



Next Steps

NEWSLETTER NO 4

SPRING / SUMMER 2014

ICUsteps Conference

Following the success of last November's conference, we thank all those who contributed to the success as well as sharing delegate feedback and conference resources
Page 1

Relatives room poster

Copies of our new relatives' room information posters were sent to every critical care unit in the UK in June. Find out why and help us to ensure they get displayed.
Page 1

Information milestone

Since its launch in 2008, we've now shipped over 100,000 copies of our patient information booklet. Isabel's touching testimonial underlines just how important they are.
Page 2

Brain injury fact sheet

Produced in partnership with Headway, we've not added a booklet supplement on Brain Injuries and Critical Care to our patient information library
Page 2

ICU diaries network

The ICU patient diaries network is a growing European group that can provide support and resource to healthcare professionals introduce and run ICU patient diaries.
Page 2

ICU leaflet for children

A Medikidz cartoon style booklet is now available to help children understand intensive care. Free copies are currently available thanks for funding from B.Braun
Page 2

ICUsteps Conference 2013

Last November's inaugural ICUsteps conference was a tremendous success with close to 200 people attending. Our speakers offering a wide and insightful perspective on rehabilitation following critical illness and ways to help patients recover from their experiences, and our patient and relative speakers provided compelling perspectives on why support is needed following critical illness.

As ICUsteps is run entirely by volunteers (former intensive care patients, relatives and healthcare professionals), organising our first conference was a big undertaking. We're very pleased with how well it was received and encouraged that so many healthcare professionals understand the need for support and want to improve the patient experience. We'd like to say a big thank you to all who attended, speakers and delegates alike, for making the event such a success.

What the delegates said

"This whole day has been incredibly interesting, I am hoping to start ICU diaries on the ICU I work in; this has highlighted the importance and given me some info on how to do so."

"I think I will look at the care of HDU patients differently, specifically needs of post ICU care, reminds me its not just ITU patient

its a person with a life and personality."

"Provided enthusiasm to promote the importance of follow up for patients, improving relationships with the ward staff to ensure continuity of care."

"The patient experience will give me greater understanding of what the patient is going through - thank you"

We're focusing on support group development in 2014 but watch out for future editions of Next Steps for announcements on our next conference.

Videos and slides from some of the presentations are available to view and download on our conference resources page.

<http://icusteps.org/home/conference-2013>

Help us to help your patients' relatives...it's as easy as putting up a poster!

In June, we sent out a relatives' room poster to intensive care units across the country. The purpose of the poster is to let relatives know they're not alone and to signpost them to our website to find the information they need at the time they need it the most. On our website they'll be able to find guidance to help them during the early days

of their relative's illness as well as factsheets on topics including delirium and brain injury.

They'll also be able to find support through reading accounts of critical illness from patients and relatives and participating in our online community.

We need your help to make sure these posters are displayed in your ICU relatives' waiting room. If you haven't seen the poster or need any additional copies, you can download the poster from our website, or email info@icusteps.org and we can send you some.

We understand because we've been where you are.

At ICUsteps, we know what it's like to be an ICU patient or to have a relative in critical care.

ICUsteps is a registered charity set up by former ICU patients and their relatives in partnership with critical care professionals. On our website you'll find information that can help you during this time, including our booklet 'Intensive care: a guide for patients and relatives', fact sheets, patient and relative experiences. You can participate in our online community and find information on support groups.

Our aims are to support patients and relatives affected by critical illness, raise awareness of the physical and psychological issues that critical care patients face during and after their time in ICU and encourage research into the treatment and prevention of these issues.

Find out more on our website at icusteps.org



Registered Charity number: 1117033
Registered Office: 18 Portescove Drive, Shenley Church End, Milton Keynes MK5 6AU

Intensive care information milestone

A patient information milestone was reached in November last year with the shipping of our 100,000th copy of 'Intensive Care: a guide for patients and relatives'. When the first copies of the booklet were printed in 2008, we knew they were needed but have been delighted to see how well they've been received by patients, relatives and healthcare professionals alike. Though we've frequently received emails from patients and relatives to tell us how helpful they've been it's still touching to hear what a difference it's made to people as such a difficult time.

"The books that were given to my family helped us all understand what to expect in the coming weeks, this was absolutely invaluable because there were so many things that happened to me as we went along that were a bit worrying until my daughter got out the 'bible' as she came to call it, all was explained and we found that most of what we were experiencing was normal and to be expected and that put our minds at rest right away and because of this we were able to cope so much better"

Isabel, Northampton

You can order the guide for your unit through our website.

<http://icusteps.org/professionals/booklet>

Getting in touch

As ICUsteps is run entirely by volunteers, the best way to get in touch with us is by email or through the website.

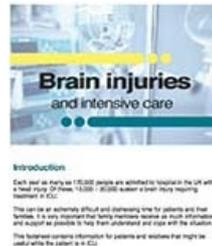
To comment on anything we've covered in this newsletter, or anything we haven't, please get in touch with us.

Brain injury supplement

The latest supplement to our patient information library is Brain Injuries and Intensive Care, produced in collaboration with Headway, the brain injury charity. The supplement focuses on information that patients and relatives might find helpful during the intensive care stay, and complements the many other resources that Headway offer.

As with all of our supplements, it can be found on the website and is available for free download. For more information on Headway's work, please visit their website at

<http://www.headway.org>.



'Intensive care: a guide for patients and relatives' translations

Since the last edition of Next Steps, our guide has been translated into two further languages. 'Intensive Care: A guide for patients and relatives' is now available in Danish and Swedish. The booklet is now available in fifteen languages and they are all free to download from our website.

ICU patient diary network

The ICU diary network was established in 2012 with the aim of establishing an informal group for health care workers who are interested in using ICU diaries. The network was founded by a group of ICU nurses from different countries across Europe, Eva Akerman, Carl Bäckman, Ingrid Egerod, Christina Jones, Dirk Knüick, Peter Nydahl and Sissel Storli.

The site contains an extensive list of literature about diaries and has

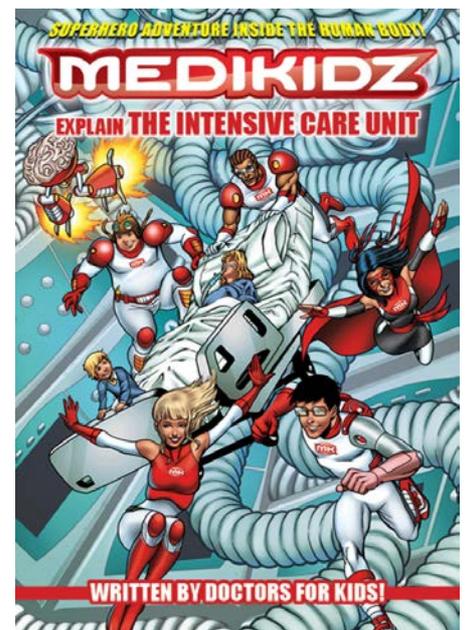
information to help staff with implementation, such as guidelines. The diary network aims to co-ordinate information, projects and new studies and connect people who may need further help. There's also a map showing where diaries have been implemented and contact details of staff in each ICU.

<http://www.icu-diary.org/>

Critical care information for children

'Medikidz explain the Intensive Care Unit' is a cartoon style booklet aimed at children produced by Medikidz in collaboration with the Patient and Relatives Committee of the Intensive Care Society. Free copies are currently available for hospitals, thanks to funding by B.Braun.

For more information, email improvingpatientsafety.bbmun@bbraun.com



Website:
icusteps.org

Community:
icusteps.healthunlocked.com

Email:
contact@icusteps.org

Booklet orders:
information@icusteps.org
icusteps.org/booklets

Postal address:
ICUsteps
18 Fortescue Drive
Shenley Church End
Milton Keynes
MK5 6AU

Registered charity number:
1117033