

Rehab Nurses: Should we bother getting out of bed?

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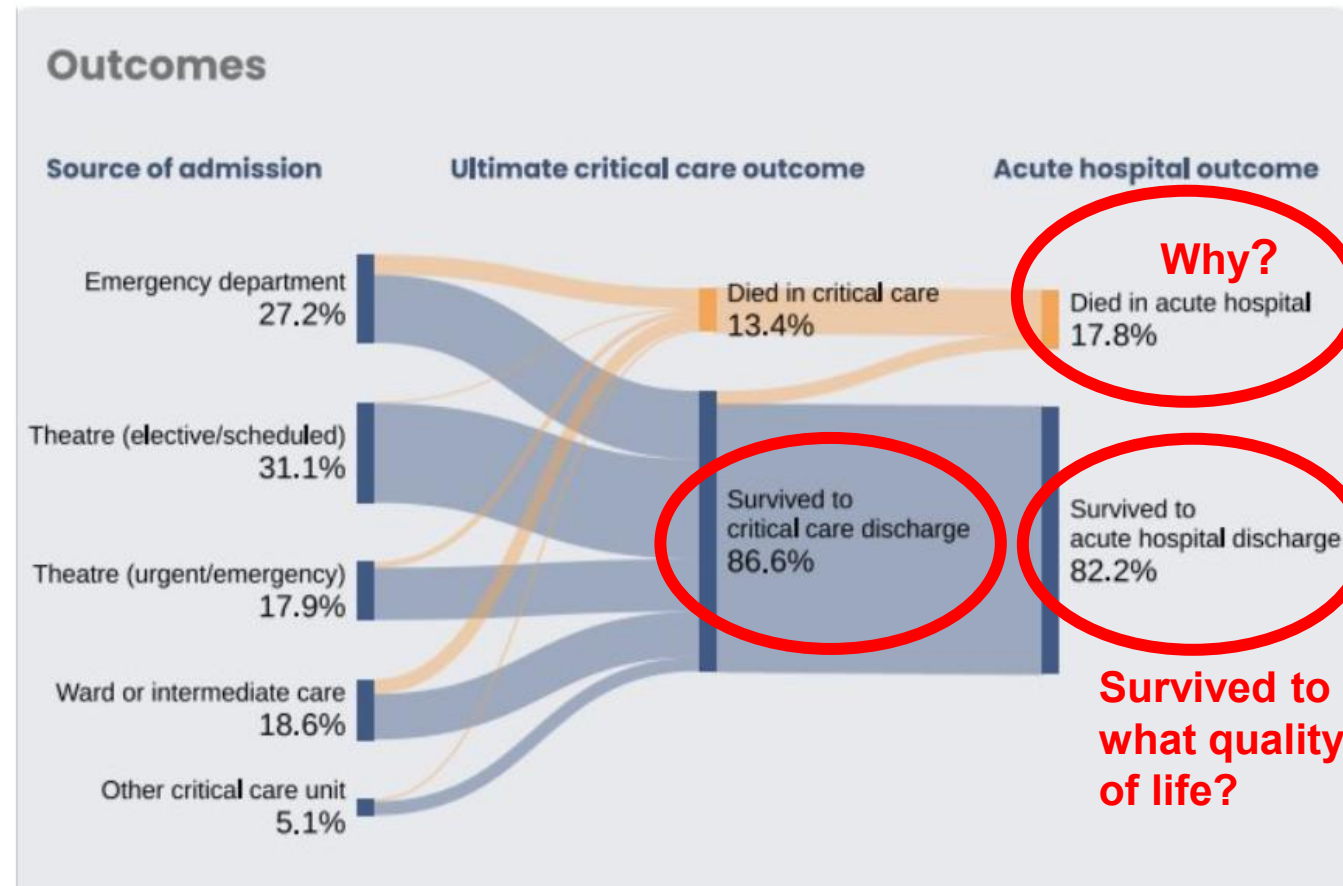
Please cast
your vote at
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session



Background

ICU rehabilitation nurses have no defined job description

There is **no evidence** on how ICU rehabilitation nurses impact patient outcomes



Avoidable Deaths Post-ICU Discharge

- Vollam *et al.* (2021) found:
 - 8% of patient deaths were '***probably avoidable***'
 - 26% of patient deaths had a '***degree of avoidability***'

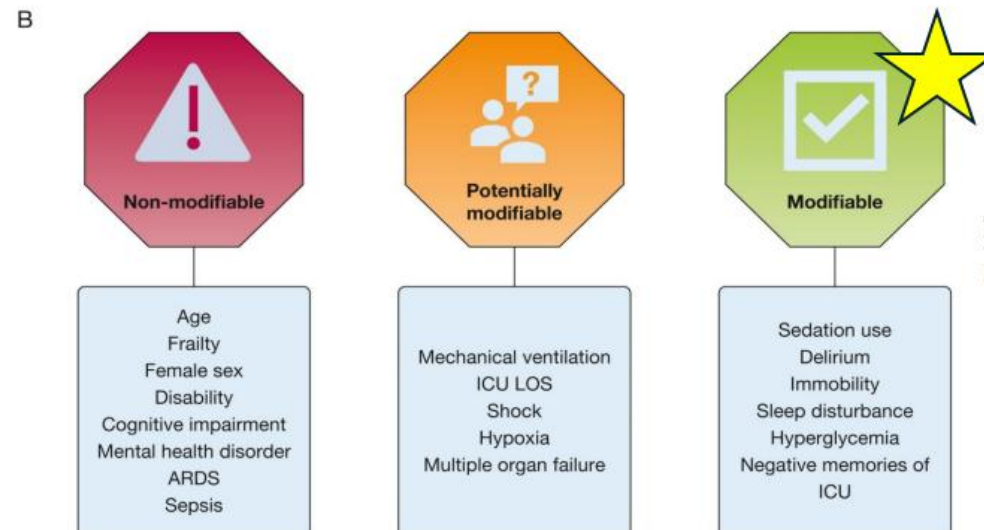
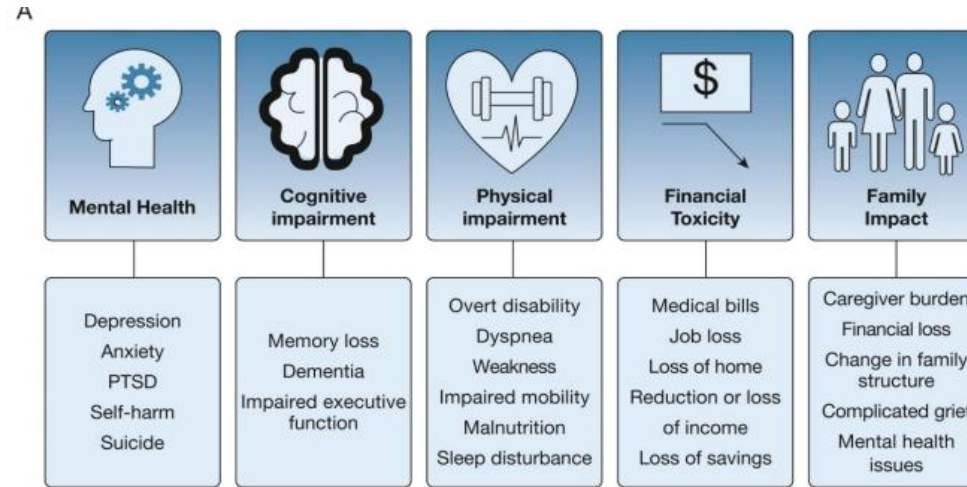


Transitions are harmful



Why do we need specialist nurse roles in rehabilitation?

- Specialist nurses have additional knowledge and skills in a certain area (Jokiniemi and Miettinen, 2020)



Post-ICU Syndrome: CHEST Critical Care Reviews
Survival ≠ Recovery: A Narrative Review of Post-Intensive Care Syndrome



Design

- 33 question survey
- Purposive sampling of 8 patients (n=8)
- Data collected retrospectively

Patient
Demogr-
aphic

ICU
Rehab
Nurse
Contacts

Scores

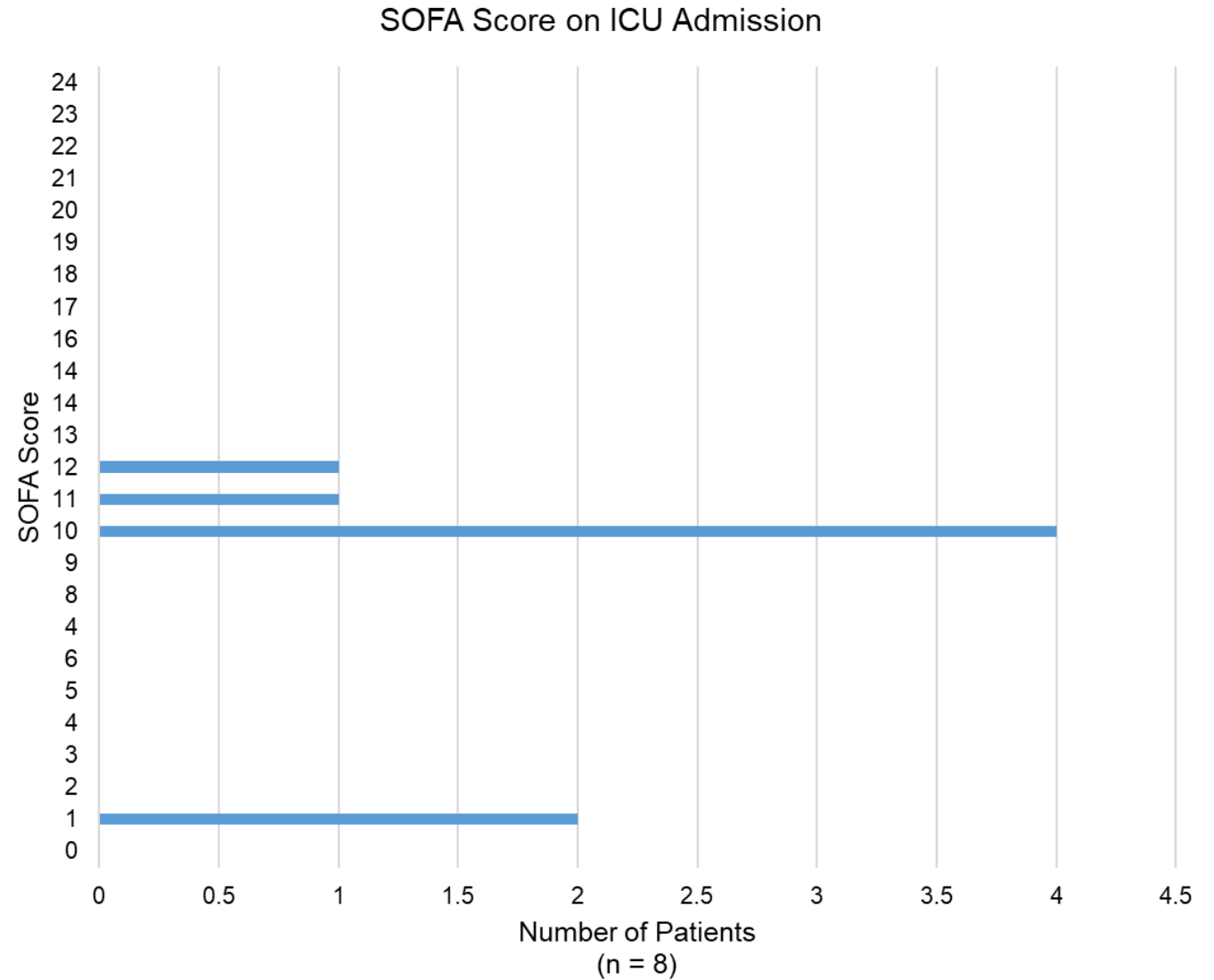
MDT
Contacts

Follow-
Up/
Hospital
Discharge

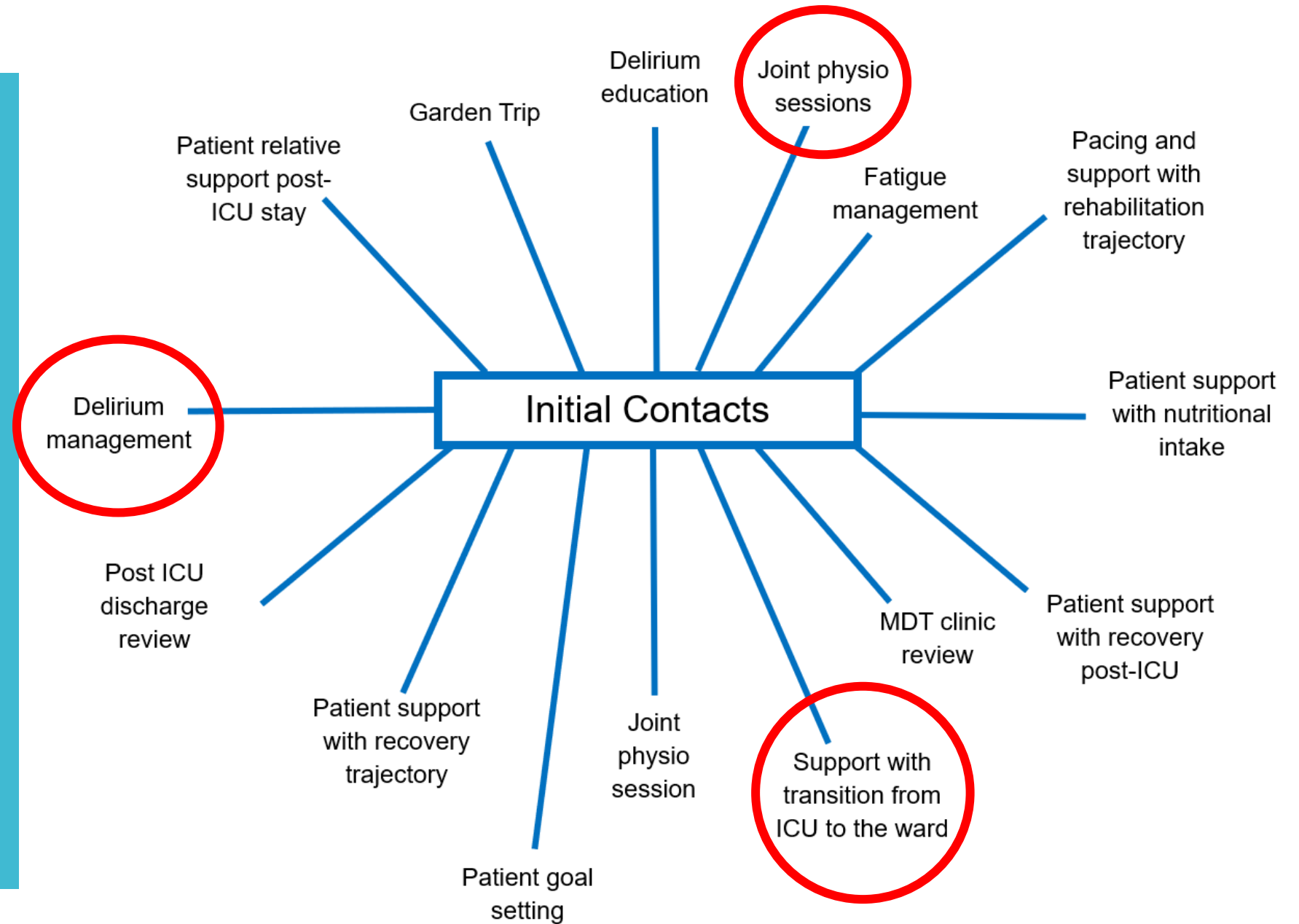
Results

Admissions were due to varied causes, including TBI, SAH, polytrauma, overdose with low GCS, cardiogenic shock, pancreatitis, and emergency laparotomy

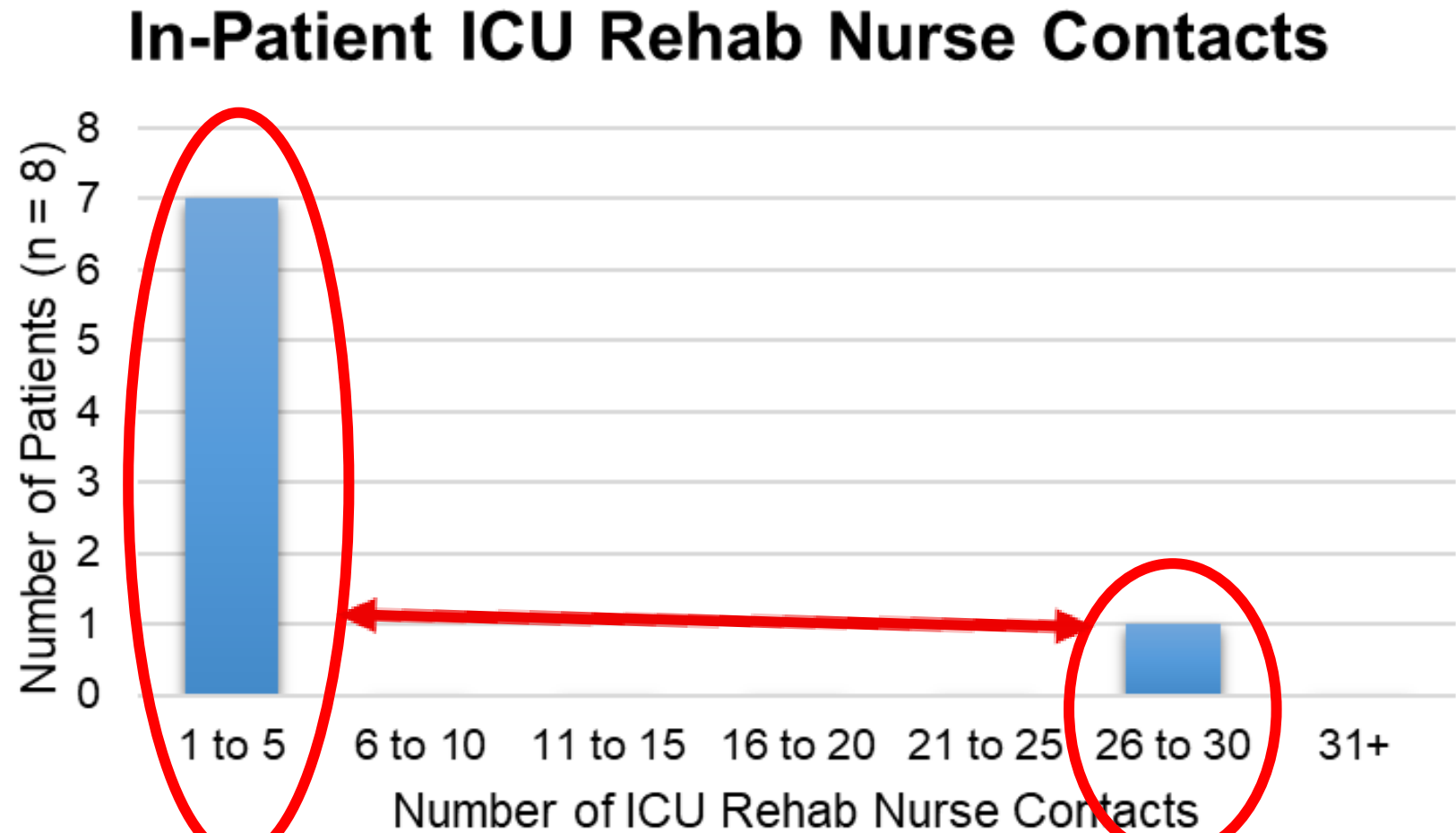
The patients sampled had similar illness severity



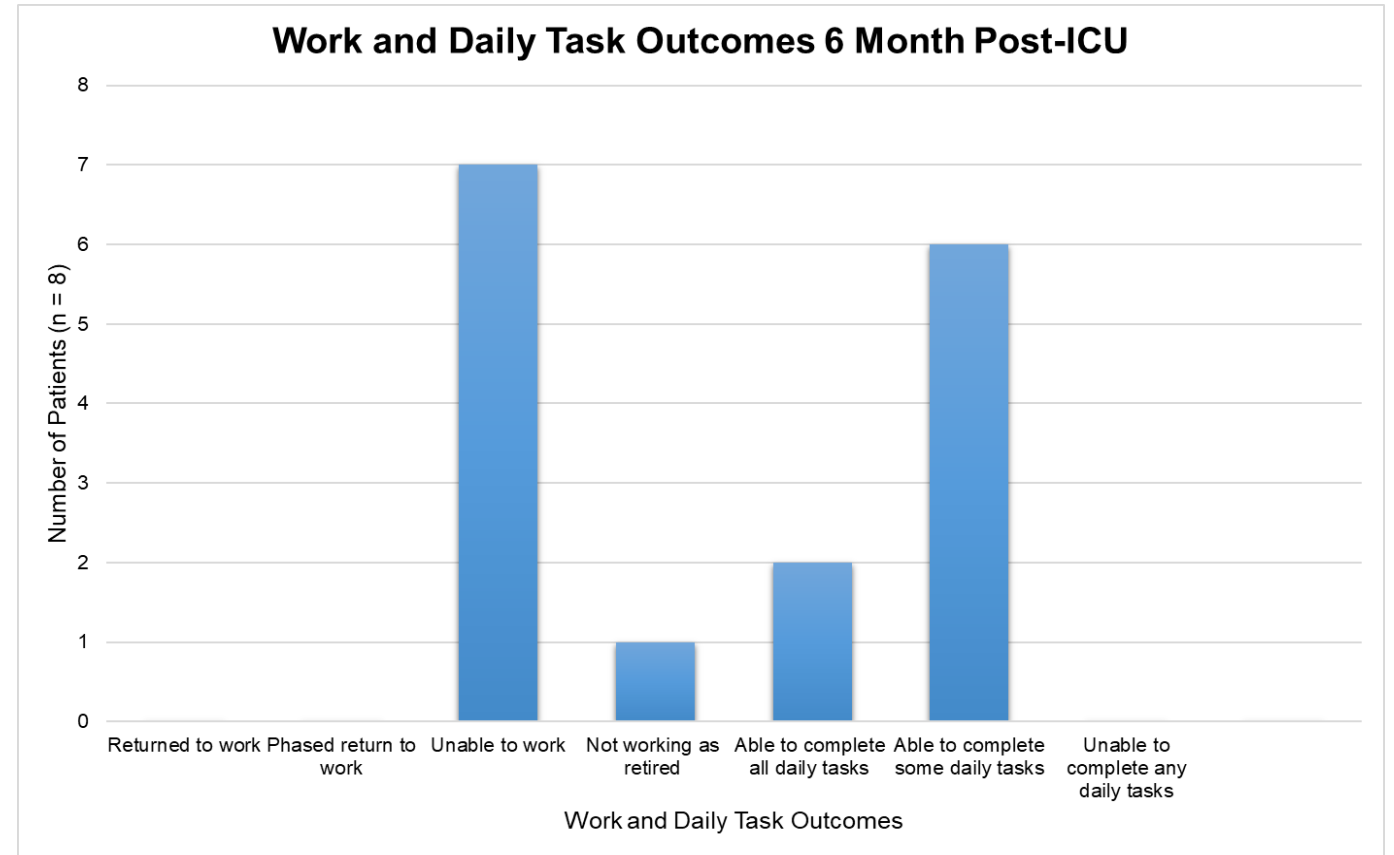
Initial Contact Activities



Number of Contacts During In- Patient Stay



Outcomes Six Months Post-ICU Discharge



Analysis

Strengths	Weaknesses
Retrospective study method reduces bias	Small sample size, n = 8
Demonstrates need for further research	Does not account for indirect or non-documented contacts
Further insight into high-risk rehab areas in the hospital	Not longitudinal data

Qualitative Feedback from MDT

Feedback survey from the wider MDT about the perceived impact of ICU rehabilitation nurses by staff

Collected data used Likert scales and open-ended questions

Majority of responses are from staff who work on the wards



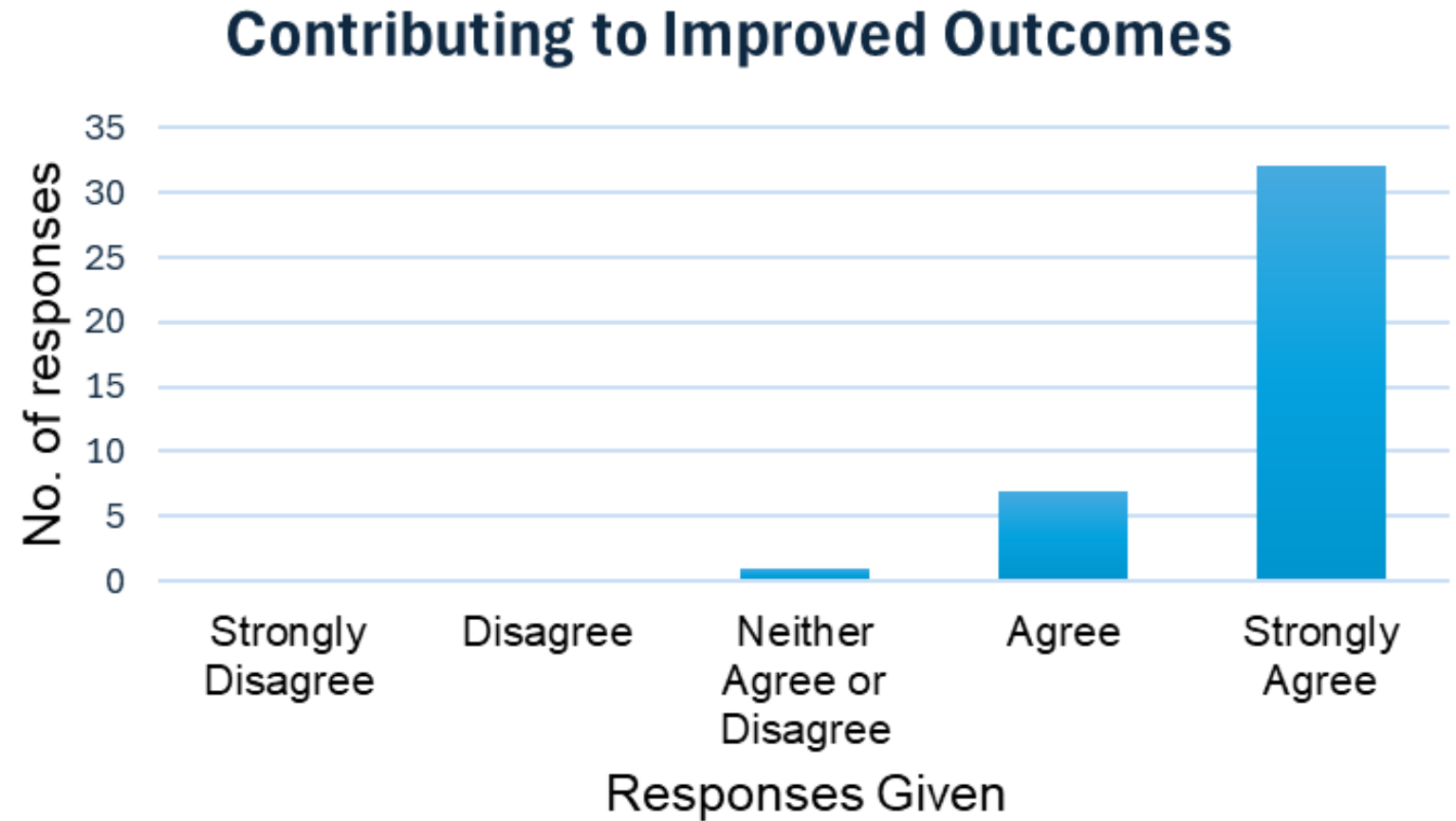
Qualitative MDT Feedback

Top 5 Interventions:

- 1- Emotional support for the patient
- 2- Helping patient understand ICU recovery trajectory
- 3- Delirium management and education for patients
- 4- Staff education
- 5- Garden visits

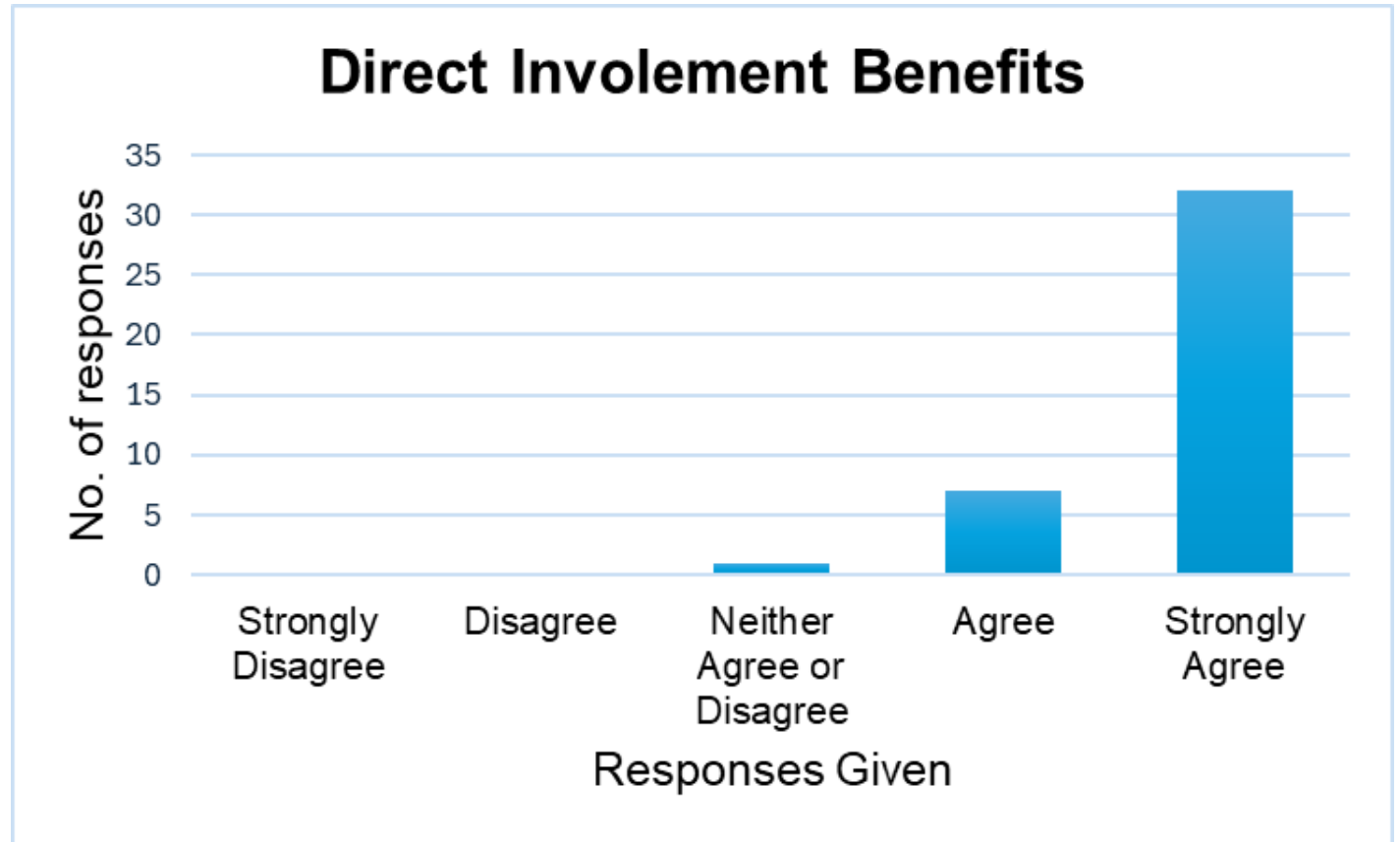
Staff Feedback:

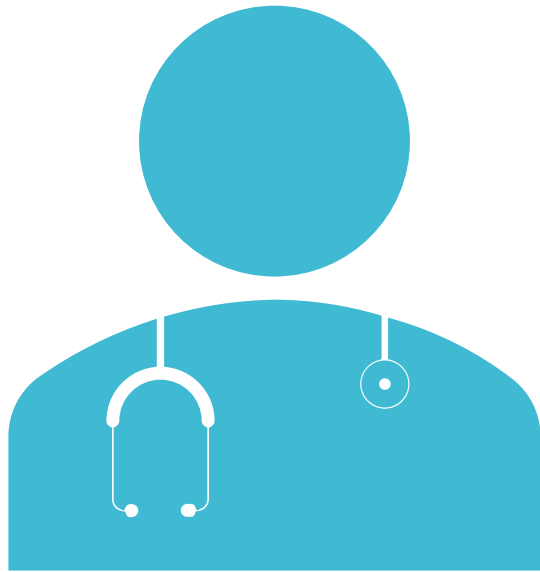
"On a scale of 1 - 5, how do you agree or disagree with this statement, 'In my experience ICU rehab nurses contribute to improving patient outcomes'."



Staff Feedback:

On a scale of 1 - 5, how do you agree or disagree with this statement, 'ICU rehab nurses direct involvement benefits to patients and their care.'





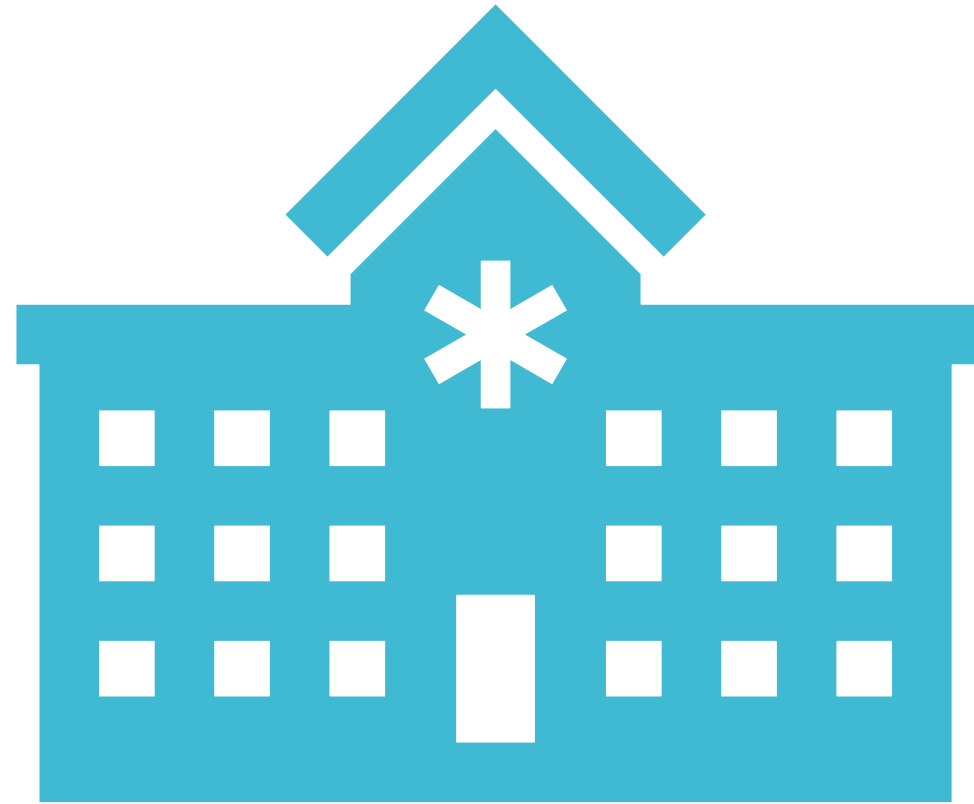
Survey Quote

"I have noticed that they provide great **continuity of care** for patients stepping down from ICU. They help the patient and their family make **sense of their experience** so far and what to expect from ongoing rehab. They will often arrange joint visits with other members of the MDT. They advocate for patients a lot and provide a **holistic approach**- often **advocating** and making the wider MDT aware of details of the patient's care that might otherwise go under the radar."

Summary of Results

ICU rehab nurses may not be needed for every patient

One patient benefitted and it is possible our intervention prevented them "falling through the gaps"



Implications for practice

Calls for a retrospective comparison of data from patients prior to ICU rehabilitation nurse provision

ICU rehabilitation nurse role fulfils part of recommendation 1 set out in NCEPOD (2025)

ICU rehabilitation nurses can bridge gaps caused by transitions

Recovery Beyond Survival

A review of the quality of rehabilitation care provided to patients following an admission to an intensive care unit



Improving the quality of healthcare

1

Improve the co-ordination and delivery of rehabilitation following critical illness at both an organisational level and at a patient level.

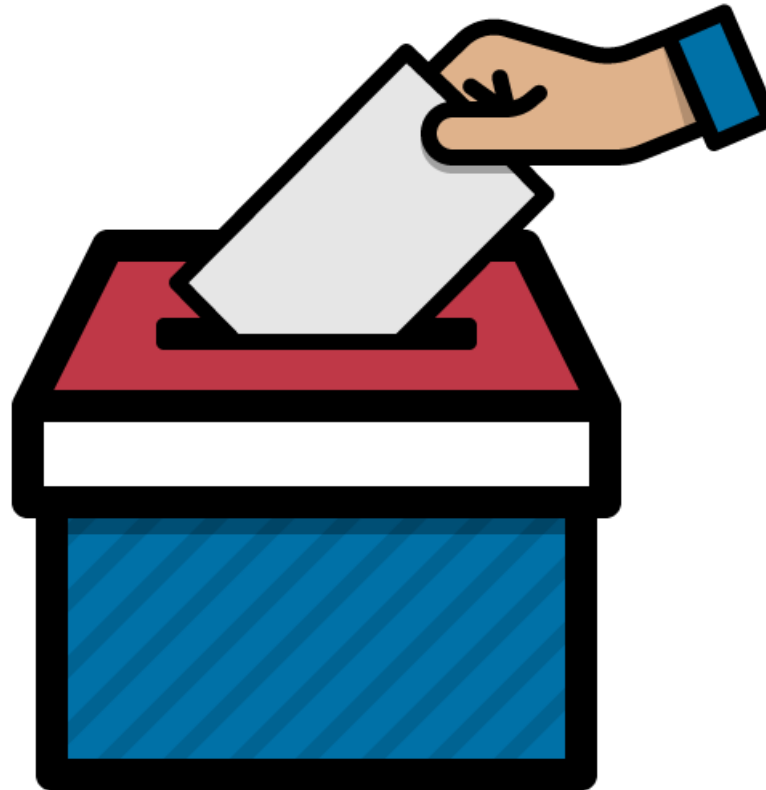
- At an organisational level by assigning a trust/health board rehabilitation lead with oversight and responsibility for the provision of holistic rehabilitation.
- At a patient level by having a named rehabilitation care co-ordinator(s) role to oversee patients' rehabilitation needs within the ICU, on the ward and in the community.

FOR ACTION BY

Commissioners, integrated care boards, hospital trusts/health boards



Your
Decision



Thank you
for
Listening.
Questions?



References

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