

Implementation of the Critical Care Rehabilitation Team at LTHT

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<u>Discuss</u>

- What was already in place at LTHT
- How we developed a Critical Care Rehabilitation Service at LTHT from 2018 to present day
- Plans for the future





Critical care at Leeds Teaching Hospitals

Leeds General Infirmary

3 Critical Care Units

- Cardiac ICU ٠
- Neuro ICU •
- General ICU ٠

Specialisms within the hospital include:

- Major trauma centre ٠
- Cardiac surgery •
- ENT ٠
- Neurosciences, which includes services • for spinal surgery, neurosurgery, neurology and stroke
- Plastics •
- Maternity services ٠

St James University Hospital

2 Critical Care units

- General ICU ٠
- Surgical ICU •

Specialisms within this hospital include:

- Renal ٠
- Gastro •
- Respiratory ٠
- General medicine •
- Haematology and oncology ٠
- Hepatology National Centre for Liver ٠ transplants
- **Elderly medicine** •
- Maternity services •



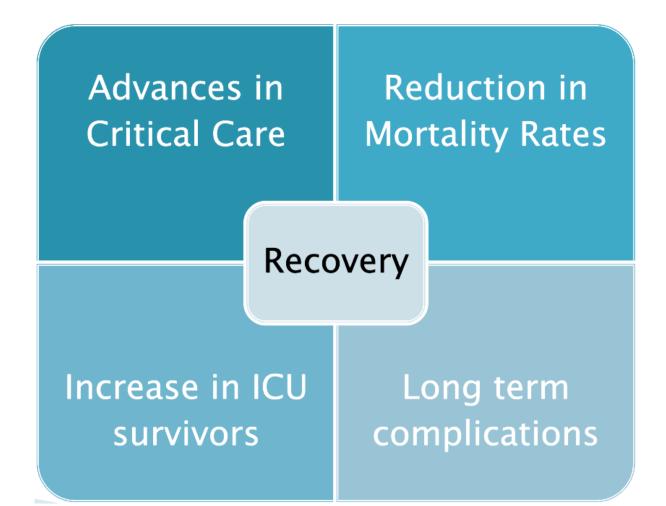


Before the critical care rehabilitation team...

- A critical care outreach team ۰
- A follow up clinic for only 2 of 5 units ٠
- Compliance to the NICE CG83 was only 36%
- CQC inspection found 'minimal specialist support was offered' post-critical care
- Audit by Critical Care Outreach: ۲
 - Patients appropriately screened and rehabilitated on ICU •
 - Varying rehab pathways following step down depending on hospital site or ٠ speciality



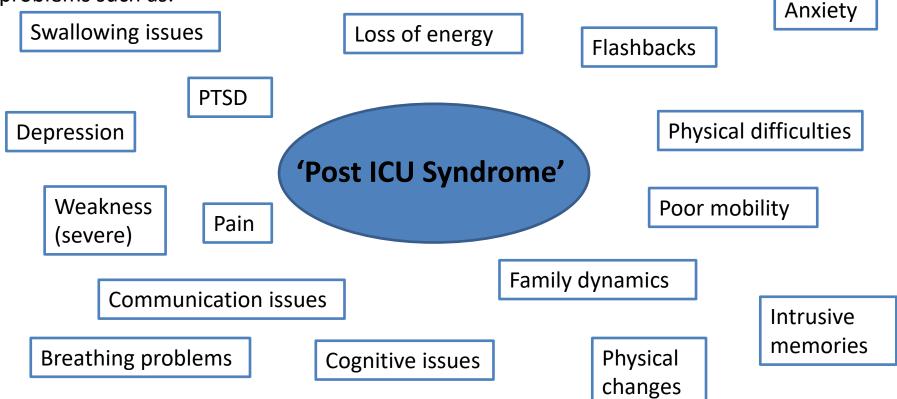






CG83: Rehabilitation after critical illness in adults (NICE, 2009)

Discharge from Critical Care is the start of an uncertain journey characterised by problems such as:





So what next?

- SBAR to identify what LTHT would need to comply with CG83
- Seconded post created to set up the rehabilitation team
- Visited other critical care rehabilitation teams
- Set aims for the team
 - Reduce length of hospital stay post step-down
 - Improve morbidity at the point of discharge
 - Improve patient and relative involvement in treatment plans
 - Reduce psychological stress post-ICU





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Quality and excellence in health

Used NICE CG83 as a basis to form a **Critical Care Rehabilitation Service** based on the patients needs holistically

Reduced length of stay by 50% post critical care





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Critical Care Rehabilitation Team

- Started in June 2018 on one ICU
- 1 team leader
- 2 rehabilitation assistants
- Patients I+V for over 72 hours



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On ICU

- Introduce ourselves
- Support early rehab
- Ensure diary is started

On the ward

- Initial assessment
- Support physical and
 - cognitive recovery
- Psychological support
- Family support

After discharge

- Follow up email address
- Follow up clinics
- Peer support group



thank them for making my protracted stay in hospital almost bearable, 🎭

C Comment

CO Liz Wells Judith Wells and 131 other

1 Like

ing the real difference they make to

17 Cor

A Share



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After the first 12 months of the service:

- 3.5 day reduction in ward stay post-critical care
- Positive feedback from patients, relatives and staff
- Improved patient experience following step down
- Highlighted as 'Outstanding' by the CQC

Trust. 6 February I would like to tha During my recent everything that ha each day. They a Many thanks Alistair Symonds Ward J45 Lincoln Wing St. Jame's Hospit	ymonds ♀ recommends Leeds Te at 11:32 · ♥ nk the ICU Rehab team for their exc stay they visited every day and help ppened. Their smiling faces each ti re a credit to the ICU and the hospit	cellent work. ped me come to terms with ime they visited brightened	Leeds Teaching Hospitals NHS Trust 21 October 2018 · @ The ICU Rehabilitation team recently received a fantastic letter from a patient thanking them for the care they were given during their time at St James's. They are a fairly new team already showing the real difference they mak patients. Well done to you all.
C Lov	e 💭 Comment	💫 Share	
A	ccielouise11 · Feb 15 am are a bunch of legends in all fairr	ness! Good work team! 🙌	They were ever cheerful and always happy to do things for me Visits from (the team) became highlights of my day. I cannot praise thome ensures and



Leeds Teaching Hospitals @LeedsHospitals The CQC has rated us Good ... and getting better! Thank you to all our staff for their hard work and commitment to improving our services and providing excellent care to our patients. leedsth.nhs.uk/about-us/news-... #TheLeedsWay

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Expanding the service to the LGI

LGI caseload audited and identified service requirements and a business case was designed to fund and recruit to the service at the LGI Increasing the team to:

- 1 team lead
- 2 Rehabilitation co coordinators
- 4 Rehabilitation assistants

We successfully recruited to all these roles and implemented the service at the LGI in Spring/Summer 2021, working closely with critical care units and therapy teams







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West Yorkshire Peer Support Group





A support group has been set up to help people and their families, who have previously spent time on critical care.

You are welcome to drop in and share your experiences with others, or to just listen. Complimentary refreshments will be available.

Hospital staff based from the LTHT critical care units and critical care rehabilitation team will be present at the group to help answer and questions and provide information as required.

Social distancing and COVID safety measures will be in place.

Please feel free to drop in once or to attend regularly. Where

When	
17:00-19:00	

Thackray Medical Museum, Beckett Street, Leeds, LS9 7TF

Dates: The first Thursday of every month

NHS

The Leeds

Teaching Hospitals

For further information: Email: Leedsth-tr.followup@nhs.net or call: 0113 206 8961



What did you think of your care? Scan the QR code or visit bit.ly/nhsleedsfft Your views matter

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Regional Post Critical Care





What do we have now?

- Established critical care rehab service for all critical care units on both sides of the city
- Follow up clinics for all 5 units, predominantly nurse led and with AHP involvement
- CG83 compliance up to 72%, ongoing work to continue to improve this
- Critical Care Support Group for West Yorkshire



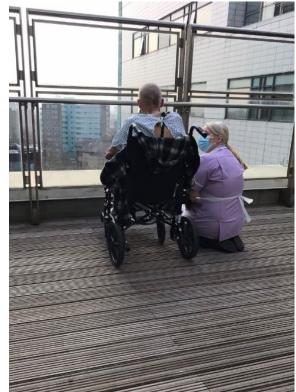




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What next for the Critical Care Rehabilitation Team?

- A multidisciplinary team
- ICUSteps affiliation for the support group •
- Introducing the use of photographs in ICU diaries at LTHT







Contact us

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