

Booklet 3

Information for patients recovery following critical illness

Information for patients and visitors

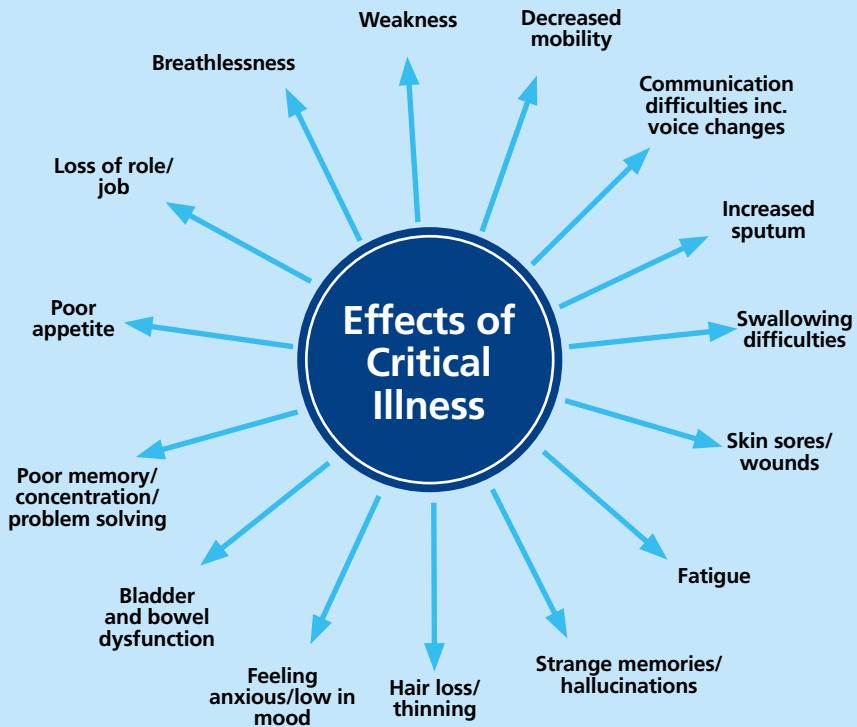


The **physical and psychological implications** of being critically ill can often continue following your discharge from the critical care unit.

Everybody's recovery is individual, but it is likely that these implications will continue once you have been **discharged home from hospital**. These can also **continue for some months after** as you continue your recovery.

Some common problems following critical illness can be seen below. We understand that these problems **can be worrying** for our patients and/or loved ones, but it is important to recognise these are **expected** as part of your **critical care rehabilitation**.

Common problems during and after a critical illness



- For further information on your recovery following critical care, please see the attached QR Code for ICU Steps:

Road to Recovery Guide.





For more information on your stay with us at King's Mill Hospital, please visit the Trust's website at:
www.sfh-tr.nhs.uk/services/adult-critical-care-unit-accu
or scan the QR code to the left.

If you have any questions regarding your stay, please contact our Complex Patient Family Liaison Team on **07584331934**.

Other useful resources



ICU Steps

Founded by ex-ICU patients, their relatives and ICU staff to support patients and families through the long road to recovery from critical illness.

Website: www.icusteps.org



Nottingham and Nottinghamshire Talking Therapies

Talking Therapies

A free, self-refer service for anyone feeling low, worried, stressed or anxious. Website: www.notts-talk.co.uk



ICU Steps / Birchall Blackburn

Claire Cully from Birchall Blackburn Law talks about benefits that critical care patients and relatives can apply for, including lots of tips on which benefits may be appropriate, and how to go about applying.

YouTube: [ICUsteps Webinar with Birchall Blackburn Law](#)



ICU Delirium

Designed to help understand the problems that critically ill patients experience.

Website www.icudelirium.org





Further sources of information

NHS Choices: www.nhs.uk/conditions

Our website: www.sfh-tr.nhs.uk

King's Mill Hospital:

01623 672222

Newark Hospital:

01636 685692

Email: sfh-tr.PET@nhs.net

Patient Experience Team (PET)

PET is available to help with any of your compliments, concerns or complaints, and will ensure a prompt and efficient service.

If you would like this information in an alternative format, for example large print or easy read, or if you need help with communicating with us, for example because you use British Sign Language, please let us know. You can call the Patient Experience Team on 01623 672222 or email sfh-tr.PET@nhs.net.

This document is intended for information purposes only and should not replace advice that your relevant health professional would give you. External websites may be referred to in specific cases. Any external websites are provided for your information and convenience. We cannot accept responsibility for the information found on them. If you require a full list of references (if relevant) for this leaflet, please email sfh-tr.patientinformation@nhs.net or telephone 01623 622515, extension 6927.

To be completed by the Communications office

Leaflet code: PIL202511-01-RFC1

Created: November 2015 / Review Date: November 2027