



# Patient Diaries in Intensive Care



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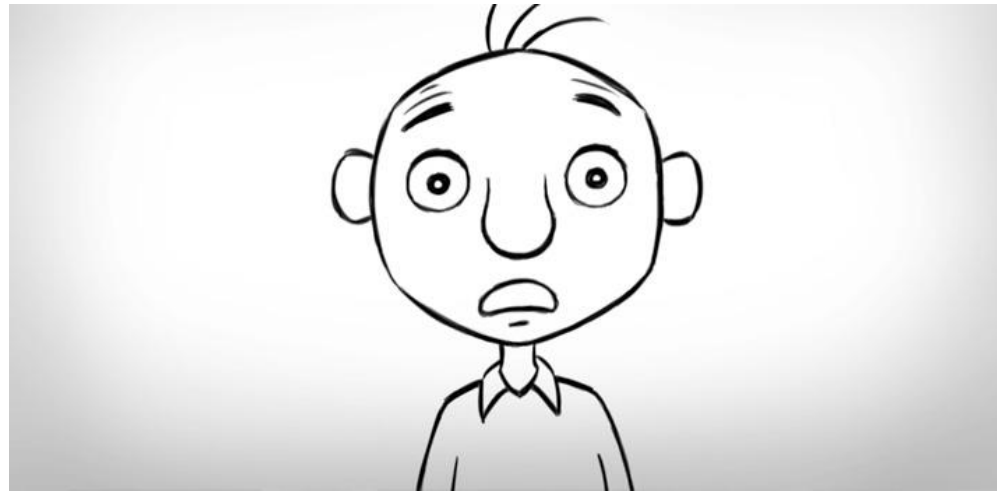


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# Background

- 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



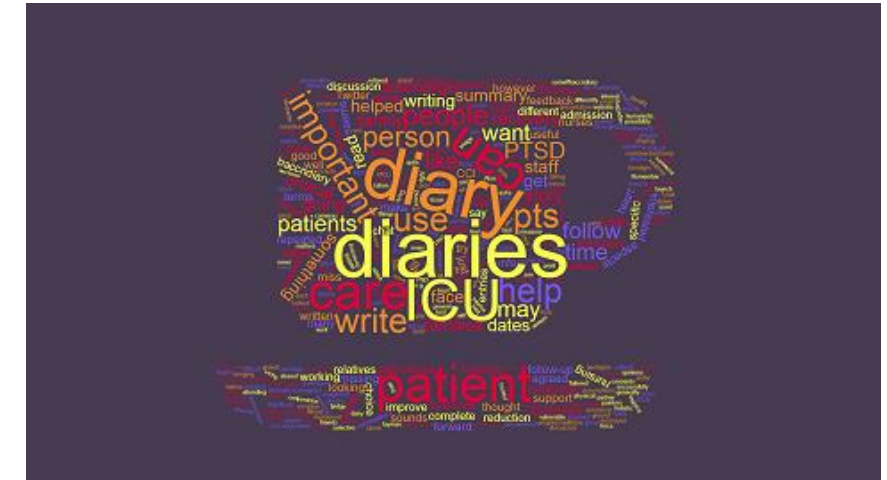
# Delusional Memories





# 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



(Egerod *et al.* 2011, Berghom *et al.* 1999, Backman and Walther, 2001, Backman *et al.* 2014 and Backman *et al.* 2014)



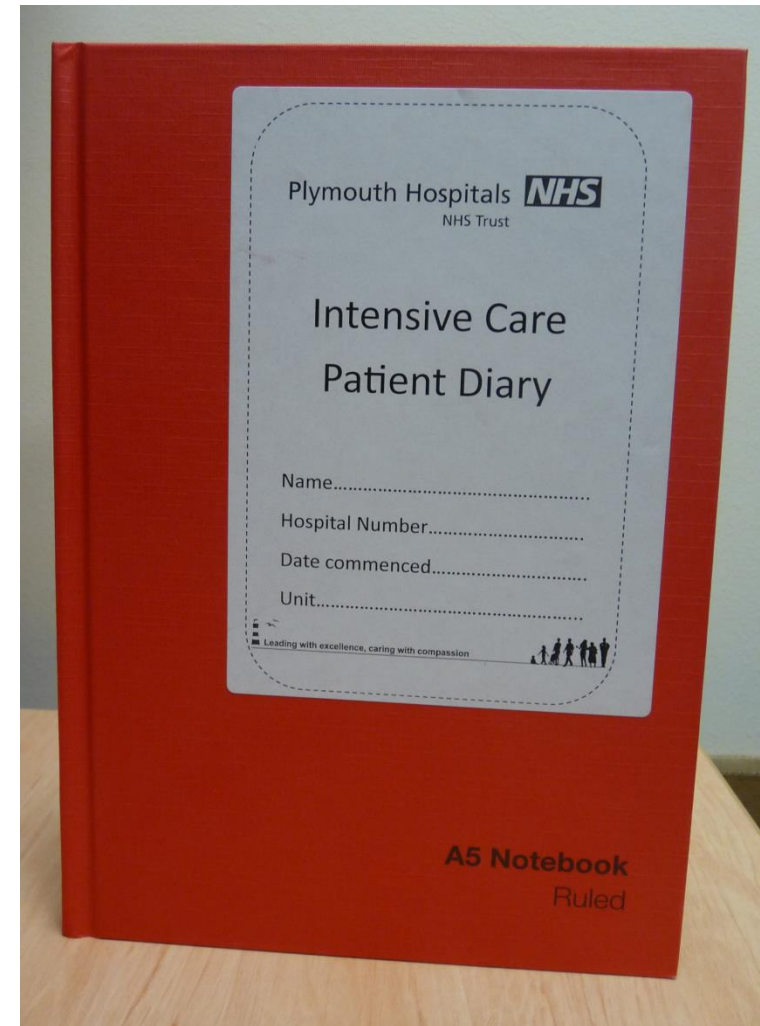
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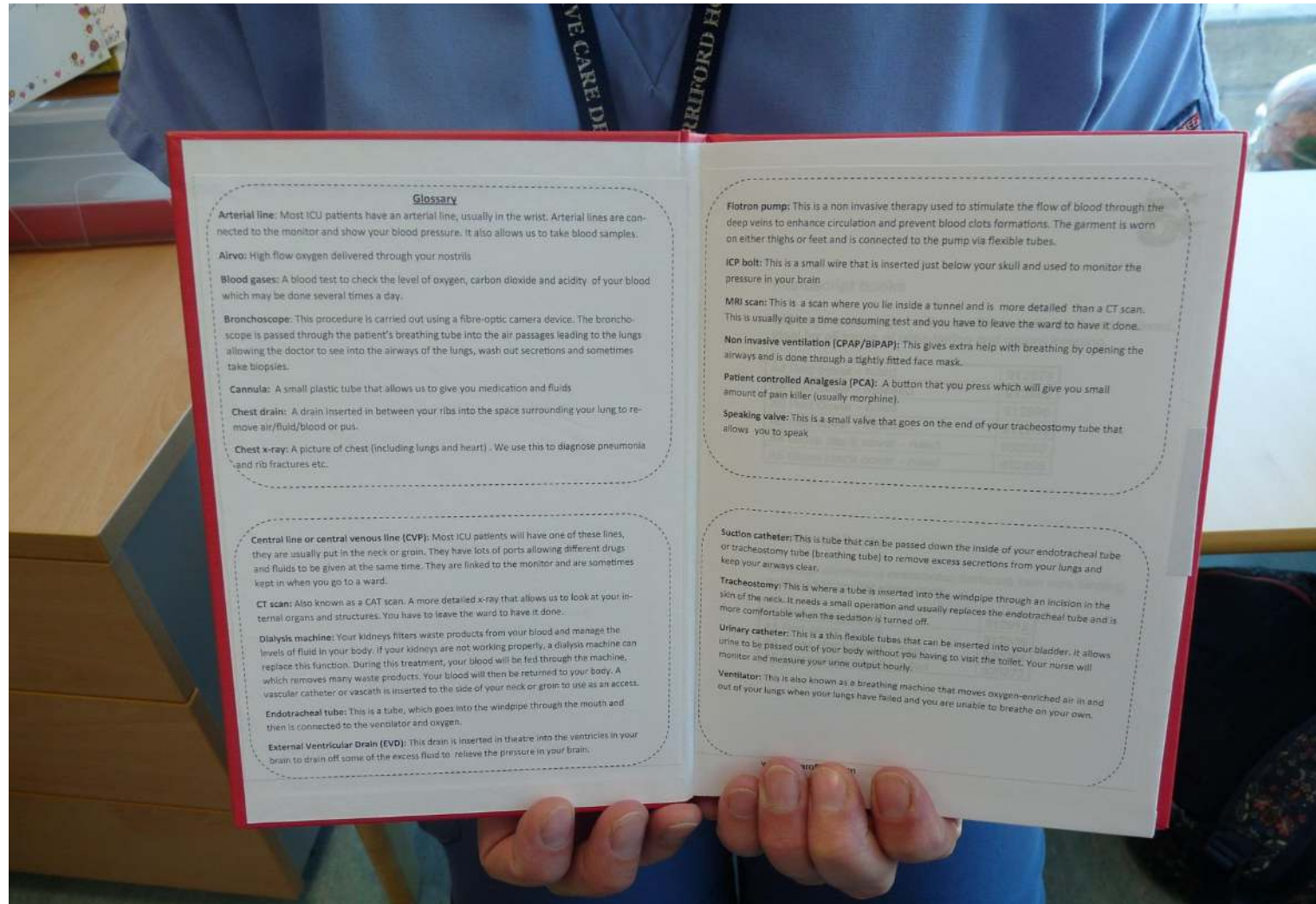


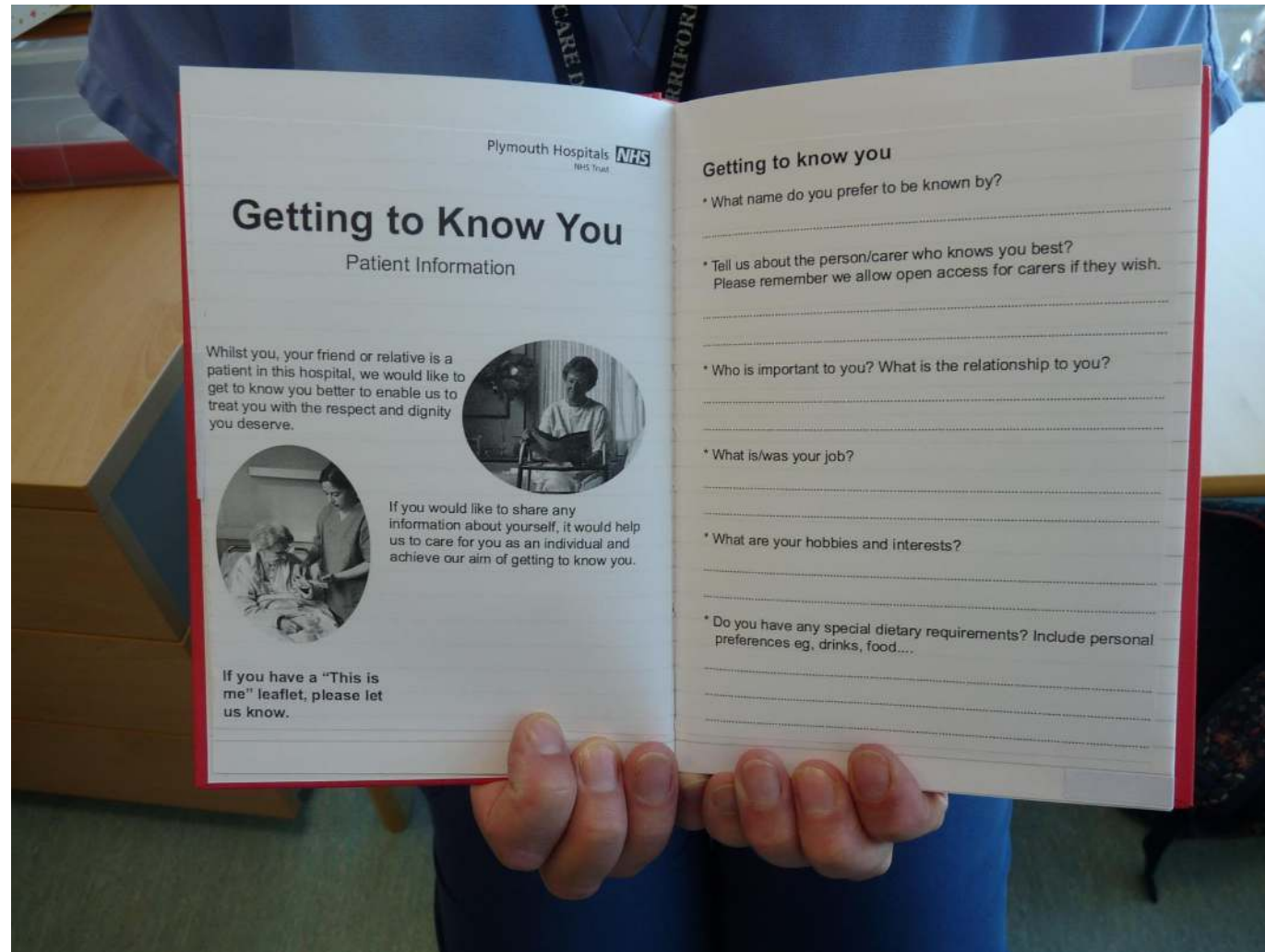


# Introduction of the Diaries

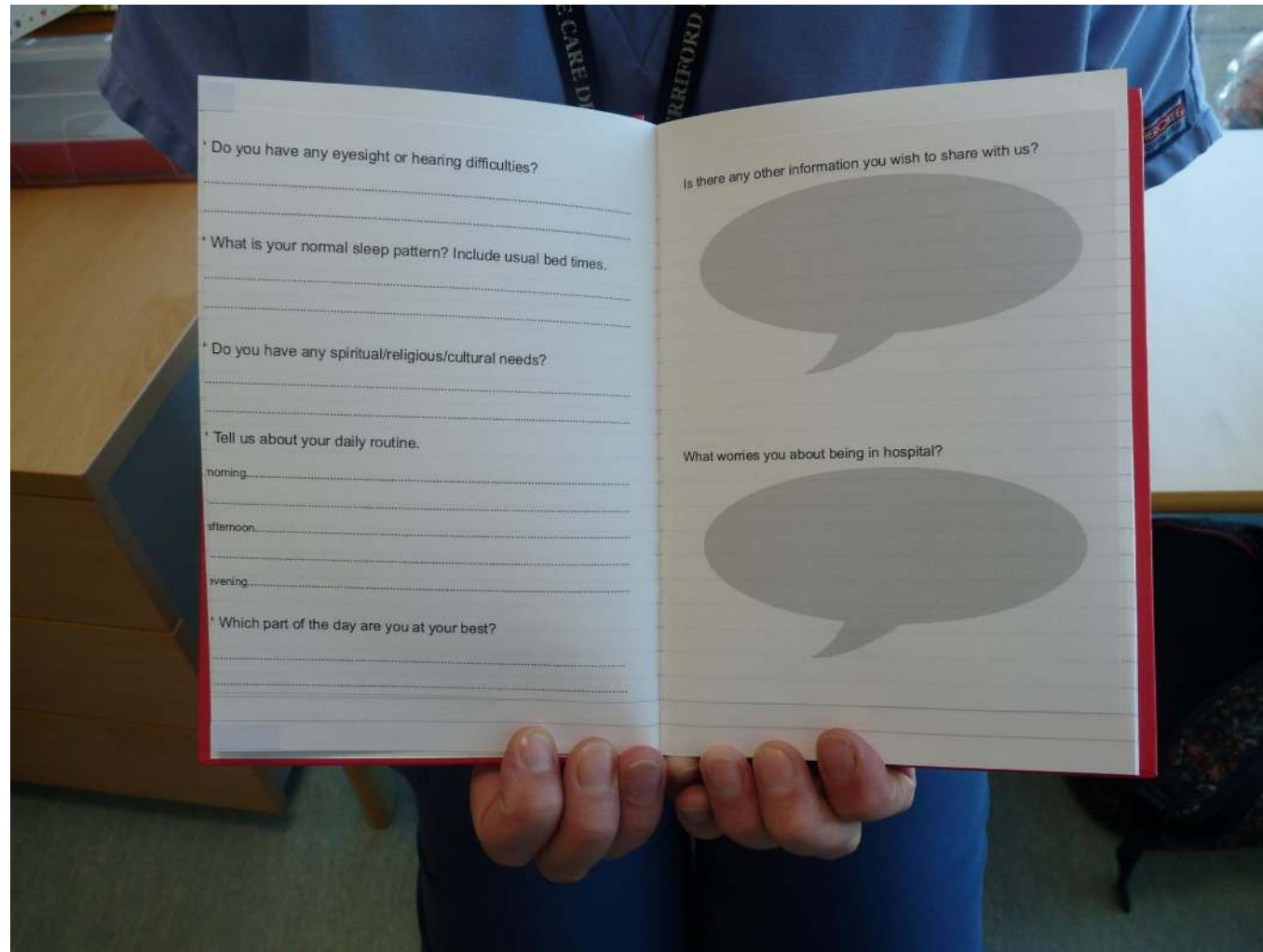
- 3 month Quality Improvement Project
- Diaries were then officially rolled out in Dec 2016 across both our General and Neurosurgical Intensive Care Units











\* 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.....

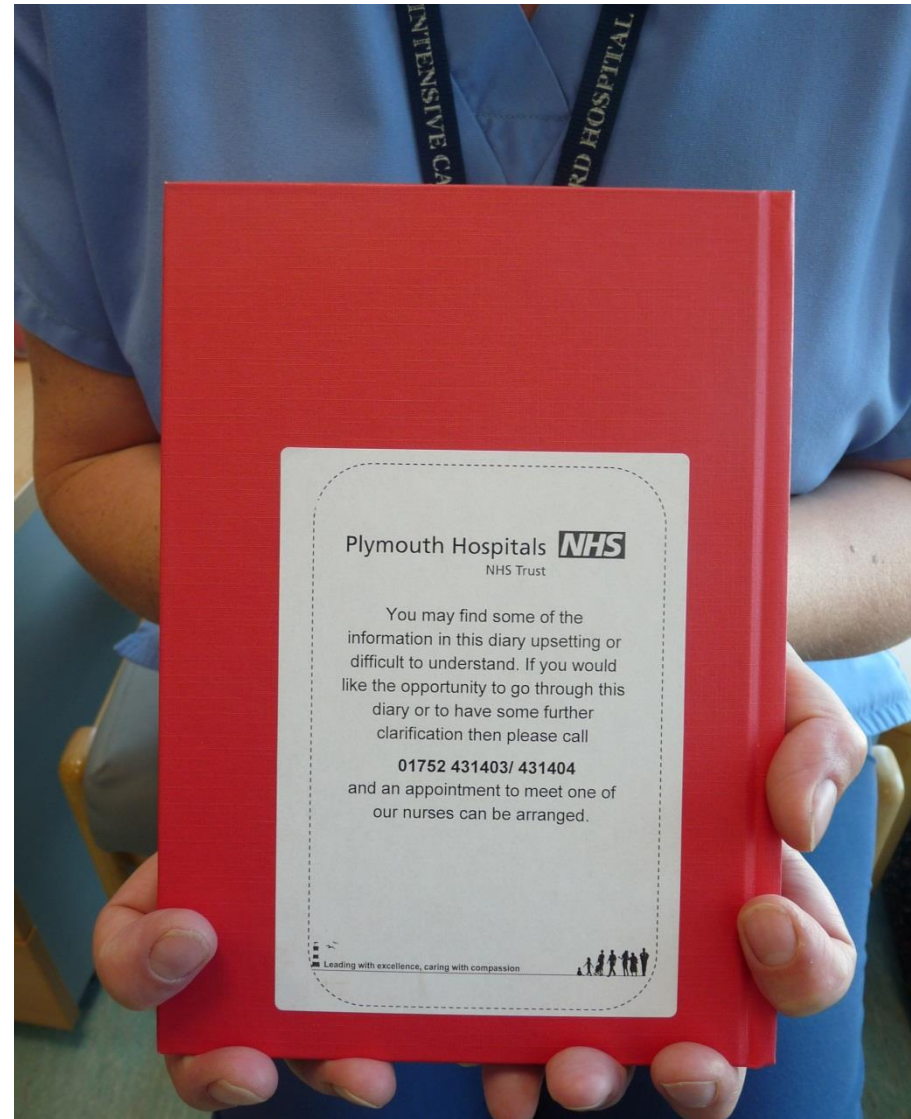
evening.....

\* 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?





4. What aspects of the diary have you found beneficial in your recovery?

It helped fill in gaps of my memory and helped me to understand what had happened and how it affected my family/ everyone and the reasons <sup>way</sup> the words and things my family do, do it for.  
It also showed me, I was more poorly the second time I was in your ward.

**"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.



3. (If yes to Question Two) Can you explain the motives behind reading the diary at home?

It helped me to remember things that had blurred into one. I had forgotten quite a lot of what had happened, some of the good things as well as the bad. Our daughter has found it useful to fill in missing gaps in her life and to understand what actually happened.

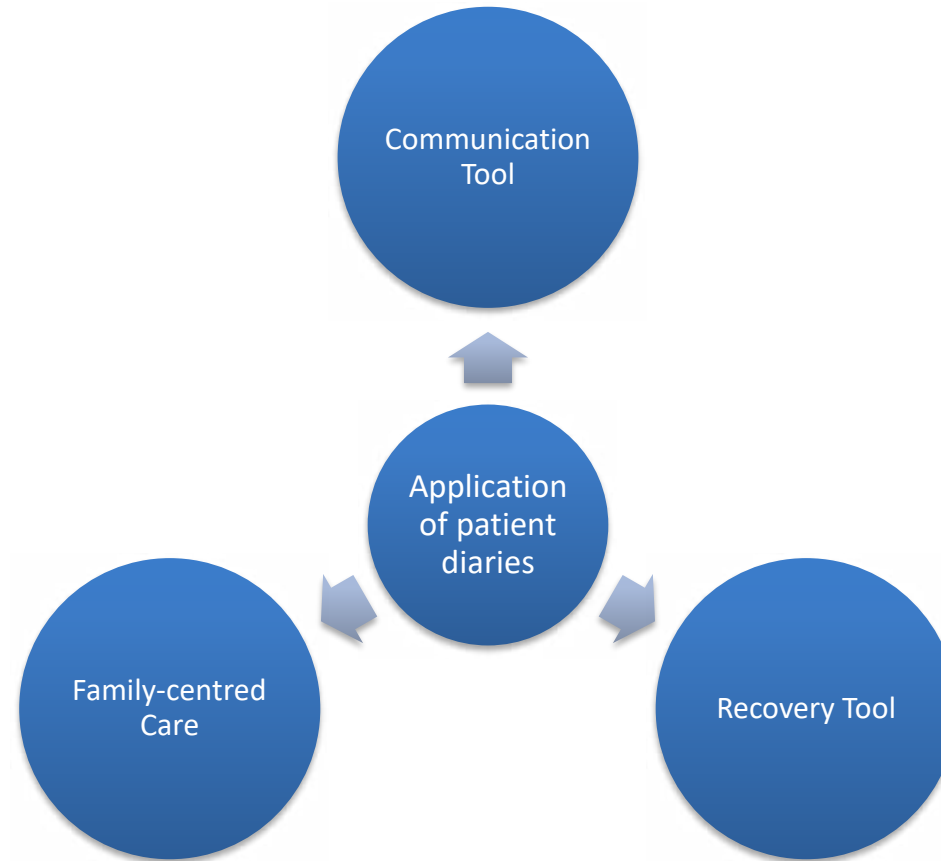
We think it is an excellent service for families and patients.

"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 have had the diary to look back on." (Dec 2018)





# Benefits



# 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



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# Thank you for listening

## Any Questions?



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