

CONTACT DETAILS:

Name of Hospital:

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**Contact details of hospital and
Critical Care Area:**

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Name of ward:

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Contact details of Ward:

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Named Nurse on ward:

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The National Outreach Forum (NOF) was developed in 2003 with the support of the NHS Modernisation Agency, to bring together key stakeholders in the field of critical care outreach in order to determine, represent, and disseminate their views. NOF is a multi-professional interest group which seeks to promote excellence in the care of acutely unwell patients.



**How can your Critical
Care Outreach Team
help you?**

Critical Care Outreach Team

Developed by National
Outreach Forum

www.norf.org.uk

Patient and Relative Information

What is a Critical Care Outreach Team?

The **Critical Care Outreach Team** is a specialist team consisting of a variety of different healthcare professionals who have considerable intensive and acute care experience.

A typical Outreach team consists of nurses, doctors and sometimes physiotherapists, although other professionals may also be involved.

The purpose of the Outreach team is to support, advise and help the ward nurses and doctors with the clinical needs you have. In particular, Outreach helps those patients who need regular observations and intensive intervention. In such cases Outreach may transfer you from a general ward to a critical care area to receive treatment.

You will be transferred back to the general ward when you no longer require specialist treatment and monitoring in a critical care area. This is a positive step in your recovery.

After discharge from critical care the Outreach team will visit you on the general wards to review your clinical condition.

The transition between a critical care area and the ward can be a stressful time for you and your relatives.

The Outreach team aim to make that transition as smooth as possible by providing support, guidance and help with issues and concerns you and your family may have.

Contact Details

Please do not hesitate to contact Outreach if you would like further information or support whilst in hospital

Critical Care Outreach Team contact details:

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Recovery from Critical Illness:

The time it will take you to recover varies greatly from person to person. It will also depend on factors such as your age, your overall level of health and fitness, and the severity of your condition.

If you have been in intensive / critical care for some time, you may feel very low in mood afterwards. Some people experience anxiety or bad dreams whilst in a critical care ward and, in some cases, this can get worse after being discharged to the general ward. Please discuss any anxieties you may have with your critical care outreach team - they will be able to help you.

After you are discharged from hospital, it may take as long as six months or longer before your energy levels are fully back to normal. Healthcare professionals will develop a personalised rehabilitation programme for you to help you regain your fitness and independence. It is important to balance rest with your rehabilitation programme - your healthcare professional will help advise on this.

After discharge, some hospitals offer follow-up clinics for people who have been in critical care areas. These clinics provide an opportunity for you to discuss your time in critical care with the critical care staff. If your hospital does not offer this service you can visit your GP to discuss any problems you are experiencing.

Links to other supporting organisations:



www.icusteps.org

The Intensive Care Unit Support Teams for ex-Patients (ICUsteps) was founded in 2005 by ex-patients, their relatives and ICU staff to support patients and their families through the long road to recovery from critical illness. ICUsteps is the UK's only support group for people who have been affected by critical illness and has helped many former patients, their relatives and medical staff from organisations around the world.

ICUsteps have produced a series of supplements on issues relevant to recovering intensive care patients. These leaflets are exclusively available online. They're free to download and cover the following issues:

- Intensive Care: a guide for patients and relatives.
- Delirium and intensive care
- Physiotherapy and recovery from intensive care



The NHS has written a practical guide to caring, giving more information about support available, as well as advice about financial issues:

- www.nhs.uk/conditions/Intensive-care
- www.nhs.uk/CarersDirect/guide/Pages/Guide_tocaringhome.aspx