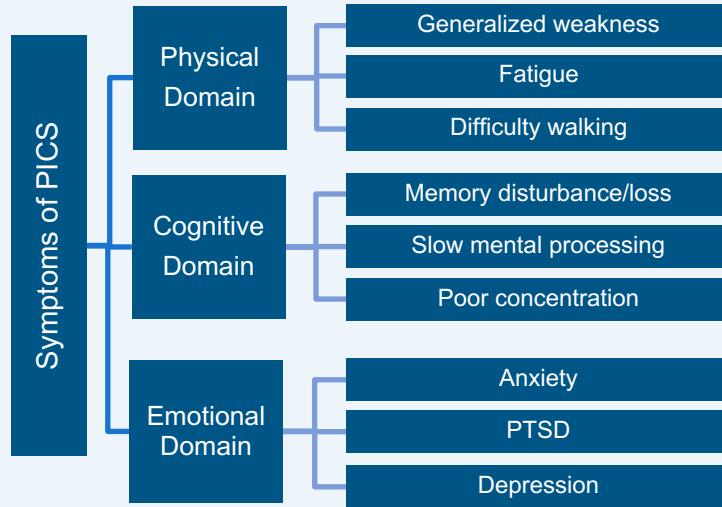


POST-INTENSIVE CARE SYNDROME (PICS)

Critical illness survivors suffer from new or worsening impairments in the physical, cognitive, or behavioral domains.

These unintended consequences of critical care are referred to as PICS.



COMMON RISK FACTORS

- ICU length of stay ≥ 24 hours
- Prolonged immobilization
- Severity of illness
- Older age (≥ 65)
- Female gender



- Prior psychiatric illnesses
- Prior cognitive impairment
- Lower socioeconomic status

- Exposure to glucocorticoids
- Prolonged use of sedation and/or analgesia drips
- Hyperglycemia

PREVENTION AND SCREENING

Implementation of the ABCDEF bundle

- Spontaneous awakening and breathing trials
- Choice of sedation and analgesics
- Delirium screening and prevention
- Early mobilization
- Family presence at bedside



Use of validated scales to screen and guide targeted treatments

- Delirium screening (CAM-ICU)
- Pain assessment (CPOT, VAS)
- Sedation titration (RASS)

CRITICAL CARE RECOVERY PROGRAMS

Critical care recovery clinics

- Multidisciplinary teams including intensivists, nurses, physical/occupational therapists, pharmacists, spiritual care specialists, palliative care specialists, social workers, and others
- Bridge gaps in transition of care; screen and treat PICS
- Can be conducted in person or via telehealth

Peer-to-peer support groups

- Online or in person



PICS IN CAREGIVERS

- Family and loved ones who provide the needed care and support can also develop some of the same mental and emotional symptoms of PICS; referred to as PICS-family or PICS-F