

Critical Care Recovery Service

The CCRS (Critical Care Recovery Service) provides a comprehensive, co-ordinated recovery and rehabilitation pathway for ICU survivors with equity of service across the Royal Infirmary Edinburgh (RIE), Western General Hospital (WGH) and St John's Hospital (SJH) in Lothian, Scotland. The service commences just prior to discharge in the intensive care unit and extends many months into the community and linking back with secondary care at the CCRS outpatient clinic. The service provides continuity of care by the same multi-disciplinary staff throughout the entire patient journey and at key transition points.

The CCRS team on all 3 sites are made up of ICU Consultants, Nurses, Psychiatrists, a Mental Health Nurse, Physios, Occupational Therapists, Dietitians, Speech and Language Therapists, Rehabilitation Consultants, Generic Rehabilitation assistants, Physio assistants and Admin support.

Our nurses aim to review and follow up every patient who has been in ICU >24 hours with varying levels of input depending on the patient's requirements. Our rehabilitation therapy team will input into patients who have complex ICU rehabilitation needs.

Common symptoms post ICU include, but not limited to:

- Fatigue and tiredness
- Loss of appetite
- Change in voice tone and/or sore throat
- Reduced mobility
- Low mood
- Flashbacks, frightening memories and difficulty sleeping

Recommended resources:

- www.criticalcarerecovery.com
- www.icustep.org

If you would like any input or advice regarding your ICU patient or to make a referral, please get in touch at your relevant site.

Contacts:

Royal Infirmary of Edinburgh: 07811 711 330, criticalcarerecovery.rie@nhslothian.scot.nhs.uk

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