

## Recalling ICU experiences: patients' perspectives

### Abstract

Patients in ICU are commonly in a critical condition and they need several types of support such as mechanical ventilation to sustain their life. However, the supports provided can also create an unpleasant experience even after they have been discharged from ICU. This study aims to determine the types of unpleasant experiences suffered by post ICU patients during their ICU stay. Approximately 65.4% of the post ICU patients were able to recall the physical and psychological effects of their ICU experience, with the five most stressful experiences being endotracheal suctioning, pain, confinement to bed, general discomfort, ventilator dependence and needle punctures. This study provides a set of baseline information to the health care providers especially nurses to improve patient care in the ICU.

**Keyword:** Patient's experience; Intensive care unit; Malaysia