Queen Elizabeth Hospital, Gateshead

4,200 staff
600 hospital beds across Gateshead
Community services throughout the borough

Critical care

6 level 2 beds and 6 level 3 beds
Surgical and medical patients
Quality and excellence in health
Critical care rehabilitation guided by...

NICE guideline ‘Rehabilitation after critical illness in adults’ CG83 2009

NICE quality standard ‘Rehabilitation after critical illness in adults’ QS158 2017

GPICS 2019 chapters on rehabilitation, psychology, OT, physiotherapy

Also guided by patient experience...
Oh yes, please tell me how hard your job is.

Quality and excellence in health
Quality and excellence in health
Testimonials

© Peter E. Spronk – Gelre Hospitals ICU, Apeldoorn, the Netherlands
Miriam B. Spronk (design)
Persistent functional disability demonstrated over 1 year following discharge in ARDS patients

Herridge et al 2003

Prolonged ventilation in critical care is associated with impaired health related quality of life up to 3 years after discharge, even when patients are living independently at home

Combes et al 2003
Survival is not enough

‘The large investments made during intensive care are only sustained when continued support is in place following discharge’
Critical Care Service Specification 2015

‘There is more to life than measuring death’
Kings Fund report 1989
Traffic light system

HIGH Intensity
GOLD standard pathway

MEDIUM Intensity
Tailored to individual patient needs

LOW Intensity
Standard ward based physiotherapy

All patients categorised into one of 3 pathways on discharge from critical care
For patients intubated 72 hours or more
Making sense of what has happened...

Rehabilitation manual

Discharge summaries

Diaries

Discussion with family and health care professionals

Visits back to critical care

Screening for depression/anxiety/PTSD

Follow up clinic
Rehabilitation on base wards

Functional goals

Physio led goals

Mood lifting activities

Collaboration with the MDT

Liaison with families
Continuing support in the community

Signposting to other agencies/groups eg exercise groups

Follow up phone calls

ICUsteps Gateshead – patient led support group

Visits back to critical care

Screening for depression/anxiety/PTSD

Follow up clinic

Exercise group
‘Humanising’ critical care

Trips out

Therapeutic activities & beauty box

Ex patient volunteer

Music in Hospitals visits

Adapting to individuals

Learning from patient stories
Celebration Christmas dinner 2018

Quality and excellence in health
Recognised as an area of outstanding practice by CQC

The Rehabilitation after Critical Illness Team (RaCI) led by nurses, health care assistants and physiotherapists had developed new pathways to help patients recover from critical illness. The team provide rehabilitation while a patient was in the critical care unit, throughout their stay and following discharge.

CQC Report (2016)
Evaluation of critical care rehabilitation service

9 day difference in LOS post discharge from critic

Proven cost effectiveness

ICER (Incremental cost effectiveness ratio) = £60

(No GOLD 2007-2009 vs GOLD 2010-2012)
Further inspiration

#rehablegend @TantumKate

#ICURehab @DrDaleNeedham

#ICURecovery19 @NydaIPeter