

A Qualitative Evaluation of the Impact of InS:PIRE on ICU Survivors & their Caregivers

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Funding

- SHINE award given by The Health Foundation in 2014.

Background

- In the UK over 100,000 patients are admitted to ICU every year costing over £2,000 per patient per day
- Quality of life remains poor for many (1-3)
- Two thirds of survivors experience significant physical and psychological problems impacting quality of life (4-6)



- Family members are also at risk of psychological problems: caregivers being thought to provide a buffer for the physical and social limitations faced by ICU survivors
- NICE Guidelines no.83 Rehabilitation After Critical Illness in Adults (7)



What is InS:PIRE?

- **I**ntensive Care **S**yndrome: **P**romoting **I**ndependence & **R**eturn to **E**mployment



What is InS:PIRE?

- Five week rehabilitation and support programme for ICU survivors and their families
- Inclusion criteria and recruitment
- Patients attended a five week peer supported rehabilitation programme
- Multidisciplinary programme: pharmacy, physiotherapy, nursing, medical and psychological input
- Support for the social aspects of living also available for patients, including advice on housing, finance, benefits and employability



Evaluation Strategies

- EQ5D questionnaire: used to measure health related quality of life
- Generalised Self-Efficacy tool
- Brief Chronic Pain Inventory
- Semi Structured Interviews: to understand the impact of InS:PIRE on participants



Research Aim

- To evaluate the impact of a quality improvement project upon intensive care survivors and their caregivers



Methods

- Purposive sampling of people attending follow up sessions 6 months post intervention
- Aimed to recruit 10-12 participants
- Data saturation reached after 11th interview
- In depth semi-structured interviews audio recorded and transcribed verbatim



- Written consent obtained
- Ethical approval was sought from the local ethics committee however this was deemed as service evaluation



Findings

Future	Physical	Psychological	Support
Longer time/ balance with dependency.	Increased confidence & independence.	Understanding of symptoms – coping mechanisms.	Patient volunteers – hope, optimism, peer support, resource.
Importance of follow-up.	Use of goals / personal goals.	Family benefit – reassurance.	Staff (MDT) – cohesive approach.
	Importance of involving caregivers.	Feeling normal / acknowledgment of illness.	Community

Future

- A longer course than 5 weeks
- Important to maintain independence and not dependence on InS:PIRE
- Follow up after critical care: people felt isolated on hospital wards and fear of leaving the critical care environment



- *“It is terrifying to come out of ICU and it really is because you feel isolated...nobody has a clue how you feel.”*



Physical Impact

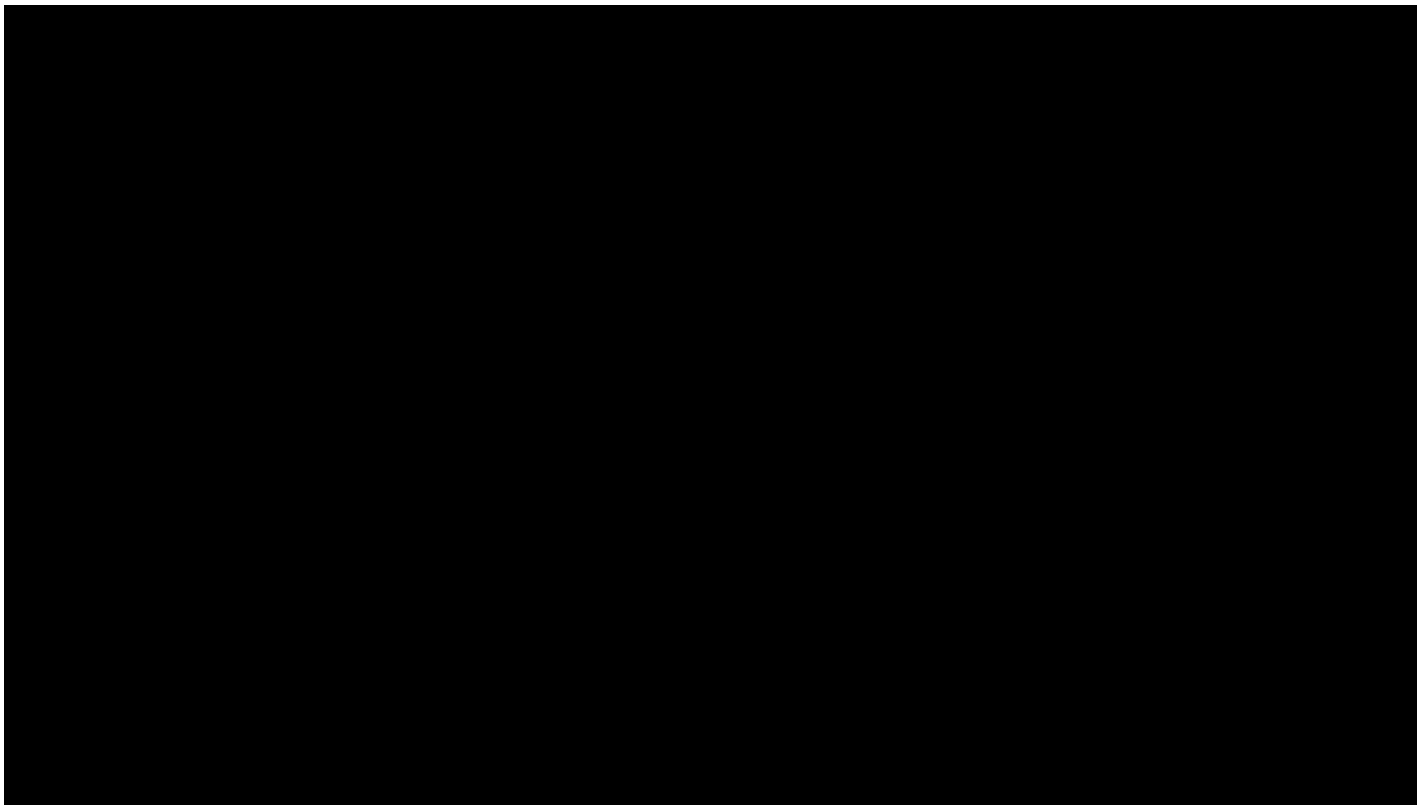
- Increased confidence levels
- Re-gaining independence in daily life
- Personal goal setting: Allowed people to think about what is possible to achieve
- Involving caregivers helped them to understand what each persons limitations may be



- *“I was able to see just what he was able to do and where his limitations were as well...that was beneficial for me at home, cause I was maybe expecting him to do a bit more than he was actually able.”*



InS:PIRE



Psychological Impact

- Gained understanding of symptoms
- Developed coping mechanisms
- Acknowledgement of illness
- Feeling normal
- Caregivers gained reassurance about the experiences they had with regard to recovery



- *“..it was so good to know that you were normal. I didn't feel like an abnormal person anymore, I felt like everything I was feeling was a normal reaction.”*



Support

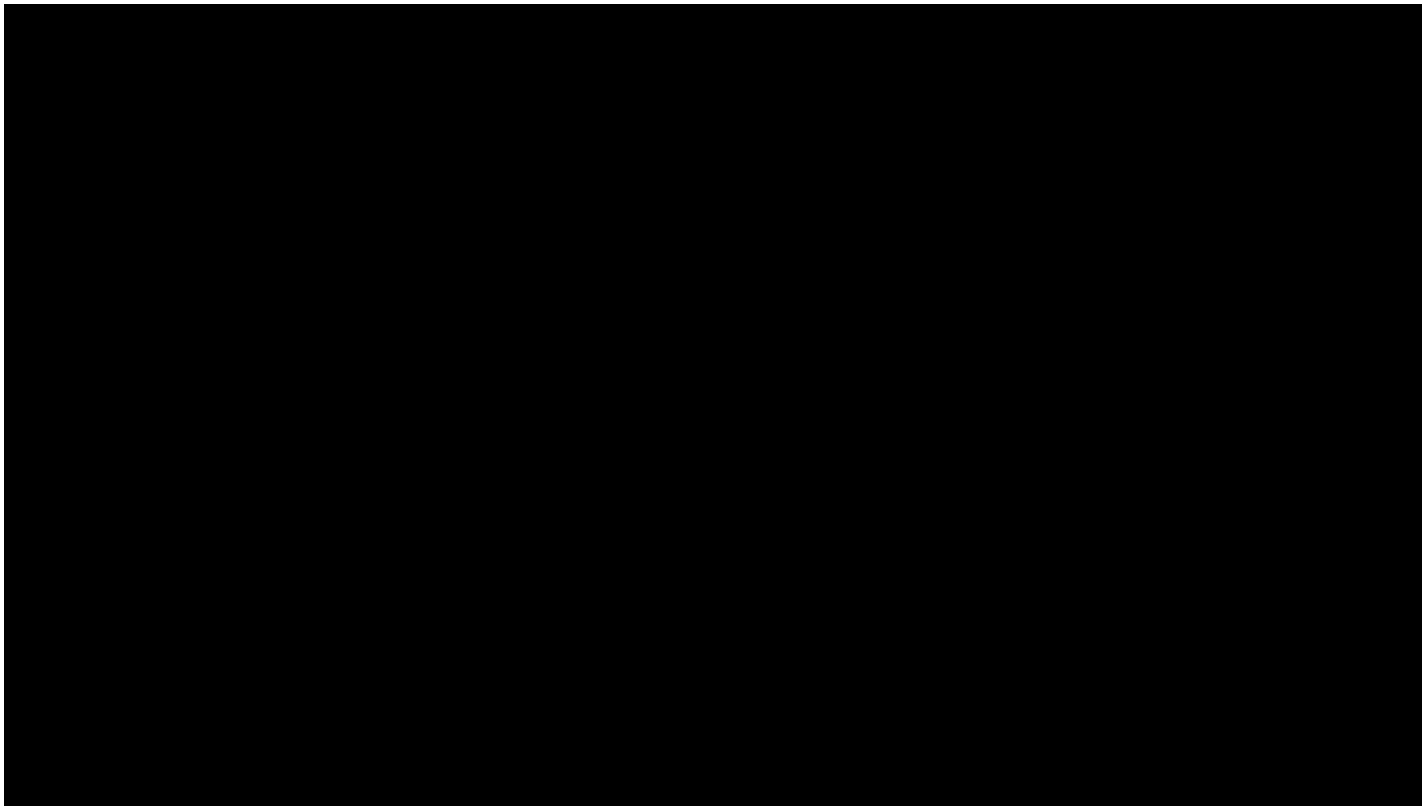
- MDT had cohesive approach providing clarification & reassurance
- Patient Volunteers: huge source of peer support for everyone
- Common bond with everyone enabling the feeling of a community



- *“I think that’s what gave me encouragement. When I found out how unwell he had been and yet he was out running and going to the gym and all that..I thought there is a way back from this..”*



Peer Support



Future Research

- Increasing ICU survival rate – Needs to be a meaningful survival
- Further research of peer support not only in ICU survivors but also caregivers
- Further research into effectiveness of initiatives like InS:PIRE in different hospital locations



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Questions?

