

A protocol for systematic assessment of psychological distress in critically ill patients

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Introduction

- Psychological assessment and support for critically ill patients throughout their rehabilitation is a GPCS standard¹ and NICE guideline²

How do we ensure systematic assessment of patients' psychological distress?

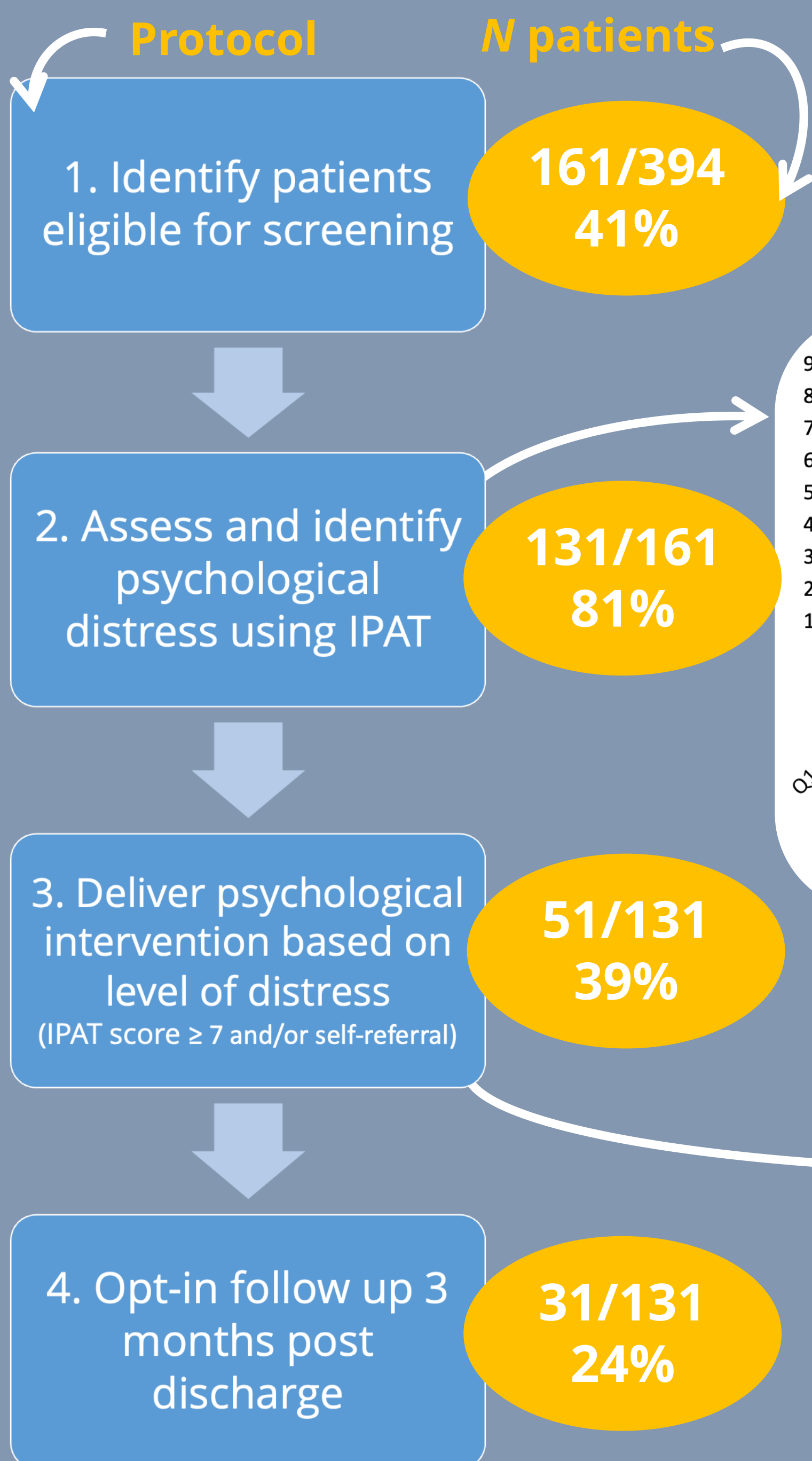
Methods

- We developed a protocol to introduce routine psychological assessment during patients' intensive care stay
- The protocol was piloted over 8 months (Aug 2019 to Mar 2020)
- Patients' distress was identified using the Intensive Care Psychological Assessment Tool' (IPAT)³

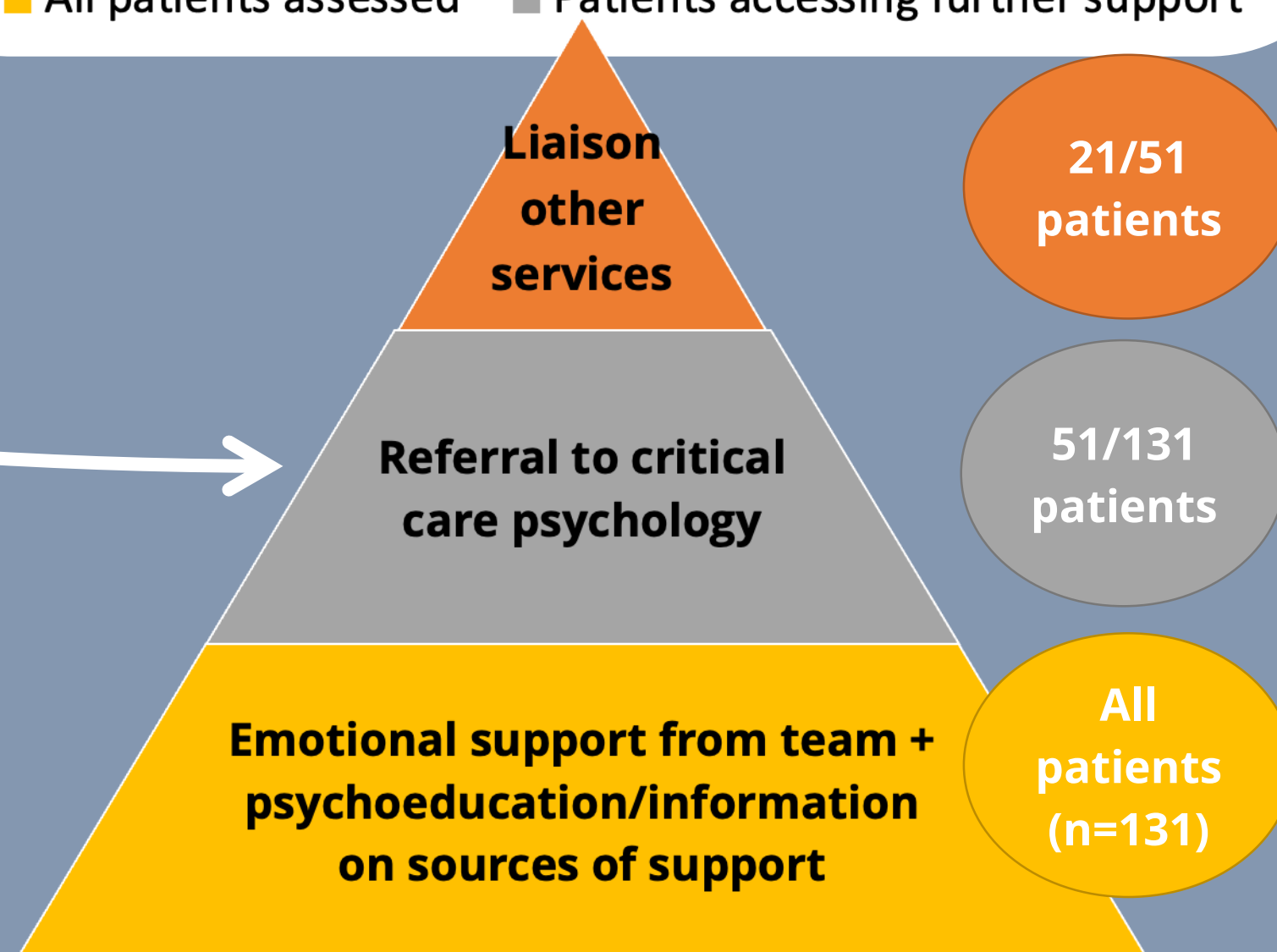
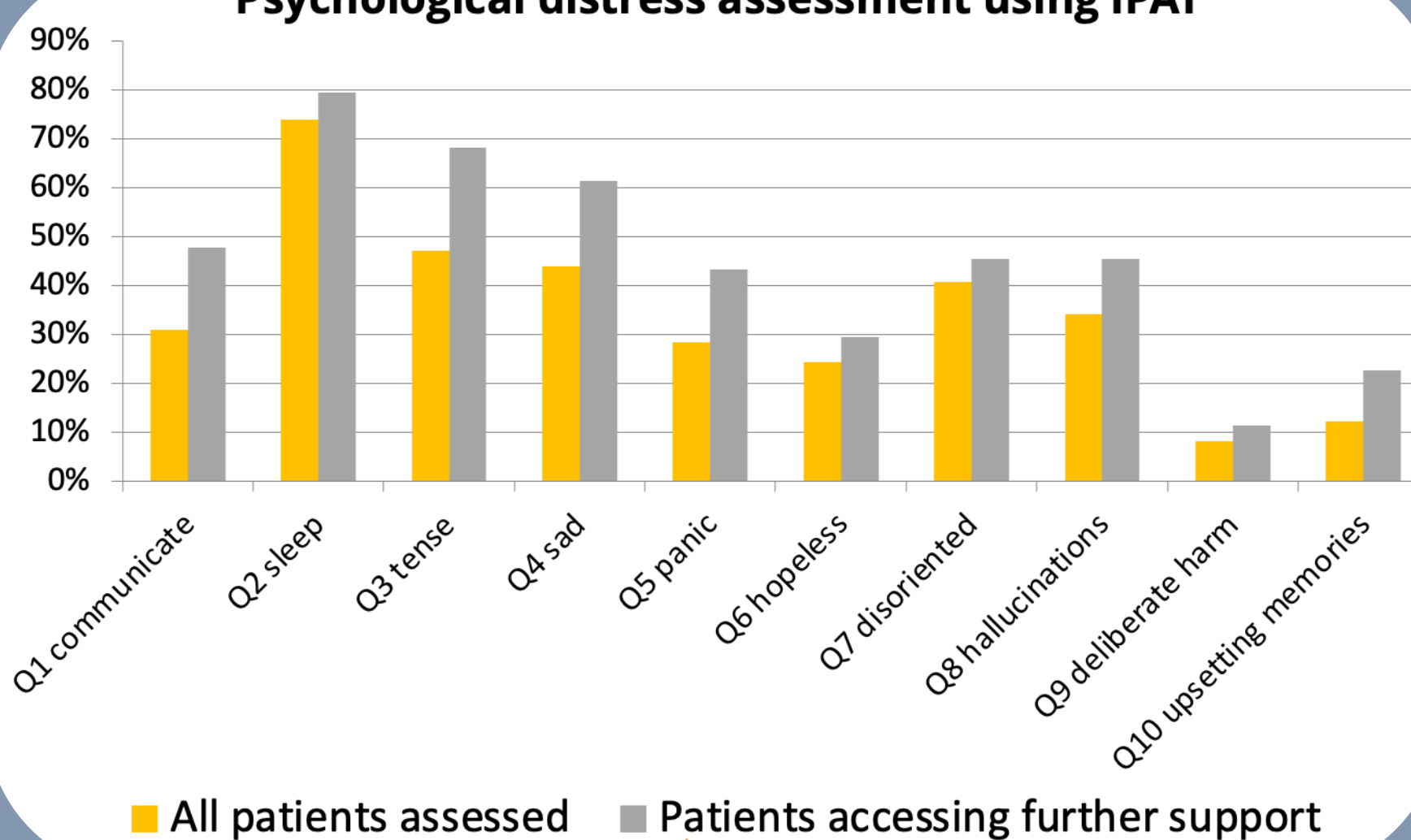
Eligibility criteria for psychological assessment:

- ✓ Admitted to ICU at least 48 hours
- ✓ Awake/alert and able to consent
- ✓ Able to communicate verbally or non-verbally

Results



Psychological distress assessment using IPAT



Conclusion

Our protocol was effective in ensuring systematic assessment of patients' psychological distress in ICU and psychological intervention based on level of identified distress.

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1. The Intensive Care Society and the Faculty of Intensive Care Medicine. Guidelines for the Provision of Intensive Care Services. 2nd ed. London: FICM and ICS; 2019; available at: <https://www.ficm.ac.uk/sites/default/files/gpics-v2-final2019.pdf>.
 2. National Institute for Health and Care Excellence. Rehabilitation after critical illness in adults (CG83). 2009; available at: <https://www.nice.org.uk/guidance/cg83>.
 3. Wade D, Hankins M, Smyth D, Rhone E, Mythen M, Howell DC, Weinman J. Detecting acute distress and risk of future psychological morbidity in critically ill patients: Validation of the Intensive care psychological assessment tool. Critical Care 2014, 18:519.