The Role of the Critical Care CNS
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Background
After a patient leaves ICU the prospect of mere survival is no longer acceptable (NICE, 2009)

Many patients can develop a spectrum of conditions, named Post Intensive Care Syndrome, or PICS

Post Intensive Care Syndrome (PICS)

<table>
<thead>
<tr>
<th>Physical</th>
<th>Psychological</th>
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<tbody>
<tr>
<td>Severe weakness</td>
<td>Vivid nightmares</td>
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<tr>
<td>Extreme fatigue</td>
<td>Delirium</td>
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<tr>
<td>Pain</td>
<td>Flashbacks and intrusive</td>
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<tr>
<td></td>
<td>memories of ICU</td>
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<tr>
<td></td>
<td>Anxiety</td>
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<td></td>
<td>Depression</td>
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<td>Cognitive dysfunction,</td>
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<td>such as memory loss</td>
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Past, Present and Future

NICE guidance (2009) and (2017) details the optimization of recovery post-ICU

In 2015 Addenbrookes Hospital employed the Critical Care CNS team to implement this guidance. The teams role continues to develop

Past (and Present)

The team performs at least 4 rehabilitation assessments during the patients' critical illness and recovery, including outpatient follow up clinic

Biannual 'Patient experience groups'

Ward 'step down' preparation

Promotion of 'patient diaries'

Improving EOLC

Present

Investigating the lack of uptake in 'ICU follow up clinic'

'ICU follow up phone clinic'

Assisting children visiting the ICU

Extra support to families of patients with learning disabilities

Facilitating psychological support meetings for staff

Weekly MDTs – In line with Critical Care Network recommendations

A rehab handover document

Future

Ward information leaflets

Assisting with the creation of a 'Rehab support role'

Establishing a Family Support Group

Service evaluation, via a validated questionnaire

Help facilitate an ICU exercise group

Text reminders for Follow up clinic

Emergency accommodation fund

References
