

PICS and Family

Critical illness involves the entire family. Feeling worried and confused about a sick family member can affect one's own health.

It is common for family members to experience:

- Stress
- Sleep disruption
- Sadness
- Grief
- Post-traumatic stress disorder
- Anxiety
- Apprehension

Trying to continue a normal daily routine and active participation in your family member's recovery may help alleviate these symptoms. Family also plays an important role in piecing together the hospital journey for the patient who may not remember.

Please take care of yourself. If you are struggling, speak to your own primary health care provider.



Resources

Society of Critical Care Medicine (THRIVE)

<https://www.sccm.org/MyICUCare/THRIVE>

Post-Intensive Care Syndrome Support Group on Facebook

<https://www.facebook.com/groups/227842144513131/>

South East Local Health Integration Network (LHIN)

<http://healthcareathome.ca/southeast/en>

Addiction and Mental Health Services Hastings Prince Edward

<https://amhs-hpe.ca/>

Quinte Health Care Crisis Intervention Centre

613-969-7400 x 2753

Bounce Back Ontario

<https://bouncebackontario.ca/>

Quinte and District Rehabilitation

<https://quinterehab.com/>

Health Care Connect

1-800-445-1822

If you would like to learn more, please contact Quinte Health's ICU Social Worker at: 613-969-7400 x 2629



After the Intensive Care Unit (ICU)

Effects of a long stay in the ICU

What is Post-ICU Syndrome (PICS)?

Many people experience ongoing issues with their health after being in the ICU. These issues may include:

Physical Limitations

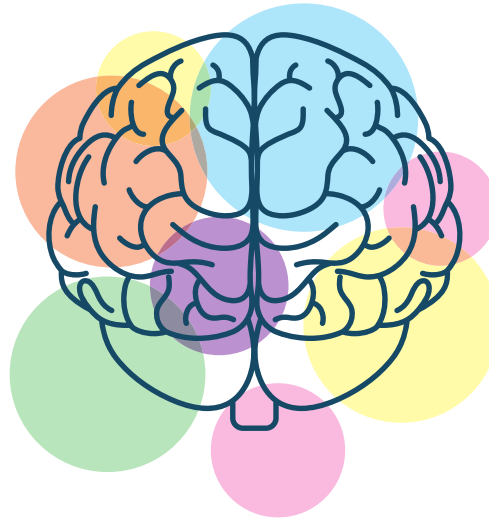
- Muscle weakness
- Tiredness
- Falls
- Decreased mobility
- Pain
- Difficulty breathing

Cognitive Impairment

- Forgetfulness
- Memory loss
- Poor concentration
- Trouble organizing and problem solving
- Reduced attention

Mental Health

- Post-traumatic stress disorder
- Anxiety
- Depression
- Decreased motivation
- Nightmares and flashbacks
- Insomnia



Who is affected by PICS?

Anyone who has survived the ICU, even if they were healthy prior to their severe illness, can be affected by PICS.

If you were diagnosed with sepsis, septic shock, delirium, or severe respiratory failure on mechanical ventilation (breathing machine), you may be at risk for PICS.

PICS results from a number of factors including the intensity of the treatment overall, the use of life sustaining equipment and the use of sedative, pain and other medications.

PICS impacts the quality of life of both the patient and the family.

Treatment

Professional Services to treat or prevent PICS are available. These may include:

- Family Doctor or Nurse Practitioner
- Physiotherapist
- Occupational Therapist
- Social Worker or Mental Health Professional
- Pharmacist
- Spiritual Practitioner

With your permission, the ICU may reach out to you after discharge to check in and offer support.

Every person will have a different recovery process. Even if symptoms do not improve or resolve fully, health care providers are able to support people as they adjust to a new level of functioning after critical illness.