Post intensive care syndrome prevention and impact of COVID 19

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ABSTRACT

In recent years, there has been a maximum increase in admissions to the intensive care unit, culminating in an exponential increase in admissions during the COVID 19 pandemic. Many patients who survived and were discharged from the intensive care unit have cognitive, physical, and psychological disorders that are reflected in the term post-intensive care syndrome. Patients and their families show symptoms of anxiety, depression, post-traumatic stress, and sleep problems. The result is that they negatively affect their quality of life. Numerous risk factors contribute to the development of this syndrome, mainly the sedation, the duration of mechanical ventilation, and the length of stay in the intensive care unit. For this reason, it is necessary to take measures to prevent this syndrome including ABCDEFGH care plan, physical rehabilitation, nutritional support, and intensive care unit diaries. Care must also be given to the creation of Post Intensive care unit clinics where they have a diagnostic, therapeutic, counseling, and rehabilitation role that will act as assistants in the care of patients after discharge from the intensive care unit. Also, special care should be taken with patients who have recovered from COVID 19 whose needs are increasing and need immediate treatment. This review aims to analyze post-intensive care syndrome, prevention measures, and the impact of COVID 19. In conclusion, it is necessary to take measures to treat post-intensive care unit syndrome with early diagnosis and treatment, to reduce the adverse effects on both patients and their families.

Keywords: COVID 19, post intensive care syndrome, intensive care unit, prevention

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