

Questions to think about before your appointment....

- Are there particular questions you have about your hospital course?
- Are there particular challenges you can identify related to your recovery?
- What are some of the goals you would like to achieve in the next six months?
- What are aspects of your recovery that have been reassuring so far?

NOTE: You are free to ask and share as much or as little as you would like during your CIRP appointment. Our goal is to provide you with an opportunity to make sense of your experience of critical illness in a way that supports your recovery and helps you get the most out of life following this intense experience.

PEER SUPPORT: Connect and learn from other patients and family members who've been through the ICU. We are one of a select group of centers nationwide with informational support groups sponsored by the Society of Critical Care Medicine. To ask about dates for future meetings, please contact Stacey Salomon, LICSW at 617-732-4726.

Let us know if you are interested in:

- Speaking with medical staff to share your ICU story
- Becoming part of a Patient Advisory Council to provide input on program initiatives to improve the patient and family ICU experience

Contact us:

Stacey Salomon, LICSW 617-732-4726
Daniela Lamas, MD
Nomi Levy-Carrick, MD, MPhil
Gerald Weinhouse, MD

bwhcirp@partners.org

Brigham and Women's Hospital
Pulmonary Critical Care
75 Francis St
Boston, MA 02215



CRITICAL ILLNESS RECOVERY PROGRAM AT BRIGHAM AND WOMEN'S HOSPITAL

Helping patients and their families
navigate the road to recovery
from critical illness



www.aftertheicu.org

Have you or your loved one suffered a critical illness and wondered why things aren't quite right?

After a critical illness, many patients experience lingering:

- Memory problems
- Depression
- Anxiety
- Sleep disturbances
- Intrusive memories or nightmares
- Physical limitations

These problems can impair recovery and are part of what is known as Post-Intensive Care Syndrome, or PICS.

HELP IS AVAILABLE!

The Critical Illness Recovery Program (CIRP), is a multidisciplinary team of healthcare providers who share the goal of improving the quality of life of those still recovering from the effects of a critical illness.

Patients who were in an ICU on a ventilator or had sepsis or delirium may benefit from an appointment with the Critical Illness Recovery Program (CIRP).

What can CIRP do?

- Provide education about PICS
- Medication review
- Social Work involvement and assistance with care coordination
- Communication with your primary care provider
- Psychiatric screening and referral

During your CIRP appointment you will:

1. Meet with a BWH Critical Care Doctor to:
 - a. Review your medications, intensive care admission, course of recovery and your goals for the next 6 months
 - b. Answer questions you may have about what happened in the ICU
 - c. Use brief questionnaires to help identify any ongoing concerns regarding sleep, nutrition and pain.
 - d. Make recommendations and collaborate with your other medical providers with the goal of optimizing symptom management and improving quality of life.

2. Meet with a BWH Critical Care Social Worker

- a. Discuss your adjustment to life after the ICU
- b. Address any challenges in accessing ongoing care
- c. Use brief questionnaires to identify stress related symptoms that are common after critical illness.
- d. Provide referrals for additional services to support recovery, as needed

3. Meet with a BWH Critical Care Psychiatrist (optional)

- a. Opportunity for diagnostic evaluation
- b. Discuss how what happened in ICU may have impacted your thinking or emotions
- c. Review current medications that may be related to your mental health
- d. Coordinate with the CIRP Social Worker to ensure appropriate referrals for further treatment when needed.

4. Visit the ICU (optional)

- a. Some people find it helpful to see the ICU now that they are well, visit with nursing staff and others who may have been there during your admission.