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SCH ICU Expanding PICS Throughout CentraCare

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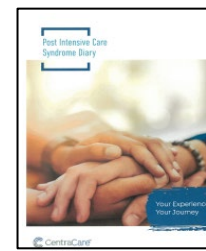
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SCH ICU Expanding PICS Throughout CentraCare

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Purpose

Sharing information about Post Intensive Care Syndrome (PICS) to all in CentraCare. PICS symptoms do not appear until weeks to months after a critical care illness so patients at home may not know what to do with their symptoms.

Why PICS is Important

Education about PICS symptoms is beneficial for patients and families to help prepare them for what a patient could experience after a critical care admission. By knowing about PICS, patients can get the correct care at the correct time by discussing their symptoms with their primary care provider. This will serve our population best and save medical resources and dollars.

Physical Symptoms:

- Muscle weakness/decreased mobility
- Fatigue
- Shortness of breath/difficulty breathing
- Difficulty or changes in sleep pattern

Cognitive Symptoms:

- Memory problems
- Inability to focus
- Trouble organizing and problem solving
- Difficulty with speech

Psychological Symptoms:

- Anxiety/Panic Disorder
- Depression
- PTSD

What a Patient can Expect During a Critical Care Stay

What a Patient can expect:

- Admission to a critical care area and life sustaining activities occur first.
- Patients are screened for PICS in the EMR using a BPA. Diagnosis of delirium and or mechanical ventilation for over 48 hours is what flags a risk of PICS. Our mission is to minimize sedation, get lines and drains out as soon as possible, and reduce ICU days to decrease delirium.
- We start a PICS diary as soon as time permits. There are many ways a diary can be completed. Staff can write, visitors can be educated and keep the diary.
- CentraCare primary care providers are sent a message to alert them that they had a patient flag at risk for PICS and a link to resources for them to review.
- A message is placed on the AVS to remind patient and family what to do if symptoms of PICS occur.
- Our mission is to educate and alert critical care staff, the patient, family and primary care so if any of the symptoms listed to the left are experienced after a critical care stay the correct interventions are available to the patient. Which may include medications, therapies, counseling etc. decided outside of the hospital.

Resources for CentraCare Staff:

By visiting the site below on CentraNet you have access to all the PICS information that CentraCare has to offer.

CentraNet search <https://centranetapp.centracare.com/departments/centracare-clinic/ccc/post-intensive-care-syndrome-pics-resources/>

This has been a collaborative effort from ICU Providers, RNs, PT/OT, Care Management, Spiritual Care, Palliative Care, IS, EPIC, Ambulatory Care, and more over the last 5 years. The diary currently being used is the third version and can be used in any critical care area of CentraCare. Special thanks to all those who have helped. There is enough room to list everyone.

Please email tindalj@centracare.com for any questions or for more information.

Future Plans

- May 2023-introducing CICU to the PICS process during their Nurse Practice meeting.
- May 2023-updating the Hospital Medicine Section CNS
- Fall 2023-meeting with the Ambulatory Work Cabinet group to see if our system of notification is working
- What opportunities do we have with teaching Progressive RNs about PICS and our Diaries?
- How can we reach out to our patient population even more: My Chart messages, community education, etc?

Team Members

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References

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