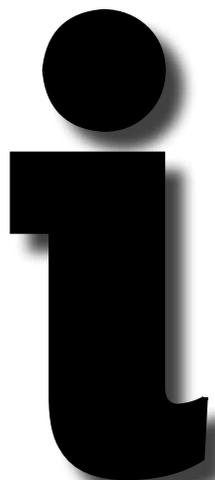


The Intensive Care Unit Follow-up Clinic (1 of 2)



If you need your information in another language or medium (audio, large print, etc) please contact Customer Care on 0800 374 208 or send an email to: customer-care@salisbury.nhs.uk

You are entitled to a copy of any letter we write about you. Please ask if you want one when you come to the hospital.

If you are unhappy with the advice you have been given by your GP, consultant, or another healthcare professional, you may ask for a second (or further) opinion.

The evidence used in the preparation of this leaflet is available on request. Please email: patient.information@salisbury.nhs.uk if you would like a reference list.

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The Intensive Care Unit (ICU) follow-up team is dedicated to supporting you along your way to recovery, from the ward to back home.

Who are the follow-up team?

The follow-up team consists of:

- Stephen Jukes, Consultant in Anaesthetics & Critical Care
- ICU Senior Sister Lisa Browning
- ICU Sister Jacqs Weaver
- ICU Charge Nurse Darryl Connolly
- ICU Staff Nurse Steph Hill
- Kate Jenkins, Clinical Psychologist.

The team has years of experience treating and nursing patients in Intensive Care and has a wealth of knowledge on how to help their patients on the best route to recovery.

After a period of critical illness we understand that the recovery process can often be slow and frustrating and so we can offer support and reassurance.

What happens at the clinic?

Once you leave ICU we like to monitor your progress and recovery. Previous studies suggest that patients who have lengthy stays in ICU can temporarily develop various physical and psychological concerns or worries.

The clinic provides an opportunity for you to discuss them with us, should you experience any.

Many patients experience 'missing time' when they are in ICU due to being acutely unwell. We can talk you through your time in ICU and help to fill in any blanks or answer any questions you may have.

If needed we can provide you with a diary of significant events during your stay in ICU.

Clinic Information

Clinics run on the first Friday of every month.

Your first appointment will be approximately two months after your discharge from hospital and will last approximately 40 minutes. If needed,

**Radnor Ward Intensive Care Unit
01722 336262 Ext. 4373 or 4374**

further appointments will be at six and twelve months after discharge from hospital and will take approximately 20 minutes.

Unfortunately hospital transport cannot be provided. However, if you wish to attend the clinic but are unable to get to the hospital please contact us and we will do our best to help.

A family member or friend is welcome to attend the clinic with you.

We are always looking for ways to improve the care we give and have been able to change some of our practices due to comments made by patients or their relatives.

Contact information

Should you have any questions please do not hesitate to contact one of us on: ☎ 01722 336262 extension 4373 or 4374.

Alternatively you can write to us at:

Intensive Care Unit
Salisbury District Hospital
Odstock Road
Salisbury
Wiltshire
SP2 8BJ

Further information

The websites below may be of help or support to you during your recovery period.

ICU Steps

ICUsteps is the United Kingdom's only support group for people who have been affected by critical illness and has helped many former patients, their relatives and medical staff from organisations around the world.

www.icusteps.com

Health Talk and Youth Health Talk Online

On Healthtalkonline.org and Youthhealthtalk.org, you can watch video clips from interviews with over 2,000 people, all sharing their stories of health and illness.

www.healthtalkonline.org