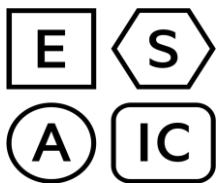


Význam ICU denníka



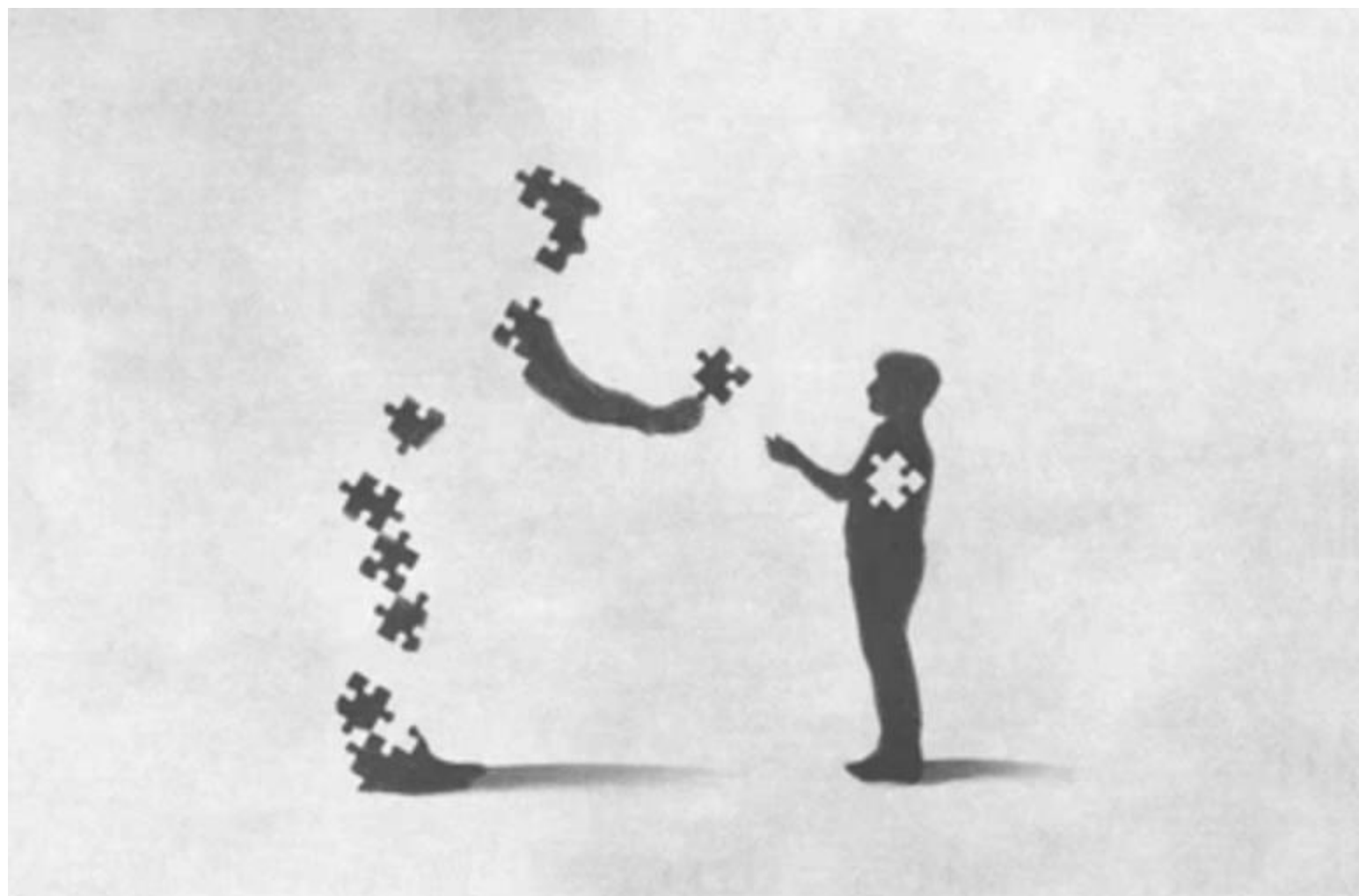
Robert Nagypál

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FNsP F. D. Roosevelta v Banskej Bystrici



Vyhlásenie o konflikte záujmov

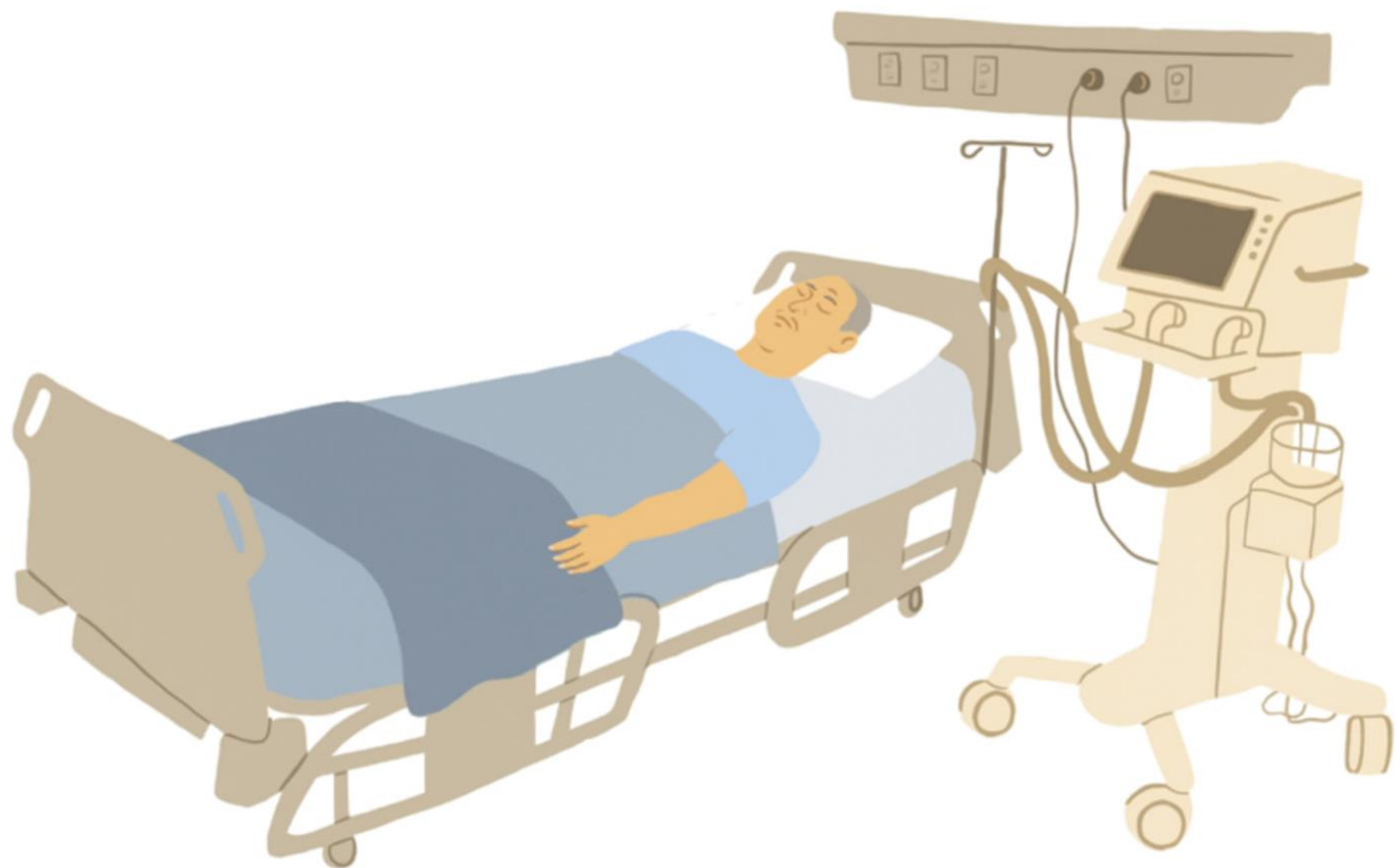
Prehlasujem, že nemám konflikt záujmov.



Návštevne hodiny nemocníc





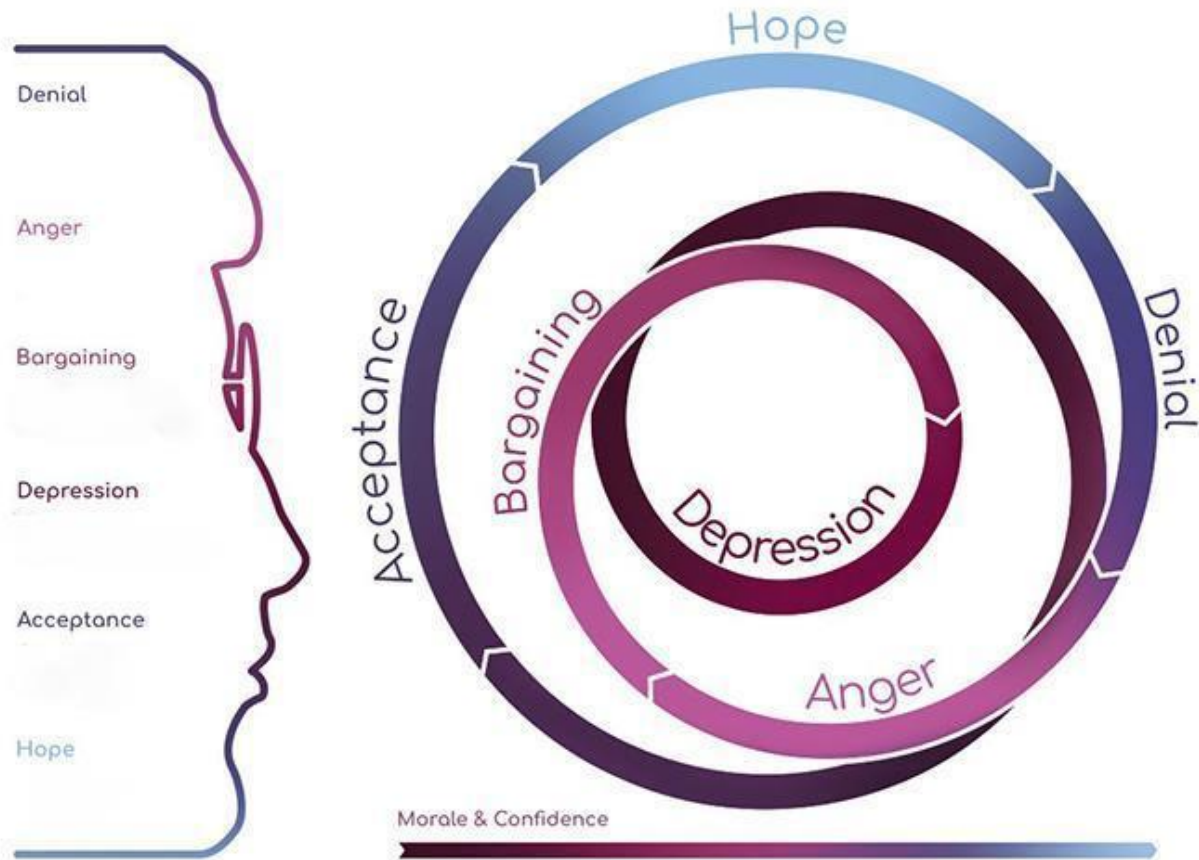






Kübler-Ross Change Curve™

EKR Elisabeth Kübler-Ross
FOUNDATION



Patient and Family Experience: Targets for Improvements in Care and Communication in the ICU

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Nancy Loperfido, BS¹, Tatheer Moosavi, BA¹, Pearl Parker, BA¹,
and Nitin Puri, MD¹

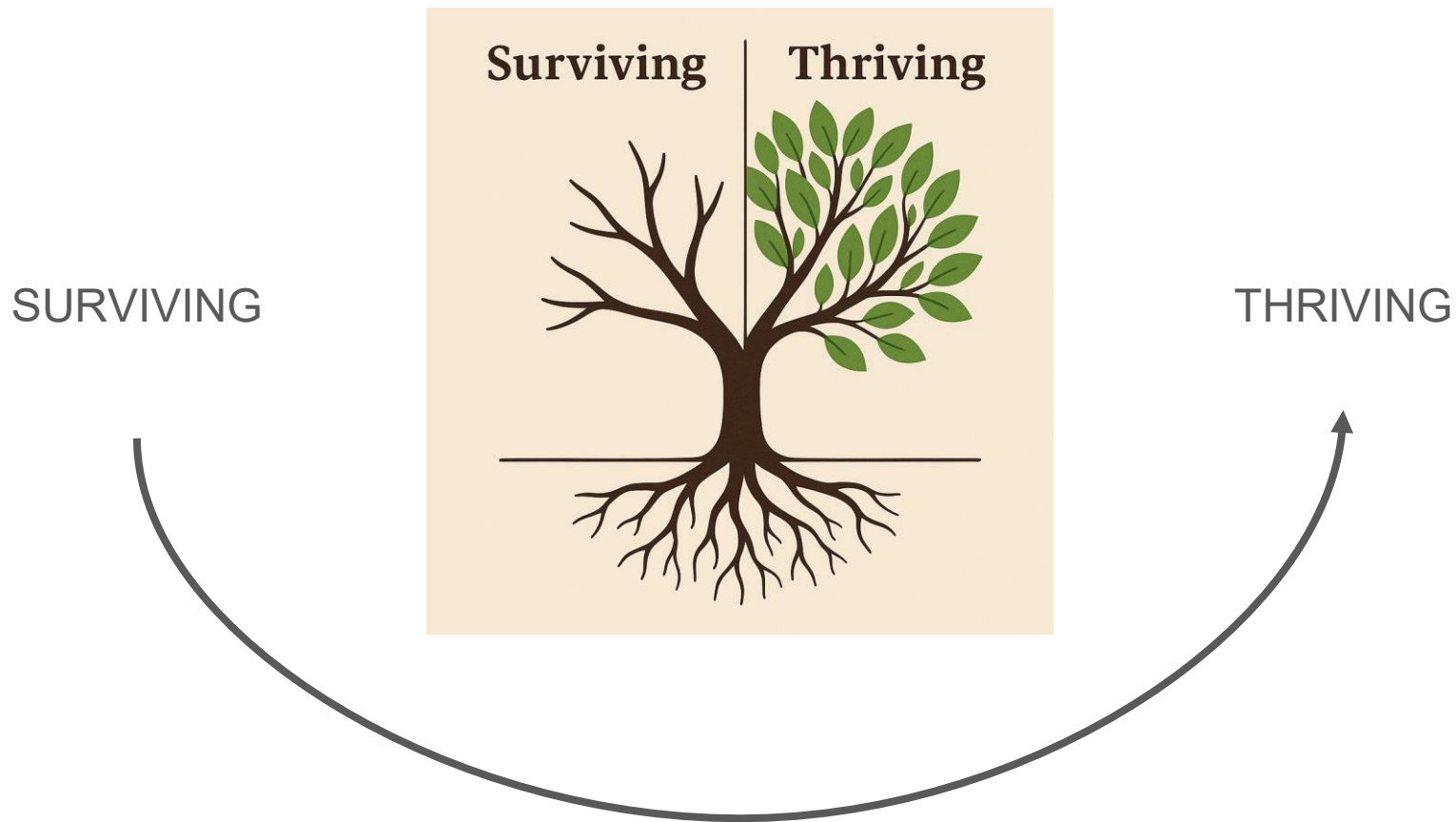
Technologické
inovácie

Zlepšenie
komunikácie

Psychologická
podpora

nielen fyzické prežitie, ale aj kvalita života a psychická pohoda pacientov a ich rodín.

Následky súčasnej intenzívnej starostlivosti



REVIEW

Open Access

Post-intensive care syndrome (PICS): recent updates



Stephanie L. Hiser^{1,2,3*} , Arooj Fatima^{3,4}, Mazin Ali^{3,4} and Dale M. Needham^{2,3,4,5}

Abstract

An increasing number of patients are surviving critical illness, but some experience new or worsening long-lasting impairments in physical, cognitive and/or mental health, commonly known as post-intensive care syndrome (PICS). The need to better understand and improve PICS has resulted in a growing body of literature exploring its various facets. This narrative review will focus on recent studies evaluating various aspects of PICS, including co-occurrence of specific impairments, subtypes/phenotypes, risk factors/mechanisms, and interventions. In addition, we highlight new aspects of PICS, including long-term fatigue, pain, and unemployment.

Keywords Critical illness, Intensive care, Long-term outcomes

RESEARCH**Open Access**

Intensive care diaries reduce new onset post traumatic stress disorder following critical illness: a randomised, controlled trial

Christina Jones^{1,2}, Carl Bäckman³, Maurizia Capuzzo⁴, Ingrid Egerod⁵, Hans Flaatten⁶, Cristina Granja⁷, Christian Rylander⁸, Richard D Griffiths^{1,2*}, the RACHEL group

Abstract

Introduction: Patients recovering from critical illness have been shown to be at risk of developing Post Traumatic Stress disorder (PTSD). This study was to evaluate whether a prospectively collected diary of a patient's intensive care unit (ICU) stay when used during convalescence following critical illness will reduce the development of new onset PTSD.

Methods: Intensive care patients with an ICU stay of more than 72 hours were recruited to a randomised controlled trial examining the effect of a diary outlining the details of the patients ICU stay on the development of acute PTSD. The intervention patients received their ICU diary at 1 month following critical care discharge and the final assessment of the development of acute PTSD was made at 3 months.

Results: 352 patients were randomised to the study at 1 month. The incidence of new cases of PTSD was reduced in the intervention group compared to the control patients (5% versus 13%, $P = 0.02$).

Conclusions: The provision of an ICU diary is effective in aiding psychological recovery and reducing the incidence of new PTSD.

Trial registration: NCT00912613.

Následky intenzívnej starostlivosti - príbuzní

Hospitalizácia na JIS je zvyčajne udalosť **neočakávaná** a **traumatická**, odohráva sa v **neznámom** prostredí s prevahou **technológií**.

- **72 %** uvádza úzkosť, **45 %** depresiu a **42 %** súčasne úzkosť a depresiu.
- **psychologická záťaž (pacienti vs. príbuzní)**
 - Príbuzní si zachovávajú realistickejšiu spomienku na traumatické udalosti.

Carl G. Bäckman
Sten M. Walther

Use of a personal diary written on the ICU during critical illness

Table 2 Some comments made by patients and relatives in reply to the questionnaire

Patients or parents of young patients

When one has finally gained a distance to everything it is good to have the diary to refer to, and for my children too, as they grow older. The diary is a great asset, which somehow helps me to understand what I have been through.

The diary is excellent in helping me realise what went on those days when everything seemed black. I suggest that the diary accompany the patient to the normal ward so that he/she can write down thoughts and considerations – this would make the whole process complete.

By having the diary to show to friends and acquaintances I find they gain a better understanding. The photos and text provide a complete picture that is difficult to communicate in any other way.

The diary helps me to understand what I have gone through and I think that the idea of having photos and text together is a **very good idea**.

It has helped us to understand what went on during the time we spent on Intensive Care – something that is difficult when you are in the midst of it all. A valuable document which we will have with us for the rest of our lives.



Carl G. Bäckman
Sten M. Walther

Use of a personal diary written on the ICU during critical illness

!

Relatives of deceased

It is obvious to me that a diary like this should be a routine part of intensive care.

The photos and written observations made by the nurses give a clear picture of what happened. It will be a lasting memory and will help us in coping with our sad loss.

As a relative I found it very valuable to be able to read the diary and to write in it myself during the time on Intensive Care. It is also valuable to have the whole sequence of events noted down for future reference.

I appreciate the diary very much, I have read it many times. Sometimes its difficult but even so I'm grateful it exists. Had my husband survived I'm sure he would have found it very interesting to follow the time he spent with you on Intensive Care.

We are very thankful for the diary, it is comforting to have when going through the events of our accident with the children, and also when coping with what happened.

During the time following the departure of my friend I used to carry the diary with me everywhere. Whenever a question came to me, I had something concrete to refer to. He was very proud of his diary and used to talk a lot about it.

It felt good to be able to express in words the feelings of loss and sadness, thoughts that passed my mind, things I wanted to tell Dad. It was also important for us close relatives to read about Dad's daily life on Intensive Care and to read of how you, the staff, helped him when we were not there.



Transitioning to reality: the diary of an ARDS survivor

David Richards*

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Fig. 1 My 'ICU diary'

Význam denníka pre pacienta

Znižuje výskyt falošných spomienok

Ukotvenie pacienta, *“filling the gaps”*

Restrospektívne porozumenie prežívaniu príbuzných,
väčšia schopnosť vcítiť sa do skúseností a pocitov, ktoré prežíval ich rodinný príslušník

Poskytuje východiská k znovunadobudnutiu významu ďalšej cesty.

Význam denníka pre príbuzných

Denníky ako “coping” mechanizmus

spôsob, ako zostať v kontakte s pacientom

rozvíjať *naratívne* pochopenie zážitku na JIS

pomoc spracovať emócie a nájsť zmysel v stresujúcej situácii

Exploring Patients' Perceptions on ICU Diaries: A Systematic Review and Qualitative Data Synthesis

Brandao Barreto, Bruna MD, MSc^{1,2}; Luz, Mariana MD^{1,2}; Alves Valente do Amaral Lopes, Selma MD, PhD^{3,4}; Goulart Rosa, Regis MD, PhD⁵; Gusmao-Flores, Dimitri MD, PhD^{1,2,6}

Author Information 

Critical Care Medicine 49(7):p e707-e718, July 2021. | DOI: 10.1097/CCM.0000000000005019

- pochopenie toho, čo zažili počas kritickej choroby
- lepšie pochopenie procesu uzdravovania
- nadhľad na nočné mory a klamné spomienky
- prítomnosť rodiny a blízkych počas ich pobytu
- **humanizácia zdravotníkov, ktorí im pomohli prekonať kritické choroby**

Summary Table: Effects of ICU Diaries

Outcome	Patients	Relatives
Factual memory	Improved	N/A
Depression	Reduced	No significant effect
Anxiety	Reduced	No significant effect
PTSD	No significant effect	Mixed/uncertain
Quality of life	Improved	No significant effect
Communication/connection	Improved	Improved
Knowledge/trust in healthcare	N/A	Improved
Community/family bonding	N/A	Improved in some contexts

Mixed results

Pokus o hlbší vhl'ad

GUEST EDITORIAL
doi: 10.1111/nicc.12286

The creation of patient diaries as a therapeutic intervention – for whom?

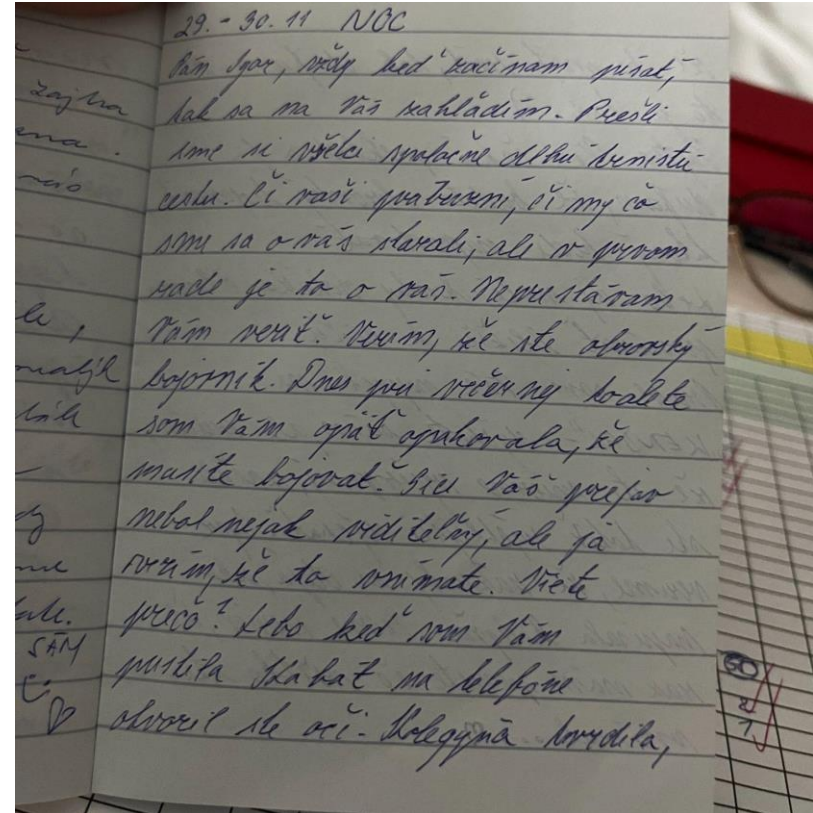
Štúdie sú heterogénne

- Škála autorov (pacient/oš. personál/príbuzní)
- Aké detaily je nutné (ne)vedieť na predchádzanie PTSD?
- Fotky áno/nie
- Odovzdávanie denníka (1 mesiac po? 3 mesiace po?)
- Čítanie textu (sám/s príbuznými/psychológ)

Ako to robíme v Banskej Bystrici



The most important
step how to start
is to start ...





Denník pacienta

II. KAIM SZU Banská Bystrica, 2024

Denník pacienta

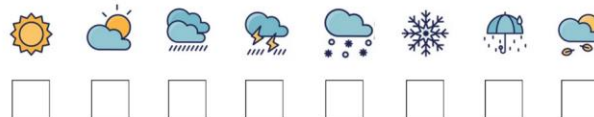


FNsP F. D. Roosevelta
BANSKÁ BYSTRICA

II. Klinika Anestéziológie a intenzívnej medicíny

dátum

deň pobytu



ošetrojúci lekár

ošetrojúca sestra

--

Feedback od príbuzných

VĎAČNOSŤ

DOJATIE

MOST

ODPOVEDE

POCHOPENIE

SPRACOVANIE
SKÚSENOSTI

POZITÍVNA
ODOZVA

REKONŠTRUKCIA
ČASU

POZITÍVNA
EMÓCIA

VYPLNENIE
PRÁZDNA

Aktuálne otázky

- Ako vytypovať pacientov, ktorí môžu profitovať z písania denníka (predpokladaná dĺžka pobytu na ICU, pracovná záťaž personálu, “význam”, rozsah...)
- Ako nastaviť hranicu detailov (individualizácia na základe čoho?)
- Prial by si to pacient?
- GDPR?

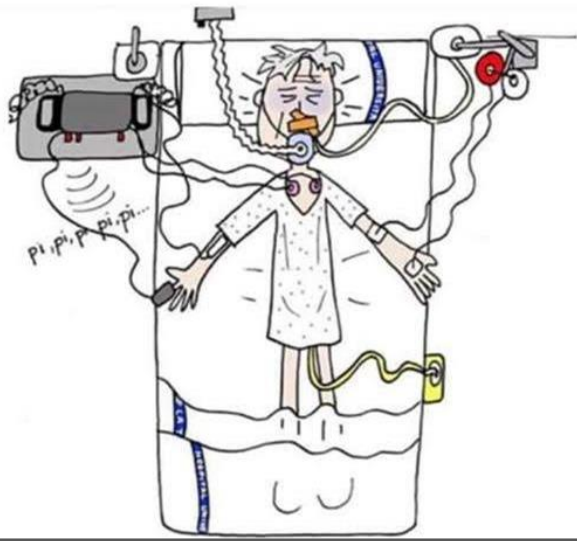
ZHRNUTIE

- 1) Zlepšenie deklaratívnej pamäte, zníženie “memory gaps”
- 2) Zníženie incidencie depresie a úzkosti
- 3) Zlepšenie kvality života v dotazníkových štúdiách

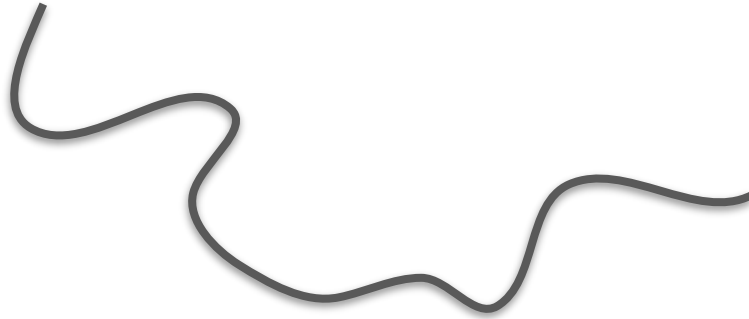
PACIENT

- 1) Psychologický význam
- 2) Komunikačná a emočná podpora
- 3) Zlepšená informovanosť a (tým - prirodzene - aj) dôvera
- 4) “Family bonding”

PRÍBUZNÍ



To make a sense of a story ...



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