**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.

### Symptoms of PICS

- **Physical Domain**
  - Generalized weakness
  - Fatigue
  - Difficulty walking

- **Cognitive Domain**
  - Memory disturbance/loss
  - Slow mental processing
  - Poor concentration

- **Emotional Domain**
  - Anxiety
  - PTSD
  - Depression

### 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)

### COMMON RISK FACTORS

- ICU length of stay ≥24 hours
- Prolonged immobilization
- Severity of illness
- Prior psychiatric illnesses
- Prior cognitive impairment
- Lower socioeconomic status

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

### 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

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