



The value of a rehabilitation programme after critical illness

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In partnership with

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Population

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graph TD; A[Population] --> B[Size of the problem]; B --> C[Guidelines]; C --> D[Solution];
```

The diagram is a vertical flowchart with four rectangular boxes. The top box is dark blue with white text 'Population'. Below it are three light gray boxes with white text: 'Size of the problem', 'Guidelines', and 'Solution'. Downward-pointing arrows connect the boxes: a dark blue arrow from 'Population' to 'Size of the problem', a teal arrow from 'Size of the problem' to 'Guidelines', and a green arrow from 'Guidelines' to 'Solution'. The background features abstract blue geometric shapes on the right side.

Size of the problem

Guidelines

Solution

Population

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Size of the problem

Guidelines

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The diagram consists of four horizontal rectangular boxes stacked vertically, each containing a text label. The boxes are connected by downward-pointing arrows. The top box is dark blue and contains the word 'Population'. A light blue arrow points down to the second box, which is a medium blue and contains 'Size of the problem'. Another light blue arrow points down to the third box, which is a teal color and contains 'Guidelines'. A light green arrow points down to the final box, which is light gray and contains 'Solution'. The background features abstract geometric shapes in various shades of blue on the right side.

Size of the problem

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Solution

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Size of the problem

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Mixed Method Service Evaluation

Research Questions

1. What are the main concerns and challenges faced by critical care survivors after hospital discharge?
2. What are patients' experiences of a rehabilitation programme and how does this impact their recovery?
3. Do measures of exercise capacity, quality of life, and anxiety and depression change after attending a physical rehabilitation programme?

Qualitative Data

Grounded Theory Method (Glaser, 1978)

Inclusion criteria

- ▶ Adults
- ▶ Rehab group participants in the last 2 years
- ▶ Able to provide informed consent

Exclusion criteria

- ▶ Ongoing conflicting treatment

Data Collection

- ▶ Semi-structured Interviews (n=8)
- ▶ Transcribed verbatim

Data Analysis

- ▶ Coding
- ▶ Constant comparative method
- ▶ Generates substantive and theoretical categories

Impact of Losing Independence



Quantitative Data

Collected from 2 years of audit data

Outcome Measures

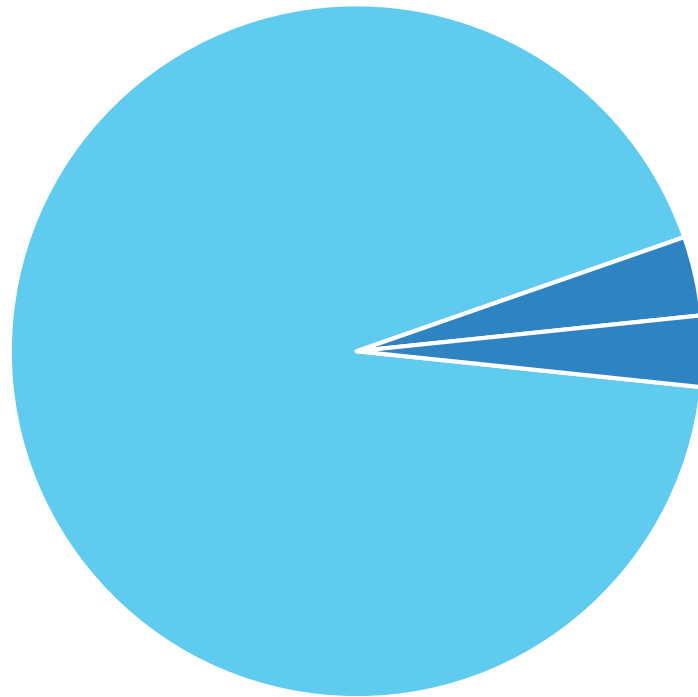
- ▶ 6 Minute Walk Test
- ▶ Short Form 36
- ▶ Hospital Anxiety & Depression Scale

Data Analysis

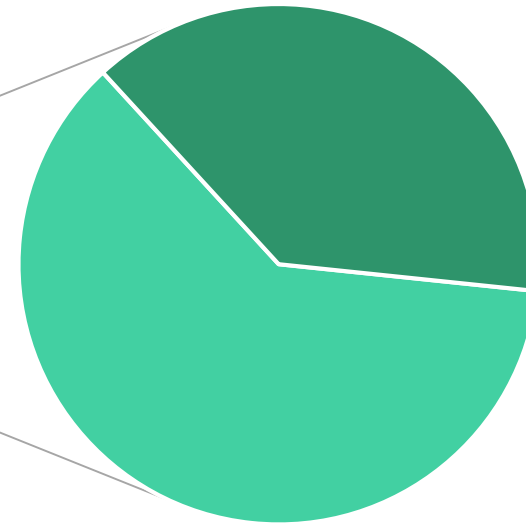
- ▶ Wilcoxon signed rank test
- ▶ p-value < 0.05 with 95% CI

FIT Referral and Completion figures

Discharged from ICU



Booked for Initial Assessment



■ Not Referred (93%) ■ Referred to FIT (7%) ■ FIT Completed (62%) ■ Not Completed (38%)

Results

	N	Initial Assessment	Final Assessment
Short form-36		Mean (SD)	Mean (SD)
Physical functioning	13	37.4 (27.2)	53.5 (23.8)
Physical Health	13	19.2 (38.4)	32.7 (38.7)
Emotional Stresses	13	46.2 (51.9)	53.8 (48.2)
Energy	13	46.8 (22.3)	69.2 (20.6)
Emotional Wellbeing	13	71.7 (19.1)	80.0 (16.7)
Social Functioning	13	53.8 (31.6)	72.1 (24.0)
Pain Levels	13	66.2 (31.1)	75.2 (29.8)
General Health	13	56.2 (25.6)	64.6 (20.3)
Six-minute walk distance (m)	8	228.5 (161.5)	406.2 (162.4)
Hospital Anxiety and Depression Scale			
Anxiety	13	6.8 (4.7)	4.2 (2.8)
Depression	13	5.8 (4.3)	3.9 (3.9)

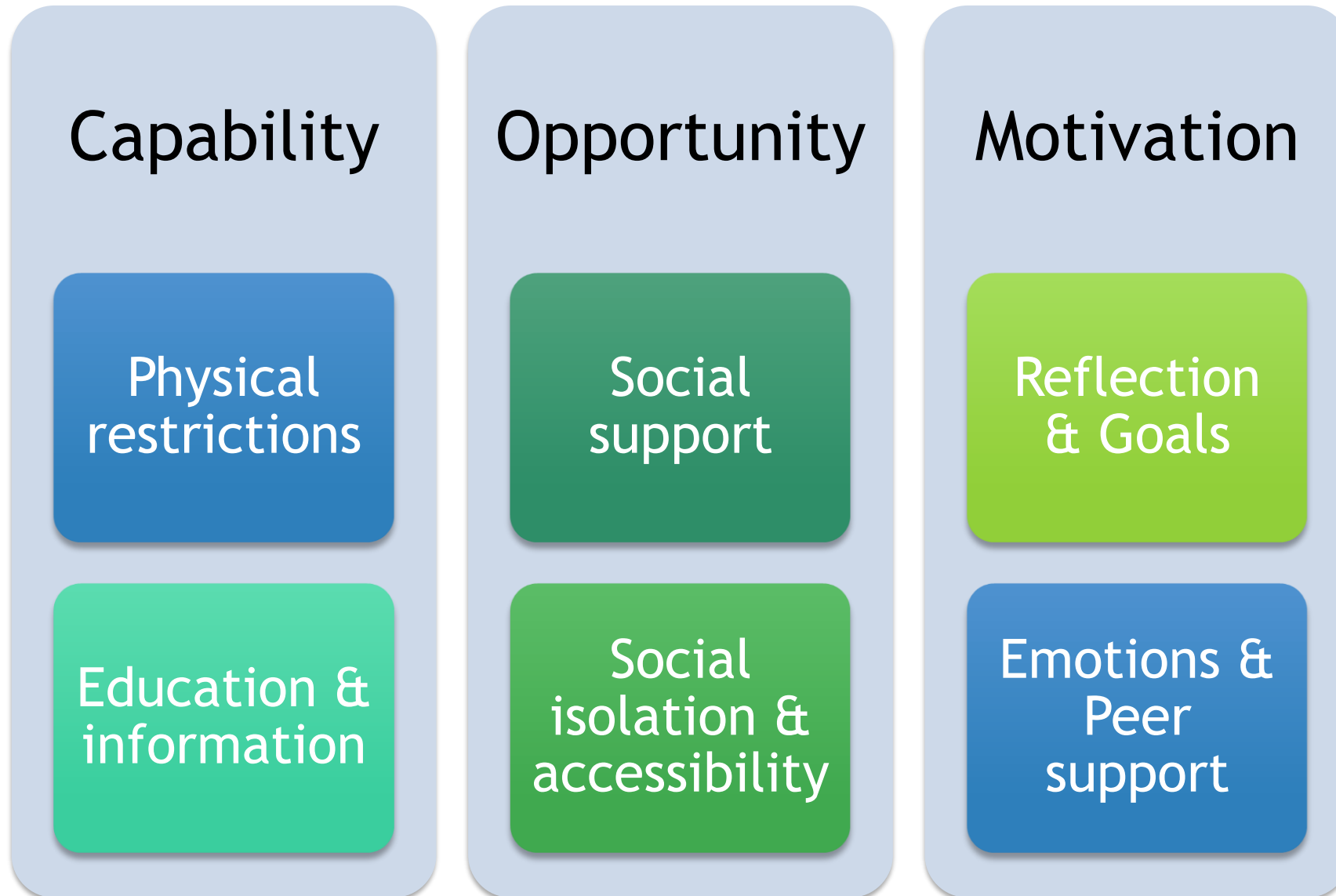
Results

	N	Mean Difference (SD)	95% CI	p-value
Short form-36				
Physical functioning	13	16.1 (22.6)	2.5, 29.7	0.026
Physical Health	13	13.5 (19.4)	1.7, 25.2	0.038
Emotional Stresses	13	7.7 (45.5)	-19.8, 35.2	0.581
Vitality	13	22.5 (20.1)	10.3, 34.6	0.003
Emotional Wellbeing	13	8.3 (10.9)	1.7, 14.9	0.021
Social Functioning	13	18.3 (30.5)	-0.1, 36.7	0.070
Pain Levels	13	9.0 (15.4)	-0.3, 18.3	0.063
General Health	13	8.5 (13.9)	0.1, 16.8	0.046
Six-minute walk test (m)	8	177.8 (66.9)	121.8, 233.7	0.012
Hospital Anxiety and Depression Scale				
Anxiety	13	2.6 (3.9)	0.3, 5.0	0.035
Depression	13	1.9 (3.0)	0.1, 3.7	0.021

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Evaluation Findings



(Cane et al., 2012)

Evaluation Findings

Capability

Physical
restrictions

Education &
information

Opportunity

Social
support

Social
isolation &
accessibility

Motivation

Reflection
& Goals

Emotions &
Peer
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ENJOYABLE
EMPATHY
PHYSICAL
EXPERIENCES
BENEFICIAL
EXCEED
SOCIAL
SHARING
GRATEFUL
HELPFUL
CHALLENGING
CONFIDENCE
STAFF EXPECTATIONS
GRATEFULNESS
STIMULATING
MOTIVATING
IMPROVEMENT
ENCOURAGING
RECOVERY
STRENGTHENING
IMPROVED

Recommendations



Use of Exercise Diaries

Review of Recruitment Strategies

Incorporate Behaviour Change Theory

Development of Core Outcome Set

Recommendations



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Incorporate Behaviour Change Theory

Development of Core Outcome Set

References

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