

# After Critical Care

Information for patients



Adult  
Critical Care

This patient leaflet provides information about the transition from critical care to the ward.



It is important to note that not everything in this leaflet will apply to all patients.

### 1. Pre 'step-down' to the ward

As your condition improves the decision will be made by the consultant in critical care and your supporting teams that you are ready to be discharged to the ward, this is known as being 'stepped down' and this as a positive step in your recovery.

After the decision is made that you are ready for discharge, we will involve you in preparing for "step down" and the nursing staff will let your next of kin know.

In preparation, we may remove some of your wires and tubes- this is done because you are more stable and you don't need them as often, or at all. You may be able to wear your own clothes too.

|   |   |
|---|---|
| <input type="checkbox"/> <b>A</b> <b>ACCESS</b> - What access is needed<br>- Art / CVC / Cannula / Midline / PICC?  |  <p>Improve patient <b>physiological</b> and <b>psychological</b> well-being within a Critical Care environment</p> <p>Time Fit for Discharge:</p> <p>Time Ready for Discharge:</p> <p>For more information contact:<br/><b>James.Higson@NHS.net</b></p>  |
| <input type="checkbox"/> <b>S</b> <b>SURROUNDINGS</b> - If possible move away from level 3 patients, sleep aid such as eye masks/ear plugs. CAM ICU Score |   |
| <input type="checkbox"/> <b>T</b> <b>TRANSFER</b> - Involve Patient Flow / Outreach if complex discharge - what is needed to facilitate transfer          |   |
| <input type="checkbox"/> <b>E</b> <b>EXERCISE</b> - Physiotherapy assessment, Sit up, Get up and mobilise if possible                                     |   |
| <input type="checkbox"/> <b>P</b> <b>PRESCRIPTION</b> - Regular medications, deprescribe critical care medication   |   |
| <input type="checkbox"/> <b>D</b> <b>DOCUMENTATION</b> - Discharge Summary, Ward Documentation, RESPECT Tool, PPM outreach form, transfer form            |   |
| <input type="checkbox"/> <b>O</b> <b>OBSERVATION</b> - NEWS observations - rationalise to personalised need   |   |
| <input type="checkbox"/> <b>W</b> <b>WIRES</b> - Remove monitoring, remember area patient will be discharged to, will they be on continuous monitoring    |   |
| <input type="checkbox"/> <b>N</b> <b>NORMALITY</b> - Normal clothes / PJs, Normal diet if able  |   |

## 2. Going to the ward

Leaving critical care and going to a ward is an important step in your recovery. It is normal for both you and your family to feel anxious during this time. The ward will be used to looking after patients that have been on critical care. Depending on your treatment at the time e.g. infusions running or oxygen therapy, your critical care nurse will likely accompany you to the ward to settle you in and handover to your new nurse.

## 3. On the ward

### On your new ward you will get to know new staff:

- Healthcare assistants will be hands on in your day to day care such as washing/dressing.
- Staff nurses -will give out medicines and change any dressings you may have.
- Housekeepers -provide meals, hot drinks and carry out cleaning tasks on the ward.
- The medical team- doctors review patients daily on ward round.

### If needed you will also get support from teams such as:

- Physiotherapists
- Dieticians
- Social workers
- Speech and Language therapists
- Occupational therapists

You will no longer have a one to one nurse at your bedside but you will have an allocated qualified nurse and healthcare assistants looking after a group of patients.

You will have a call bell at hand to call for help or assistance - this may take longer than on critical care as there are more patients to nurses on the ward.

At the point of step down, it may become apparent that you fatigue more easily than prior to hospital admission as you will be gradually rebuilding your strength after your time in critical care.

## 4. Dependant on how unwell you were on critical care you may be visited by the following teams:

### Outreach

Outreach is a team of expert nurses and doctors working across the hospital. They offer support and education for staff, patients and relatives of those who have recently moved to the ward from critical care. They usually visit in the first 24 hours of you being on the ward and they work closely with critical care.

### Critical Care Rehabilitation Team

The critical care rehabilitation team is a team of nurses and allied health care staff. The staff members in the team have experience working within critical care and will be able to support you by answering questions about therapies and treatments you may have received whilst you were on critical care. They will visit you, usually in the first 24 hours of moving to the ward and they will help you physically and psychologically, following your stay on critical care.

**You may feel anxious, frightened and confused. You may have trouble sleeping, eating, and moving. You may have lack of energy and memory. Or you may be relieved!**

**This is all normal - please speak to your nurse looking after you.**

## Feedback

If you or your family have any feedback relating to your stay on critical care or your step down please speak to the nurse in charge or matron for the unit.

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## Useful links



### ICU steps

<https://icusteps.org/home/patients>



### ICU survivor blog

[https://covid19-england.criticalcarerecovery.com/x1611445/blog\\_from\\_an\\_icu\\_survivor\\_louise.aspx](https://covid19-england.criticalcarerecovery.com/x1611445/blog_from_an_icu_survivor_louise.aspx)



### LHT Delirium Patient Information

<http://flipbooks.leedsth.nhs.uk/LN004514.pdf>



## What did you think of your care?

Scan the QR code or visit [bit.ly/nhsleedsfft](https://bit.ly/nhsleedsfft)

*Your views matter*



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