A team approach to caring for the long term critically ill patient in ICU

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What to expect

- Snapshot of Nepean ICU
- Defining the factors that contribute towards long term patient in ICU
- The challenges
- Early incorporation of Multidisciplinary Team
- Rewards
Nepean ICU

- Comprises of 2 wings, ICU 1 and ICU 2
- Funded for 21 ICU patients, 16 ventilated and 5 HDU
- Unbiased patient allocation in the unit
- Approx 110 nursing staff working a rotating roster
- Medical team allocation is divided within the unit, although all patients are reviewed & discussed daily. After hours an ICU consultant supports the medical team for the entire unit
What factors define *long term*?

- **Chronic critical illness**
  - Acute critical illness
    - Medical; surgical neurological cardiac
  - Sepsis / acute co-morbidities
  - Chronic co-morbidities
A USA study enrolled 1,419 patients with a critical illness in 23 hospitals, who were ventilator dependent. The median age was 71.8yrs. The study highlighted 10 frequent complications, most common were infections, heart failure and diabetes. Concluding that 54.1% of the group were weaned taking up to 30 days. 1/3 of the initial group remained alive after 12months
Treatment challenges that double also as goals

* Ventilation weaning
* Nutritional support
* Prevent infection & other complications
* Optimise function & cognition
* Integrate rehabilitation services
Where to begin with for the patient?
Gathering the team

Patient and family

- ICU Medical team and other specialists
- ICU liaison team
- Physio
- Social worker
- Speech & occupational therapist
- Primary nursing care
- Dietician
Benefits for the patient and their families

* Collective healthcare approach
* Improved survival outcomes
* Effective relationships & trust are established with health professionals
* Streamlined health care
* Improved comfort and better rest cycles achieved
Some of the benefits for the healthcare team

* Job satisfaction

* Continuity of patient care and expert knowledge on the patients health care and needs

* Being part of a team approach and building working relationships
A 55yr old working male who was diagnosed with severe Guillain-Barre syndrome.

His presented to ED with an unsteady gait, within 48hrs this progressed to full body paralysis except for the movement of his Rt) great toe.

He endured 241 days in ICU ➔ 236 of those days on mechanical ventilation.
14 day stay in ward
116 days at an inpatient rehab
4.5 years rehab as an outpatient
Survival, thanks to the team!

* Independent with his ADLs
* GBS committee member
* Walked his daughter down the aisle for her wedding
* Saw his son marry
* Welcomed a granddaughter
* Returned to his football club as President ‘til 2013 – he now managers his son’s team
* Volunteers at Sydney Uni, where he gives a patients perspective to medical students
* Walked unaided ‘til a recent fall, where he #femur in 4 places, but is back walking with a frame
In his words:

ICU kept me alive
Rehab gave me life

Never under estimate a teams approach
Lowry, F. 2010. Team approaches to Hospital Care May improve outcomes. Medscape Multispecialty


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