





Critical Care Rehabilitation and follow up clinic

Background:

Following discharge from Critical care you will be invited to the Critical care follow up clinic. We have found that this is a valuable service following a critical care admission to ensure that any ongoing needs are met. Due to the complexity of critical care these may be medical, physical, psychological and social. Hence the clinic is run by a multidisciplinary disciplinary service from Critical Care Team (Consultant, Nurse, Physiotherapist, Clinical psychologist).

This service is available for patients following discharge from Conquest Critical Care and EDGH Critical Care units. You will receive a phone call from one of the Critical care nurses to see how the clinic could help you and agree goals for that appointment; we will aim to book this within 3 months following your discharge from hospital. This ensures that any new physical or non-physical problems are identified and further support is arranged, as some issues related to Critical Care may emerge 2-3 months following discharge (NICE, 2017). Usually the appointment is offered for patients in Critical Care for more than 3 days. Some adults who were in critical care for 3 days or less may also need a review; or you may feel you need an earlier appointment therefore you are able to self-refer or your GP can refer you to our service.

The appointment will last for up to 45minutes and we will discuss any issues that you have in relation to your critical care admission. We currently offer face to face, virtual or phone appointments. Some of the common issues discussed in clinic are listed below:

 Medical	 Physical	 Psychological	 Social
Medications	Weakness	Memory loss	Family experience
Reason for admission/timeline of events during your care	Tired/ fatigue	Diaries/ Timeline	Returning to work/ meaningful activity
Ongoing medical symptoms	Hair loss	Sleep issues including nightmares	
Liaising with other medical teams	Weight loss/ appetite	Feeling worried and/or sadness	
Pain			
Unanswered questions			

Following your follow up appointment with the critical care team, the team will send out a letter to your GP to inform them of what has been discussed, and to make them aware of any further follow up required. It may be that you require further follow up with our whole

team, specific members of the team or a further call from one of our critical care nurses. You may be referred on to other specialities if this is required.

Previous patient feedback:

“The opportunity to discuss my experiences in ITU with NHS professionals who had a clear understanding of exactly what I had been through.”

“Having the way the brain works with dreams [explained] + giving strategies to cope with them”

“The reassurance that what I'm feeling is normal”

“The chance to discuss my medication and the opportunity to discuss my recovery and ongoing needs”

“Good to see all the staff and feel that you are not on your own”

Consent

Although you consent for this treatment, you may at any time after that withdraw such consent. Please discuss this with your medical team.

Sources of information

Critical Care Follow up clinic – 0300 131 4500 ext 770146

ICU steps - <https://icusteps.org>

Your Covid recovery - <https://www.yourcovidrecovery.nhs.uk>

Important information

The information in this leaflet is for guidance purposes only and is not provided to replace professional clinical advice from a qualified practitioner.

Your comments

We are always interested to hear your views about our leaflets. If you have any comments, please contact the Patient Experience Team – Tel: 0300 131 4731 (direct dial) or by email at: esh-tr.patientexperience@nhs.net

Hand hygiene

The Trust is committed to maintaining a clean, safe environment. Hand hygiene is very important in controlling infection. Alcohol gel is widely available at the patient bedside for staff use and at the entrance of each clinical area for visitors to clean their hands before and after entering.

Other formats

If you require any of the Trust leaflets in alternative formats, such as large print or alternative languages, please contact the Equality and Human Rights Department.

Tel: 0300 131 4434 Email: esh-tr.AccessibleInformation@nhs.net

After reading this information are there any questions you would like to ask? Please list below and ask your nurse or doctor.

Reference

NICE QS158, 2017. Rehabilitation after critical illness.

Holly Makin – Critical Care Sister

Sadie Williams – Critical Care Sister

Dr Rebecca Coles-Gale – Clinical psychologist

Dr Alex Trimmings – Critical Care consultant

The directorate group that have agreed this patient information leaflet:

ENTER NAME HERE, IF APPROPRIATE

Next review date: October 2024

Responsible clinician/author: (Holly Makin – Critical Care Sister)

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