Patient Diaries in Intensive Care

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Background

- Survivors of Critical Illness describe their experience as ‘Traumatic and life changing’
- Patients need to be able to reflect on their experience
- Many describe memories and dreams which they are unable to interpret
Delusional Memories

- Use or/withdrawal of psychoactive drugs
- Lack of privacy or control
- Sleep deprivation
- Infection
- Derranged Physiology
Post-Traumatic Stress Disorder
What are Patient Diaries?

- Started in Scandinavia in the 1970s to 1980s
- Provide a record of events and follow a timeline design
- Include patients progress, milestones, thoughts and reflections on the patients condition
- Usually written by the bedside nurse

Introduction of the Diaries

• 3 month Quality Improvement Project

• Diaries were then officially rolled out in Dec 2016 across both our General and Neurosurgical Intensive Care Units
Getting to Know You

Patient Information

Whilst you are a patient on this ward, we would like to get to know you better to enable us to treat you with the respect and dignity you deserve.

If you would like to share any information about yourself, it would help us to care for you as an individual and achieve our aim of getting to know you.

If you have a "This is me" leaflet, please let us know.

Getting to know you

• What name do you prefer to be known by?

• Tell us about the person/carer who knows you best? Please remember we allow open access for carers if they wish.

• Who is important to you? What is the relationship to you?

• What is your job?

• What are your hobbies and interests?

• Do you have any special dietary requirements? Include personal preferences, eg. drinks, food...

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Do you have any eyesight or hearing difficulties?

What is your normal sleep pattern? Include usual bed times.

Do you have any spiritual/religious/cultural needs?

Tell us about your daily routine.

Morning

Afternoon

Evening

Which part of the day are you at your best?

Is there any other information you wish to share with us?

What worries you about being in hospital?
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You may find some of the information in this diary upsetting or difficult to understand. If you would like the opportunity to go through this diary or to have some further clarification then please call 01752 431403/431404 and an appointment to meet one of our nurses can be arranged.
4. What aspects of the diary have you found beneficial in your recovery?

“The diary helped me to come to terms with my accident, injuries and care” July 2017

“I still can’t read it without crying but knowing that my family were always at my bedside is of great comfort to me!” May 2017

“The diary has had enormous benefits on my recovery and gave me a record of my time in your care. It is a wonderful book!” Nov 2017

8. Do you have any other comments, questions, or concerns?

Do it forever! It is such a good thing to have to read.
"The diary has been the only thing that has enabled him (*my husband) to realise that the ‘aliens’ are not real. His hallucinations are terrifying for us all but I don’t know what we would have done if we had not had the diary to look back on.” (Dec 2018)
Benefits

Communication Tool

Application of patient diaries

Family-centred Care

Recovery Tool
Interventions for Post Intensive Care Syndrome

- Patient Diaries
- Rehabilitation Team
- Bespoke embedded ICU Clinical Psychologist
- Psychological Risk Factor analysis
- Data projects to quantify recovery after ICU
- Rehabilitation Handbook
- Regional study events for MDT using patient experiences
- Therapy Dog
Future Developments

• New printed format with lots of additional information aimed at supporting the patient and their families
Thank you for listening

Any Questions?