



The Journey Through Critical Illness & Recovery

Spencer Freeman

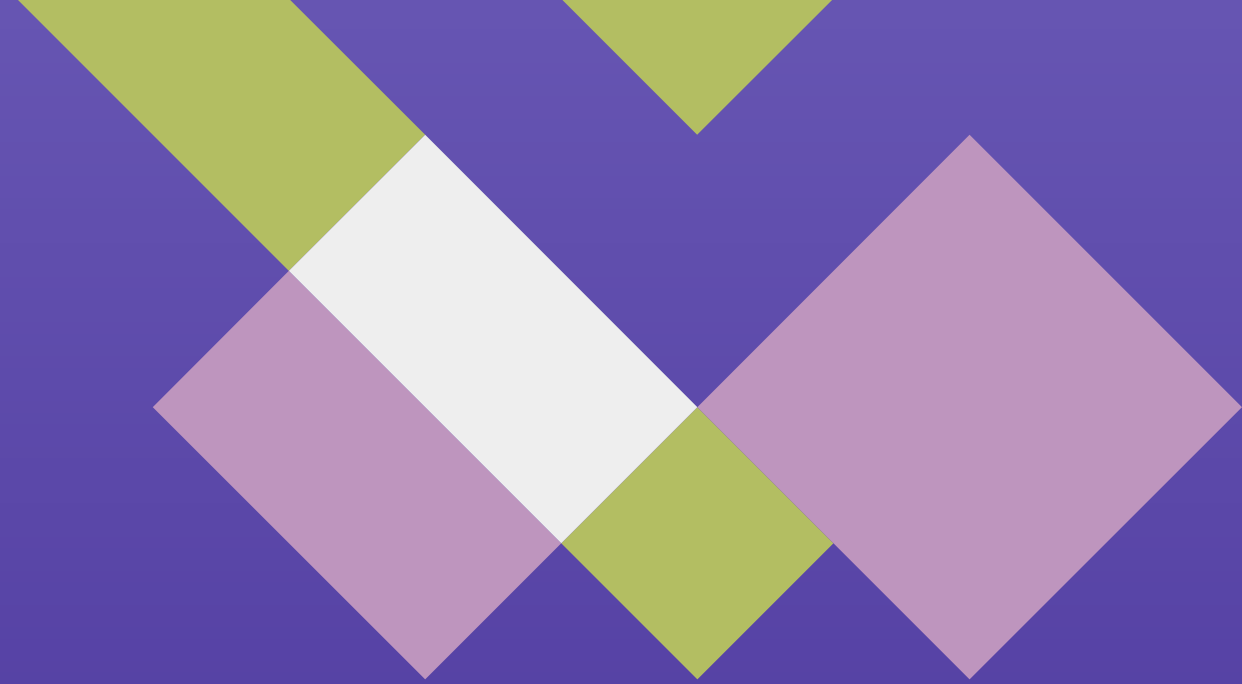
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Agenda

- Objectives
- Overview of PICS
- Areas of occupation
- Communication strategies
- Reflective practice
- Panel discussion



- Summarize the concept of PICS & its impact on the physical, cognitive, and mental health well-being of survivors
- Utilize a holistic approach to care by addressing the interconnected facets of PICS with each ICU survivor
- Enhance communication skills to effectively engage with patients with PICS through the rehabilitation process using open questions
- Cultivate reflective practices to recognize any biases & assumptions that may impact the therapeutic relationship



Objectives

Post-intensive care syndrome (PICS)



Physical



Cognitive



Mental health

Post-intensive care syndrome (PICS)



Physical



Cognitive



Mental health

Post-intensive care syndrome (PICS)



Physical



Cognitive



Mental health

Post-intensive care syndrome (PICS)



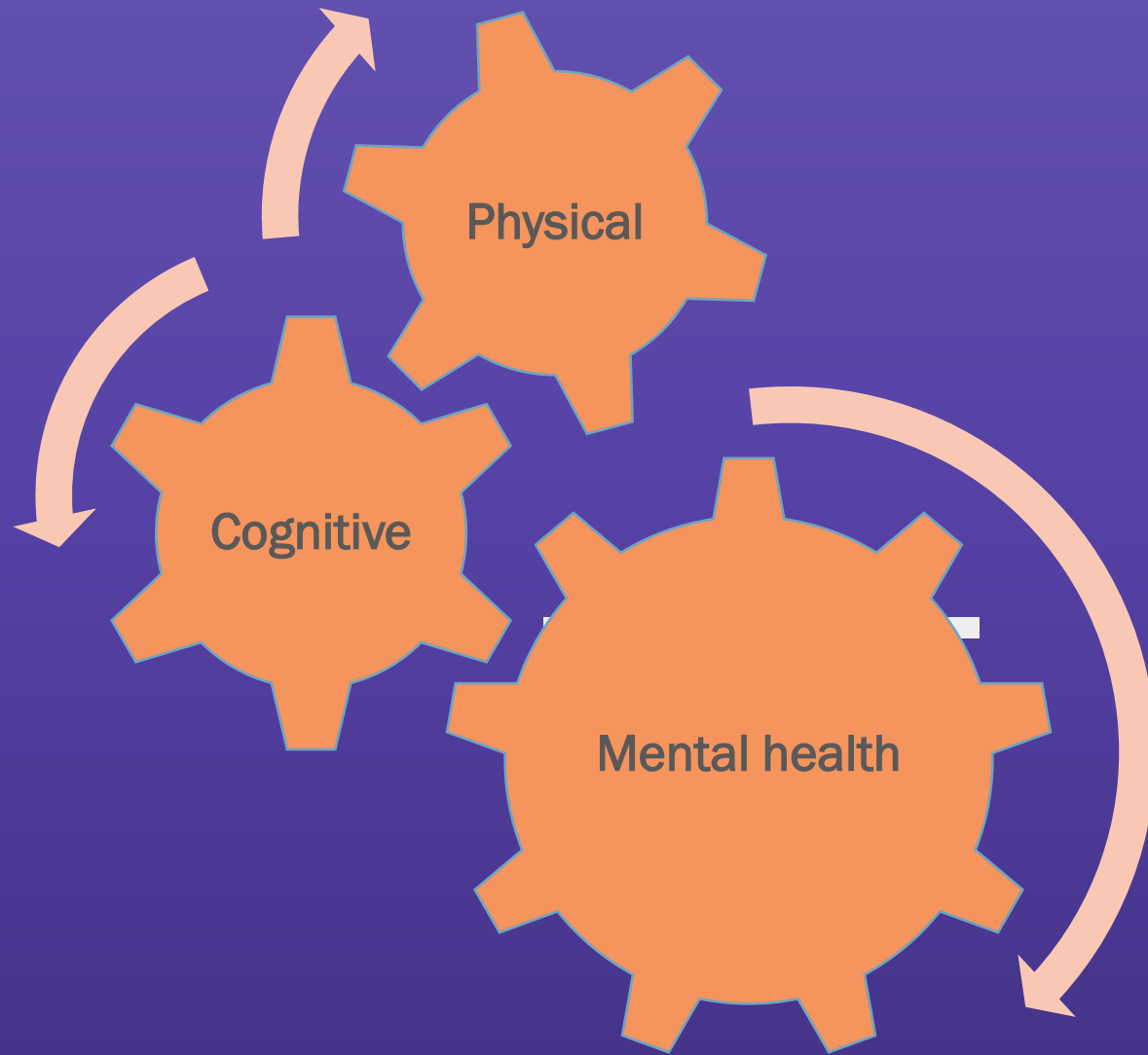
Physical



Cognitive



Mental health





Up to 83%

Prevalence

Normalize the
complexity of
ICU recovery



Assessing the domains of PICS

Domain	Assessment
Physical	Chelsea Critical Care Physical Assessment (CPAx) Barthel Index (BI) Katz Index (KI) 6-Minute Walk Distance (6 MWD)
Cognitive	26-item Mini-Mental State Examination (MMSE-26) Montreal Cognitive Assessment Tool (MoCA)
Mental health	Depression, Anxiety, and Stress Scale (DASS) Hospital Anxiety and Depression Scale (HADS) 22-item Impact of Event Scale-Revised (IES-R) Posttraumatic Stress Disorder Checklist (PCL-5)
All domains	Post Intensive Care Syndrome Questionnaire (PISQ) Recovery After Intensive Care (RAIN)

Areas of Occupation

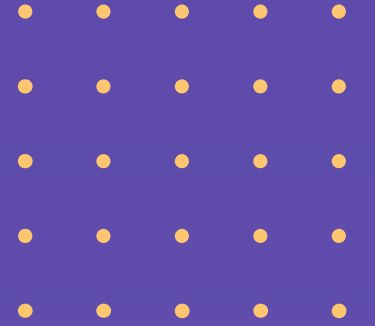
Activities of daily living (ADLs)

Instrumental activities of daily living (IADLs)

Health management

Work

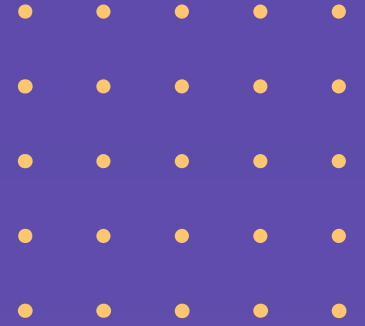
Areas of Occupation



ADLs

- Dressing
- Bathing
- Functional mobility

Areas of Occupation



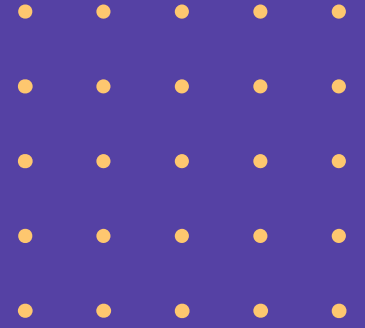
ADLs

- Dressing
- Bathing
- Functional mobility

IADLs

- Driving & community mobility
- Financial management
- Meal preparation
- Shopping

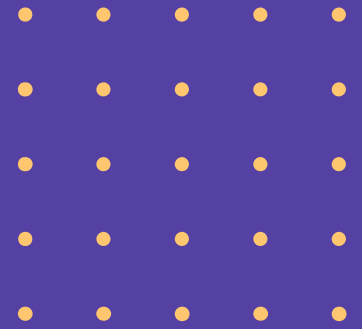
Areas of Occupation



Health management

- Symptom & condition management
- Medication management
- Social & emotional health promotion & maintenance

Areas of Occupation



Health management

- Symptom & condition management
- Medication management
- Social & emotional health promotion & maintenance

Work

- Employment interests & pursuits
- Employment seeking & acquisition
- Job performance & maintenance

Open Questions



Start

What is the most important thing you want to address in therapy today?

End

What else do we need to address before we end?
What questions do you have?
What are your concerns?

Open Questions

Tell me your thoughts about...

How do you feel about...

What do you know about...

What worries you the most about...

If you were going to do this, what do you think would work for you?

Acceptance Ladder

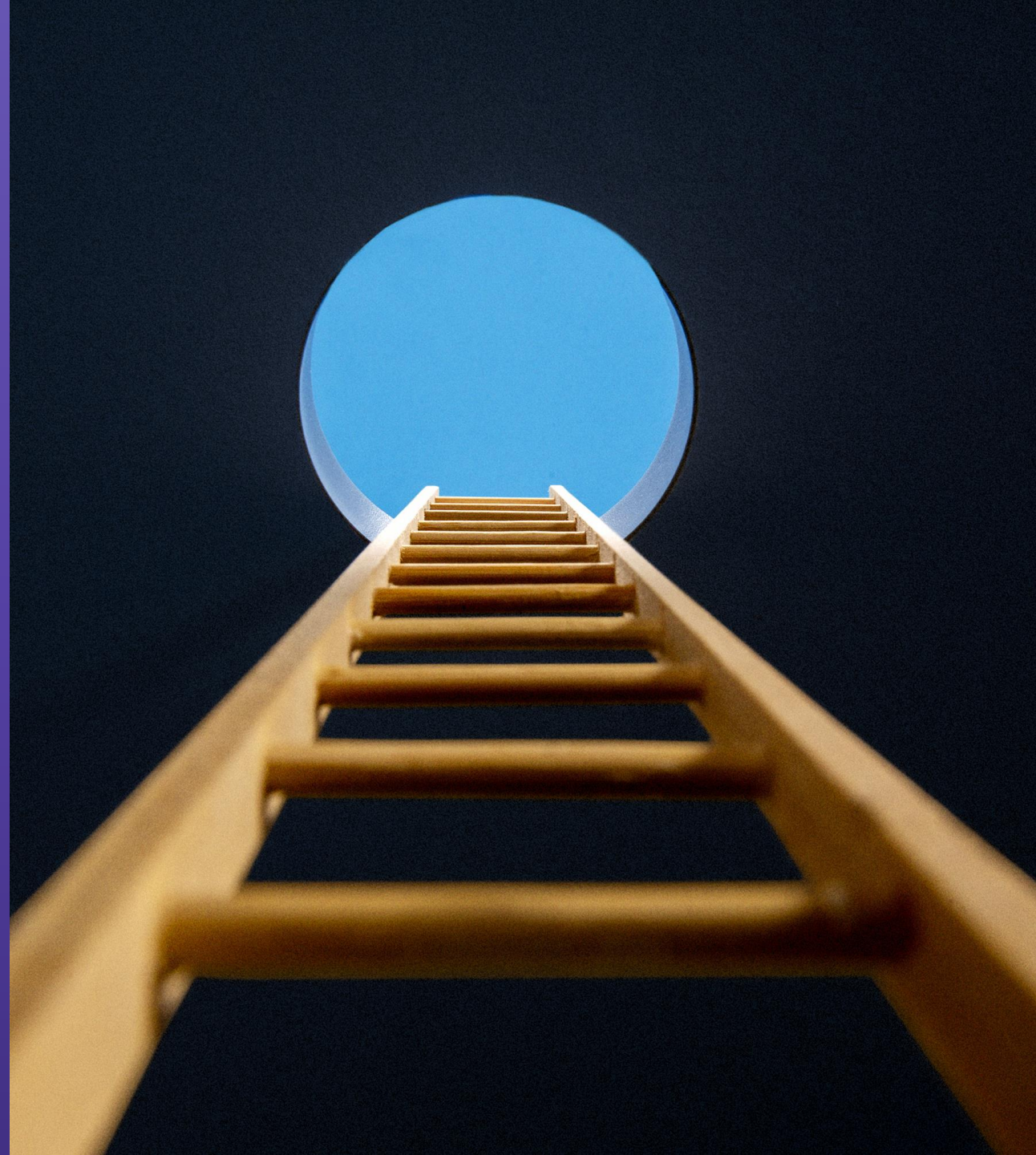
Gift

Teacher

It is what it is

Difficult

Curse



Prompts for reflection:

- What we know and want to explore further
- What we think/feel/value about our role
- How our actions match up with what we believe
- How others perceive us, their feelings/thoughts about events and our actions

Development:

- Take responsibility for personal & professional actions, values, etc.
- Ask questions
- Stay with uncertainty, unpredictability, doubt to discover our assumptions/biases



Reflective Practice

PICS-Family

- Inadequately prepared & overwhelmed
- May experience:
 - Depression
 - Anxiety
 - Acute stress syndrome
 - Symptoms of PTSD
- New responsibility of caregiving

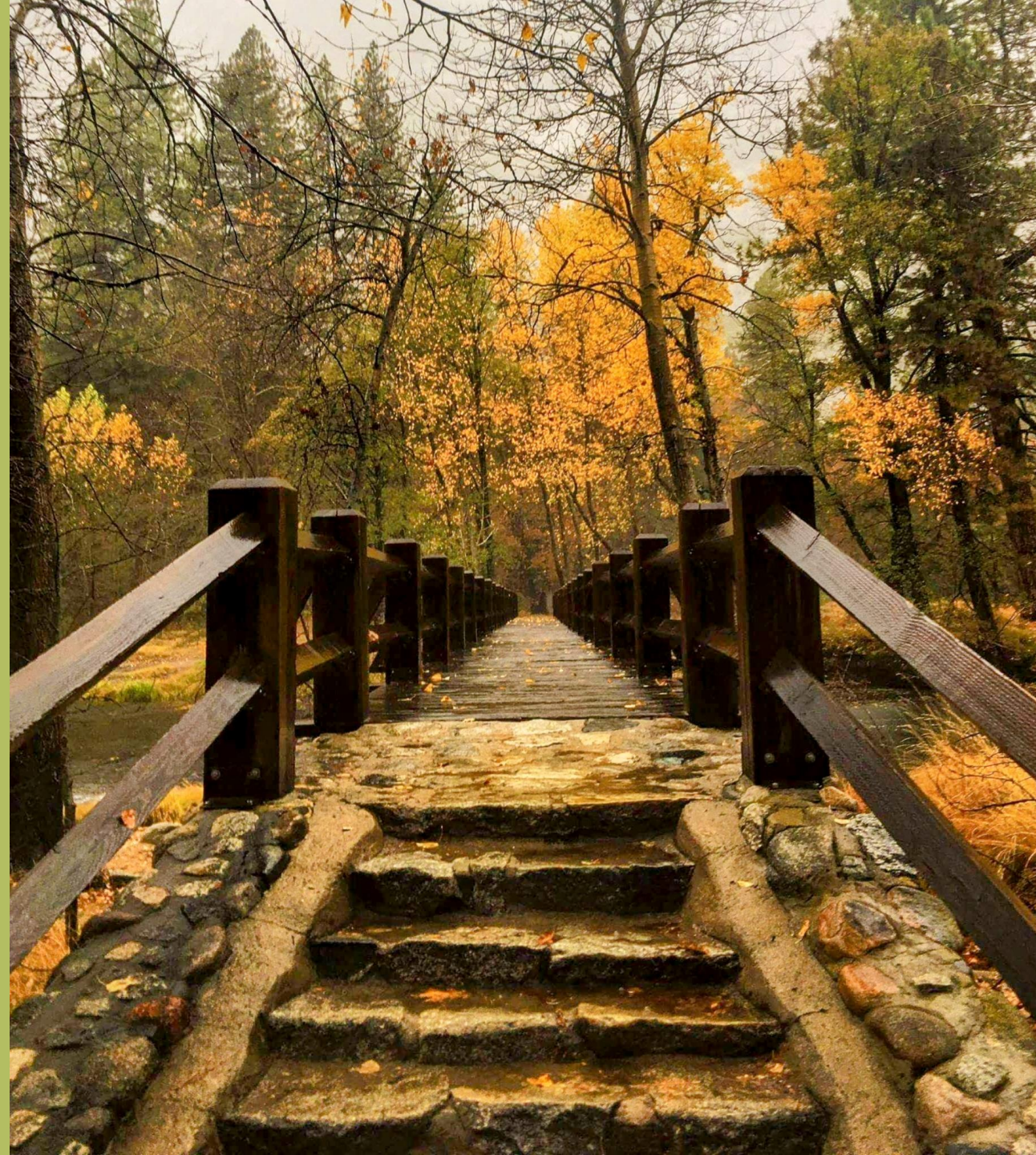
ICU SURVIVOR

Panel Discussion

Challenge

“...how to live with bodily symptoms that don't disappear, to bring them along with you. Becoming aware of that choice can be a great change. They might hurt, have difficult thoughts and emotions, and still move in the direction they want.”

- Klevanger et al., 2018, p. 11



When: Sat, Sept 28, 2024

Where: Anywhere!

How: Register at WALK4PICS.COM

NASHVILLE:

Edwin Warner Park

Shelters 9-10

98 Vaughn Road

10 a.m. – 12:00 p.m.



Resources



References

