

The critical care patient: improving staff engagement in the provision and completion of **patient diaries** to assist psychological recovery



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Implemented changes

Metavision changes

Bedside guidance document

Critical Care Patient Diaries- HOW TO

These diaries help to account a patient's stay in ICU. They have been shown to be really **helpful for patients in their recovery** and there is evidence to show they **reduce psychological problems** after discharge.



If you are finding this difficult or are unsure whether it is appropriate to give your patient a diary, please ask a senior member of staff for support.

EXAMPLE ENTRY AND STRUCTURE OVERLEAF

John's Critical Care Diary

Date: _____
Time: _____
Day ____ on ICU

Hello, my name is _____, I am a _____ (role) looking after you today.

How you're doing.
(pain, restless, agitated, coughing, sleeping, any progress, sedation level)

- **What have I done to care for you?**
 - o movement/turning? Any procedures (including physio)?
- **How may this have made you feel?**
 - o Dizzy? Pain? Sense of movement?
- **Any significant events in your care?**
 - o extubation, tracheostomy, first time sitting out of bed?

What's going on around you?

- Describe environment
- Noises? (radio playing, background noise, people talking, machinery, alarms, shouting)
- Any visitors?

Anything else?

- Weather
- Current events
- Favourite sports teams, anything you feel they might be missing!

EXAMPLE

You were intubated yesterday when you came in which means you have a tube going into your lungs to help you breathe. Because of this, we've had to give you sedation to help you sleep and keep you comfortable. You do not look distressed and you seem to be breathing better than yesterday.

Today we inserted a line into your wrist. You may have felt a little discomfort at first and we had to hold your arm still to keep it steady. You didn't like that at first but we have put you in the main area of the critical care ward which means that it's very busy around you. There are lots of machines beeping and the doctors are just doing their ward round so they can't hear discussing different patients. Your wife has been to visit and has just gone downstairs to get some lunch.

It's snowing today and the ward is quite chilly so we've made sure to give you enough blankets to keep you warm.

Don't feel like you have to fill in every section if there is nothing relevant to say, or someone else has already mentioned significant events (e.g. extubation etc.)

This structure is merely a guide to facilitate filling in the diaries. If you are not someone who likes structured writing, please write freely as you wish.



Results

- ◉ Sample size of 129 patients treated during the three cycles
- ◉ Total number of 77 patients received diaries
- ◉ 53 members of MDT wrote entries by project completion

Outcome	Cycle 1	Cycle 2	Cycle 3
Patients >72h who received diary	↑74% (n=17)	↑83% (n=25)	↓80% (n=20)
Met criteria of one daily entry	31% (n=4)	↑48% (n=10)	↓39% (n=7)
Met criteria of 2 different professions	23% (n=3)	↑48% (n=10)	48% (n=8)



Sustainability

