


European Journal of Psychotraumatology


ISSN: 2000-8198 (Print) 2000-8066 (Online) Journal homepage: <http://tandfonline.com/loi/zept20>

2. SYMPOSIA


To cite this article: (2011) 2. SYMPOSIA, European Journal of Psychotraumatology, 2:1, 7232, DOI: [10.3402/ejpt.v2i0.7232](https://doi.org/10.3402/ejpt.v2i0.7232)

To link to this article: <https://doi.org/10.3402/ejpt.v2i0.7232>

 © 2011 Joanne Mouthaan et al.

 Published online: 09 May 2011.

 Submit your article to this journal 

 Article views: 40

Colville Gillian; Cream, P.; Kerry, S.; St George's Hospital/St George's University of London

Evaluation of a Paediatric Intensive Care Follow-Up Clinic: It's Good to Talk!

Objective: To establish the impact of a Paediatric Intensive Care Unit (PICU) follow-up clinic on parents' distress. **Method:** In a prospective randomised controlled trial, parents of 133 children admitted to an eight-bed PICU for > 12 hours were randomly allocated to intervention (follow-up clinic appointment offered 2 months after discharge) or control (no appointment). Parent stress was assessed at discharge using the Parental Stressor Scale: PICU. Posttraumatic stress, anxiety and depression were assessed 5 months later by postal questionnaire. **Results:** Outcome data were obtained for 105 parents. Whole group analyses revealed no significant differences in psychological outcome between control and intervention groups. However, there was an intervention effect for a sub-group (n = 55) who had reported baseline stress scores above median. Within this sub-group, parents who received the intervention were less likely to report clinically significant levels of posttraumatic stress (25% vs 56%, $p = .018$) or depression (19% vs 52%, $p = .009$) than controls. **Discussion:** These results do not justify routine provision of PICU follow-up clinic appointments for all parents. However, for parents who find the admission particularly traumatic, distress rates might be reduced by a simple intervention, which was feasible in a clinical setting.