

# Critical Illness - A patient's journey from care recipient to care provider

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former patient,

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Life before



Life before



# From person to patient



# Admission

Subarachnoid haemorrhage

Undisplaced fracture transverse process C1

Compound fracture T6 & T7

Broken rib

Bilateral pneumothorax with aspirated stomach contents

# Critical care

Waking to a new life

Vivid dreams

Broken memories

Spinal injury

Disbelief

# General ward

Personality change

Derealisation

Understanding severity of illness

Paranoia

# Escape

The brush-off

The last straw

Blackmail

Go time

The diversion



# At home - the first months

Weakness / tiredness

Concentration

Loss of appetite

Anxiety / mood swings

Self care

Frustration / depression

Follow-up

# Help after hospital

Occupational therapist

General practitioner

Brain injury nurse

ICU follow-up

Physiotherapist

Fracture clinic

Head injury clinic

# First anniversary

*Control, we have a  
Rockhopper Down, repeat  
Rockhopper Down*

*You are cordially invited  
for drinks and nibbles  
to celebrate and suffer  
the first anniversary  
of my still being here.*

*Saturday 24th April 2004  
from 3pm onwards*



# CUsteps

The letter

Drop-ins

Shared experiences and being understood

Support groups

Patient information booklet

# Patient involvement

Means

Motive

Opportunity



# CU support

Repeat information

Tell patients they're in hospital

Screen for delirium and reassure patients

Involve relatives in care if they want to

Talk to the patient - sedated or not

Start rehabilitation early

Diaries and photographs

# General ward support

Better transition from ICU to ward care

Talk with patients and relatives

Ensure ward staff have a good handover

Train ward staff about the ICU experience

# After hospital support

Information

Follow up service

Revisiting the ICU

Support groups



# ..and finally

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