

24 Hours of Rehabilitation in Critical Care

A Resource for the MDT



West Yorkshire
Critical Care & Major Trauma
Operational Delivery Networks

Purpose

The purpose of this resource package is to provide the multi disciplinary team with an overview of the rehabilitation needs of patients recovering from a critical illness.

It is intended as an aide memoire for experienced members of the critical care team and an educative resource for less experienced members of the team.

Readers must remember to access senior or peer support during clinical decision making if there is any uncertainty.

At the end of each section there is an opportunity to check your understanding

This resource is the product of strong teamwork commitment, hard work and motivation of the West Yorkshire Critical Care ODN Rehabilitation Forum and is to be used in conjunction with local policies and guidance.

The package is filed into sections so you can choose where you would like to start. There is no need to complete in order or in one sitting.

At the end of each section there is a self assessment where you can test the knowledge you have acquired. Answers are provided on the subsequent page.

If you have any feedback please contact Alison Richmond at the email below or follow the link

<https://www.surveymonkey.co.uk/r/JYRQV8T>

Date completed: June 2022

Review date: June 2025

Contact: alisonrichmond@nhs.net



West Yorkshire
Critical Care & Major Trauma
Operational Delivery Networks

Contents

- ▶ **The Effects of Critical Illness** - by Cordy Gaubert Extended Scope Physiotherapist, BTHFT
- ▶ **Patient Positioning** - by Harry Nicholas, Specialist Respiratory Physiotherapist, CHFT
- ▶ **Seating in Critical Care** - by Anna Hutchinson, Senior Physiotherapist Critical Care, LTHT
- ▶ **Use of the Sara Combiliser** - by Beth Jagger, Physiotherapist, Mid Yorks Hospitals
- ▶ **The role of Speech and Language Therapy in Critical Care** - by Abby Gibson Specialist Speech and Language Therapist, Critical Care, LTHT
- ▶ **The role of Occupational Therapy in Critical Care** - by Lyndsay McLean, Neuro Clinical Specialist Occupational Therapist, LTHT
- ▶ **Critical Care Dietetics impact on rehabilitation** - by Amy Holehouse, Senior Specialist Dietician, Critical Care Lead, LTHT
- ▶ **Psychological Rehabilitation in Critical Care** - by Alison Richmond, Quality Improvement Lead Nurse, WYCCODN & Laura Bayliss, Critical Care Senior Nurse, HDFT
- ▶ **Preparing the Patient for Stepdown** - by Natalie Buttery, Critical Care Rehabilitation Coordinator, LTHT