

Critical care rehabilitation

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BACCN Study day November 2019

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



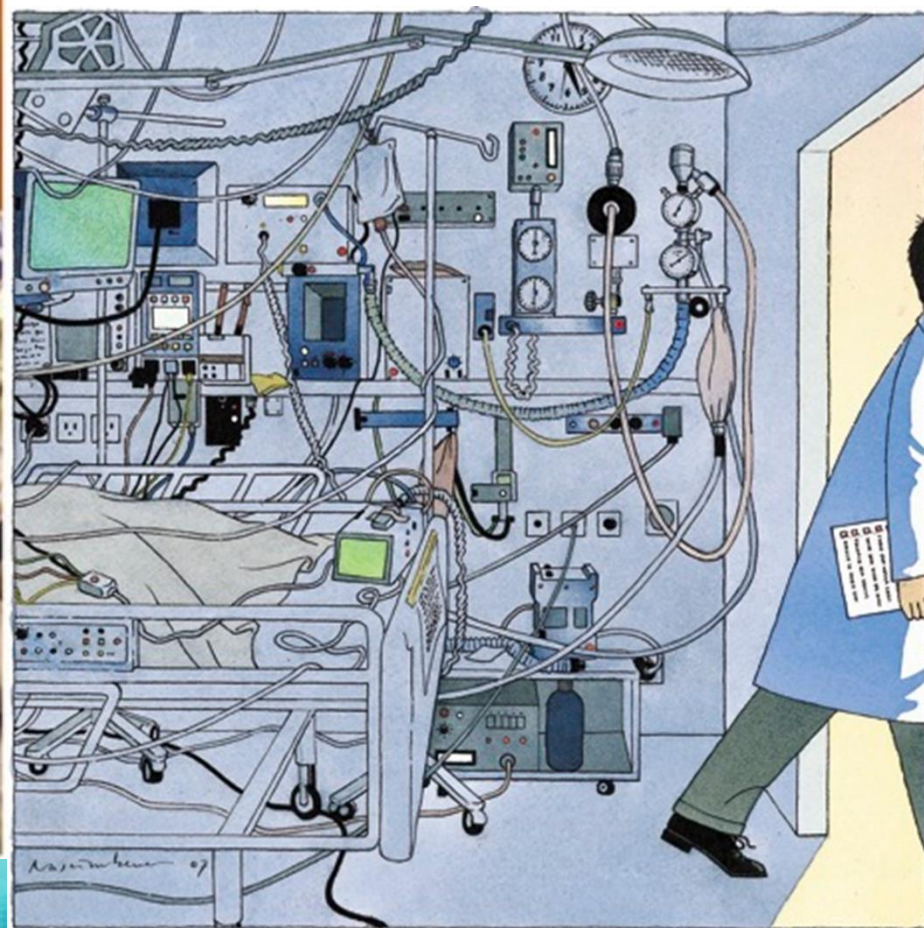
Critical care rehabilitation guided by...

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...





Quality and excellence in health

Testimonials



Growing understanding of the effects of critical illness

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

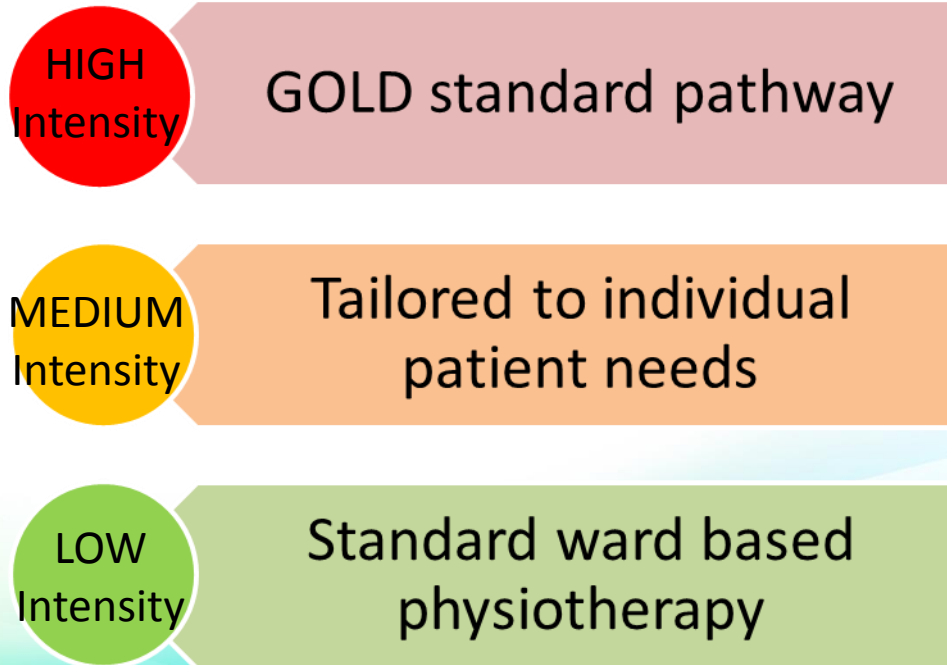
'The large investments made during intensive care are only sustained when continued support is in place following discharge'

Critical Care Service Specification 2015

'There is more to life than measuring death'

Kings Fund report 1989

Traffic light system



All patients categorised into one of 3 pathways on discharge from critical care

Critical Care

Twice daily physiotherapy
Early mobilisation
Individualised exercise programme
Photo diary
Nurse practitioner assessment & support
Rehabilitation manual

Base ward

Twice daily input from rehabilitation assistant
Nurse practitioner assessment & support
Physiotherapy as necessary
Early input from OT

After Hospital discharge

Telephone follow up at 2, 4 & 6 weeks
OT support
MDT follow up clinic at 8 weeks
Invite to ICUsteps
Exercise group

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



Quality and excellence in health

‘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 @NydahlPeter

