

# Post ICU Syndrome PICS

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October 27, 2018

16<sup>th</sup> Annual Rocky Mountain Hospital Medicine Symposium  
Practical Advances in the Care of the Hospitalized Patient

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## Disclosures

None

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## Learning Objectives

- Understand the complexity of diagnosing PICS and how it may effect family members
- Identify and implement strategies to assess and prevent PICS
- Describe how multidisciplinary clinical approach can augment longterm care of patients diagnosed with PICS

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## Post ICU syndrome

- Advanced in critical care medicine have resulted in a growing population of ICU survivors
- No official definition
- ICU-acquired weakness
- Cognitive or brain dysfunction
- Other mental health problems

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## Post ICU Syndrome – Family PICS-F

- Encompass the effects of critical illness on acute and chronic psychological morbidity among patients' family members

Crit Care Med. 2012 Feb;40(2):502-9

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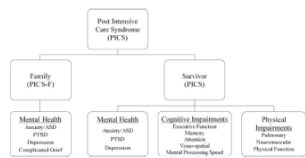
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## Post ICU syndrome



Crit Care Med. 2012 Feb;40(2):502-9

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## Post ICU syndrome - ICU-acquired weakness

- Broadly encompasses
  - Generalized muscle weakness and poor mobility following an ICU stay
  - Critical Illness myopathy
  - Critical Illness Polyneuropathy
- 33% of all patients on ventilators
- 50% of all patients admitted with severe infection, which is known as sepsis
- Up to 50% of patients who stay in the ICU for at least one week
- Patients who develop ICUAW may take more than a year to recover fully.
  - activities of daily living difficult
  - may greatly delay the patient from doing activities in the way they wish to

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## Post ICU syndrome – Cognitive Dysfunction

- Issues with remembering, attention span, solving problems, and organizing and complex task completion, executive function
- 30% to 80% of patients may have these kinds of problems
  - Some people improve during the first year after discharge
  - Others may never fully recover.
- May affect whether the patient can return to work, balance a checkbook, or perform other tasks that involve organization and concentration.

N Engl J Med. 2013;369(14):1306.

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## Post ICU syndrome - Mental health problems

- ICU Survivors may develop anxiety or depression
- Higher rates of symptoms of posttraumatic stress disorder (PTSD)
- Is associated with reduced Quality of Life

Crit Care Med. 2011 Feb;39(2):371-9

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## Post ICU syndrome – PTSD

- 1 in 10 ICU survivors experience ICU-related PTSD
- Preexisting PTSD and depression
  
- Sexual Dysfunction is common

Am J Respir Crit Care Med. 2016;193(12):1373  
Intensive Care Med. 2009 May;35(5):796-809.  
Intensive Care Med. 2006 Mar;32(3):445-51

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## Post ICU Syndrome – Other contributors

- Fractured Sleep Nightmares and unwanted memories
  - Triggers by induce intense feelings or strong, clear images or memories
- Reduced Lung Function
- Complications of prolonged immobility
  - Contractures
- Weight Loss/malnutrition

Ann Am Thorac Soc. 2017;14(9):1457  
N Engl J Med. 2003;348(8):683  
N Engl J Med. 2011;364(14):1293

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## Diagnostic Evaluation

- High degree of suspicion
- Rule out pre-existing conditions
- Disease Mimics

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## Diagnostic Evaluation

- High degree of suspicion
- Cognition
  - The Montreal Cognitive Assessment (MoCA)
    - Mild impairment = MoCA Score < 26
    - Moderate to Severe impairment = MoCA Score < 18
- Mental Health Screen
  - Hospital anxiety and depression scale as a single instrument to assess for symptoms of depression and anxiety
  - Beck Depression Inventory as an instrument that examines frequently encountered somatic complaints
  - Beck Anxiety Inventory
  - Posttraumatic stress syndrome 10-questions inventory (PTSS-10)

J Am Geriatr Soc. 2005;53(4):695

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## Prevention and Intervention

- Minimize sedation
- Mitigate Delirium
- Early mobilization
- Family involvement and engagement

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## Treatment

- Pharmacologic treated paired with non-pharmacologic therapies
- Establish with Multidisciplinary Team
  - Primary Care Provider
  - Specialty Providers
  - Social Services
  - OT/PT
- PICS Clinics

Crit Care Med. 2014;42(5):1263  
JAMA. 2016 Jun;315(24):2703-11

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