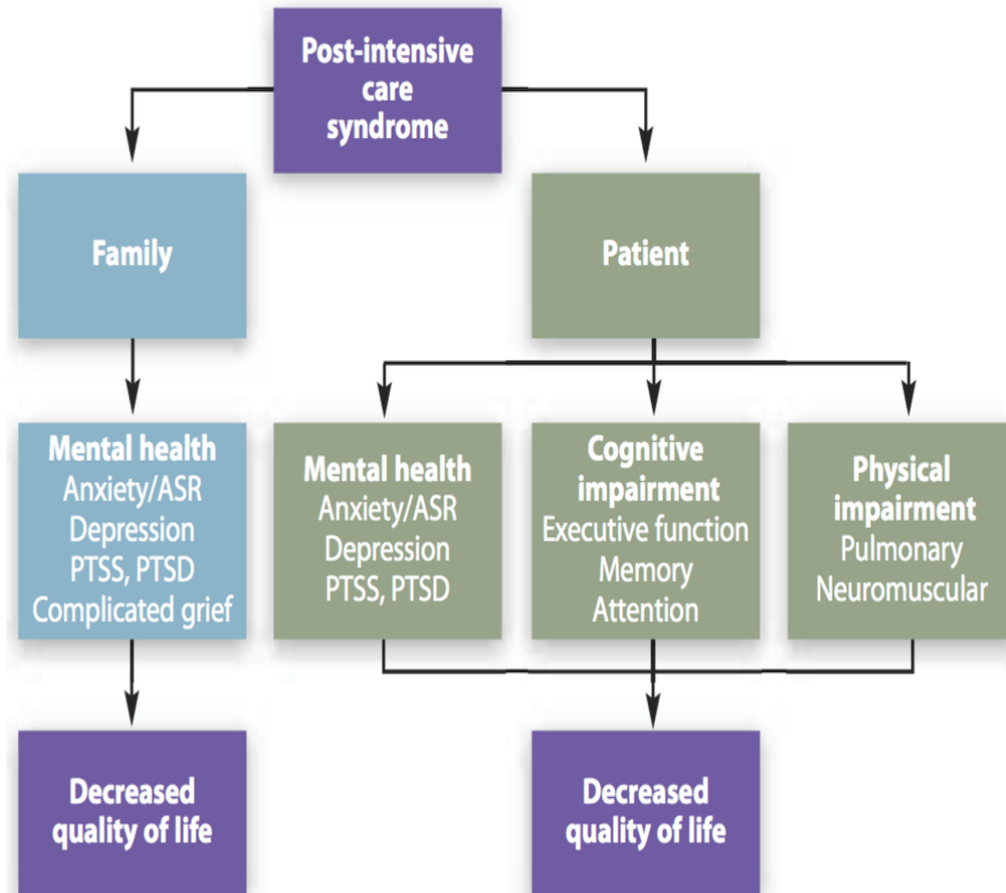
Symptoms

- Anxiety / Depression / Hallucinations
 - Nightmares / Sleep deprivation
 - Physical limitations
 - Body image issues
 - Strain on relationships / sexual dysfunction
 - Sense of loss
 - Loss of control
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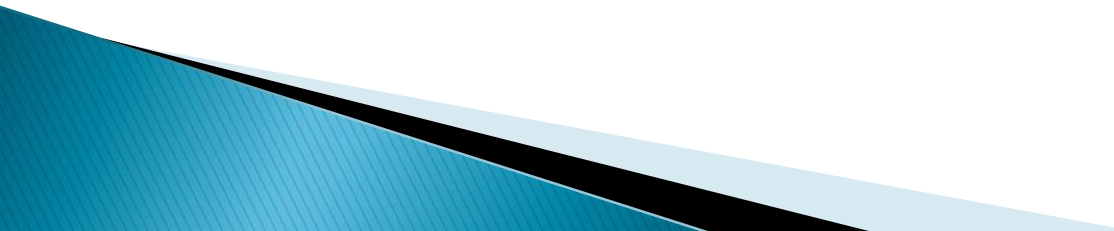
Aim

Minimise risk of Post Intensive Care Syndrome (PICS)

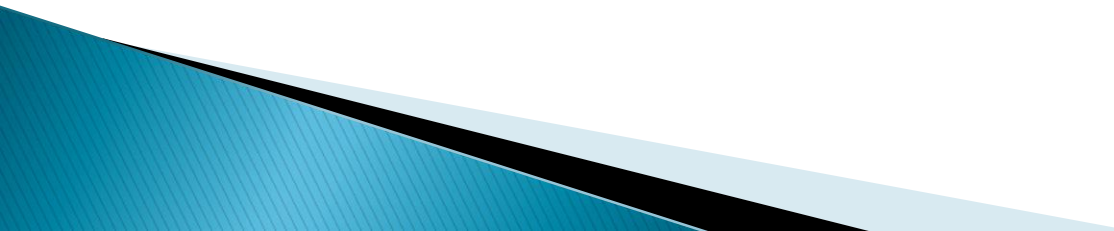
PICS model



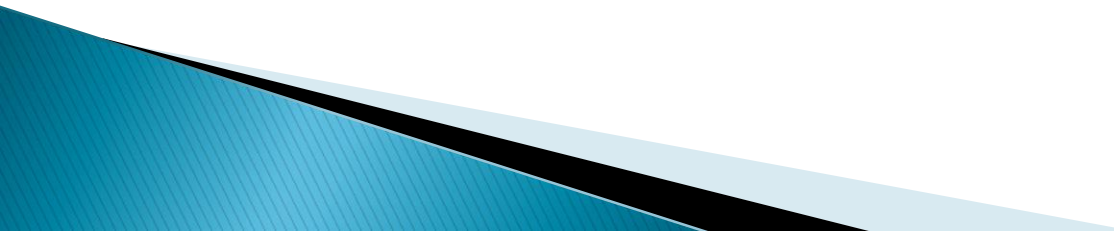
Process

- Research
 - Liaise with Trust Departments
 - Educate staff prior to introducing diaries
 - Family-led entries
 - Information for relatives
 - Resources (staff & equipment)
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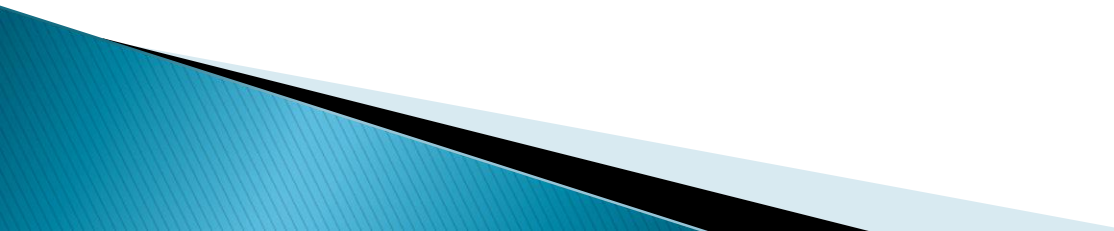
Goals

- Improve understanding of illness & track progress
 - Reduce long-term implications for health services by reducing instances of PTSD
 - Align patient & family experience
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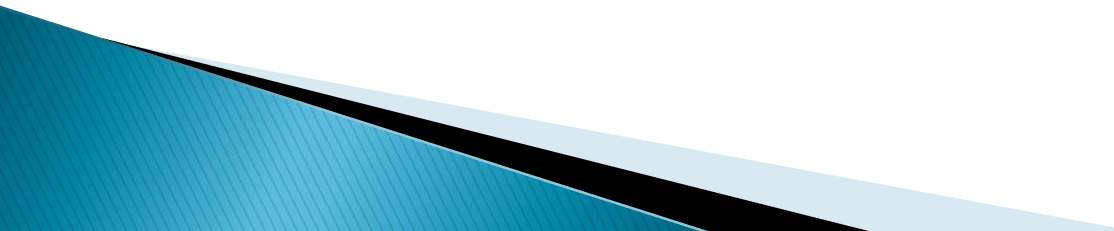
Implementing

- Design a protocol
 - Establish Core Diary Team
 - Purchase Camera
 - Assign a safe storage location
 - Set up a secure filing system
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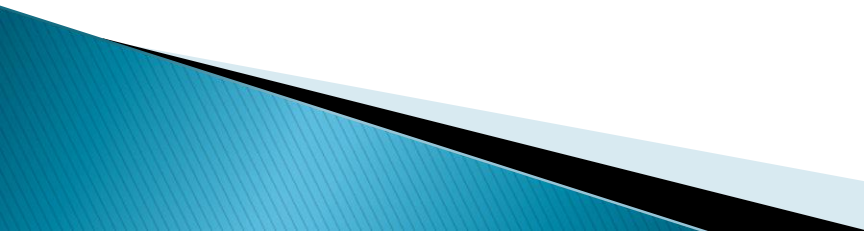
Use of Photographs

- Belfast Trust's no photography policy
 - Marking space in diaries for photos
 - Images of tubes /wounds /sitting out /with family
 - Secure storage of photos by Diary Team
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Review

- Audit after 6 months
 - Staff questionnaire
 - Participant questionnaire
 - Shared learning
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What next?

- Allocation of resources
 - Promotion of *ICUsteps* and *Health Unlocked*
 - Look at feasibility of documenting ‘*at risk of PICS*’ on discharge letter
 - Consider potential downside of patient reading their family’s experience of that time
 - Long term plan for Follow-Up Group
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Links

www.icusteps.org

www.healthunlocked.org

www.icu-diary.org

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