

ICU DIARIES AS A THERAPEUTIC INTERVENTION FOR POST TRAUMATIC STRESS DISORDER FOLLOWING CRITICAL ILLNESS

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Project origins

- Came out of international study
 - Looked at factors associated with Post Traumatic Stress Disorder
- **DSM IV-R American Psychiatric Association**
 - Exposure to a traumatic event/s in which the individual experienced/witnessed or was confronted with event/s involving actual or threatened death/serious injury or threat to the physical integrity of self/others AND responded with intense fear, helplessness or horror
 - 3 symptom groups
 - » Intrusion (nightmares, flashbacks)
 - » Avoidance (avoiding reminders)
 - » Hyperarousal (not sleeping)
 - Symptoms are experienced for more than one month
 - Clinically significant distress/impairment in social, occupational or other areas of functioning

Background

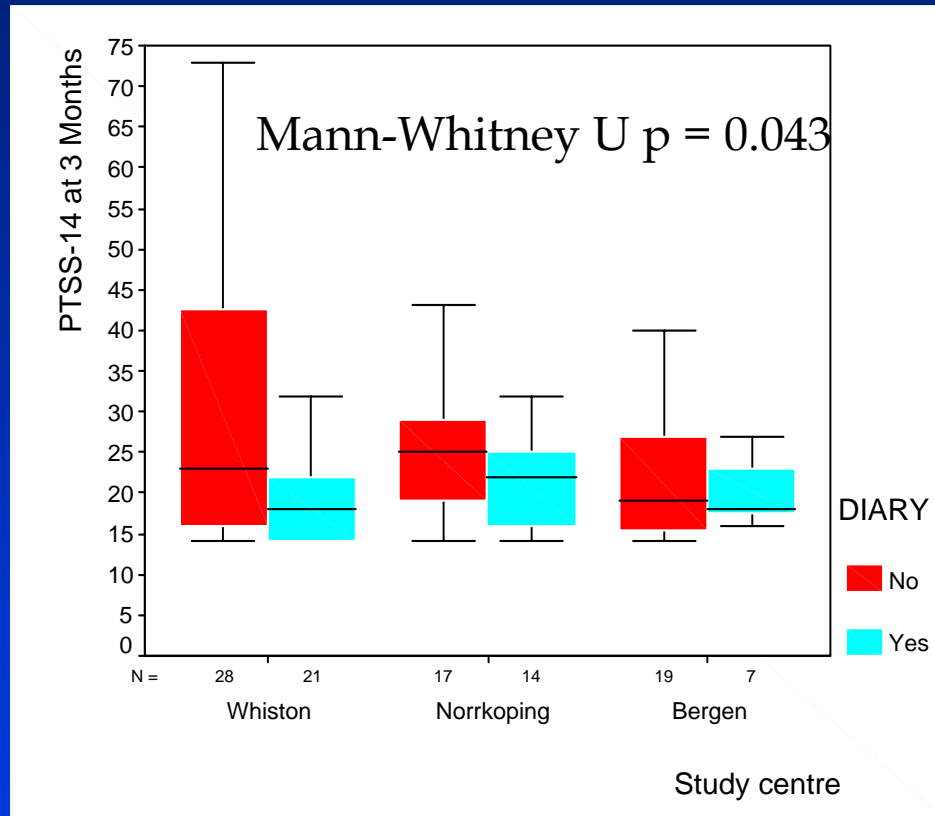
- Psychological recovery post critical illness
 - Post traumatic stress disorder (PTSD) after general ICU
 - » 5 - 30% of patients
 - Koshy G et al. Intensive Care Medicine 1997; 23(S1):S160*
 - Schelling G et al. Critical Care Medicine 1998; 26:651-659*
 - Cuthbertson BH et al Int Care Med 2004, 30: 450-455*
 - Related to recall of delusional memories
 - Jones C et al Critical Care Medicine 2001; 29:573-580*
 - 27% incidence of PTSD following adult respiratory Distress syndrome (ARDS)
 - » Retrospective (10yr) of patient experiences after ARDS
 - » Patients recall of adverse experiences such as nightmares
 - Schelling et al Crit Care Med 1998; 26: 651-659*

ICU Diaries

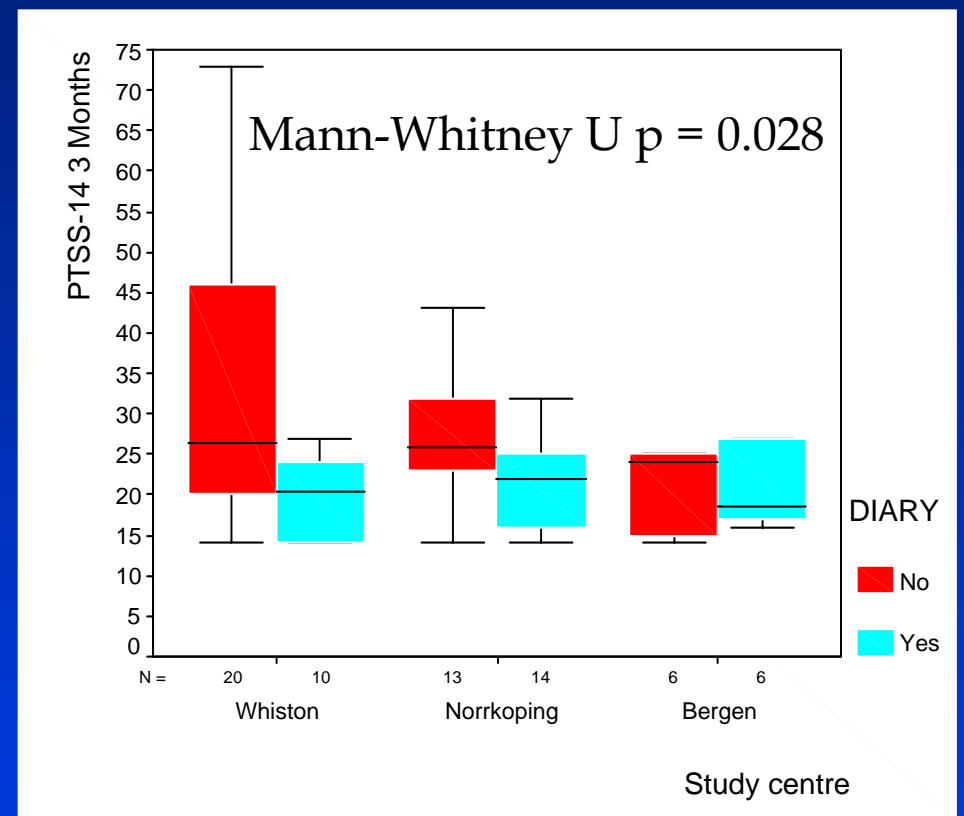
- Idea originated in Sweden
 - Nursing intervention
 - Daily account of ICU stay in every day language
 - Photograph of patient taken at start
 - » Aim to fill in memory gaps and help patients understand their illness
 - Given to the patient after their discharge from ICU
 - » At a time of the patients choosing
 - » With staff support to go through the diary and photos

Bäckman C, Walter SM. Intensive Care Medicine 2001;27:426-429

PTSD-related symptom levels



All patients from diary
study centres



Patients recalling delusional
memories

Diary study

- The two main aims of this project are:-
 - To examine the impact of a diary, kept by relatives and ICU staff of the patients' ICU stay, in preventing the later development of PTSD in:-
 - » Patients ■
 - » Close family members (in two study centres)
 - » Bereaved families (in two study centres)
 - To examine the optimum content of diaries

Experimental plan

- *While patients in ICU*
 - ICU Diary written for all patients staying on the ICU for at least 72 hours
 - A photograph will be taken at the start and at points of change in the patients' stay.
- *One week post ICU discharge*
 - Patients will be approached to gain informed consent to the study
 - Memories for ICU will be assessed using the ICU Memory Tool (Jones C et al. *Clinical Intensive Care*. 2000;11(5):251-255)
- *One month post ICU discharge*
 - Level of symptoms of PTSD will be assessed using the PTSS-14 (Twigg E et al. *Proceedings of the Intensive Care Society* 2003:540P)

Randomised to study group

- **Intervention group**
 - » The intervention patients will be allowed to choose when they would like to receive their diary.
 - » When the patients in the intervention group received the diary and how often they read will be recorded.
- **Control group**
 - » Given their diaries at the 3 month follow-up appointment after they have completed questionnaires

Follow-up

- *Three months post ICU discharge*
 - Patients will have a routine clinic appointment or telephoned at home and questionnaires completed.
 - » The PTSS-14 will be repeated to assess the level of PTSD-related symptoms the patient is experiencing.
 - » The PDS, which is a diagnostic interview will also be administered to allow a formal diagnosis of PTSD

(Foa EB et al. Psych Assess 1997;9:445-45)

Families (*Whiston & Norrkoping*)

- *Relatives of survivors*
- The patients' named next of kin will also be consented to the study to examine their psychological recovery
 - They will also be asked to attend the appointment or be telephoned at home to complete the PTSS-14 & PDS
- *Bereaved families*
- The diaries of patients who die in ICU will be offered to their named next of kin.
 - A letter will be sent to them one month after the patients' death telling them that they can receive the diary.
 - A record will be made of when they feel ready to receive the diary and they will be approached to consent to follow-up using the PDS to examine the incidence of PTSD.

Time scale

- The average number of patients admitted per unit is 400, of whom only around 100 will stay for 72 hours and over and survive to be discharged home from hospital.
 - To account for out of hospital deaths and patients withdrawing from the study to reach the required number of a minimum of 200 patients (~30 patients per unit) will require data collection over a 9 month period with three month follow-up and six months for data analysis.
 - The total length of the study will be eighteen months.
 - Three of the RACHEL units are already keeping diaries for patients, the others are starting now so that they are ready for the commencement of the study.

RACHEL group

Network of ICUs interested in research to improve outcome after critical illness

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- Vrinnevisjukhuset, Norrköping, Sweden
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- Haukeland University Hospital, Bergen, Norway
- Trømso, Norway
- Hospital Pedro Hispano, Portugal
- Hospital Geral de Santo António, Portugal
- University Centre for Nursing and Care Research, Copenhagen, Denmark