



Salisbury **NHS**
NHS Foundation Trust

information

Intensive Care Diary

Radnor Ward

Salisbury NHS Foundation Trust

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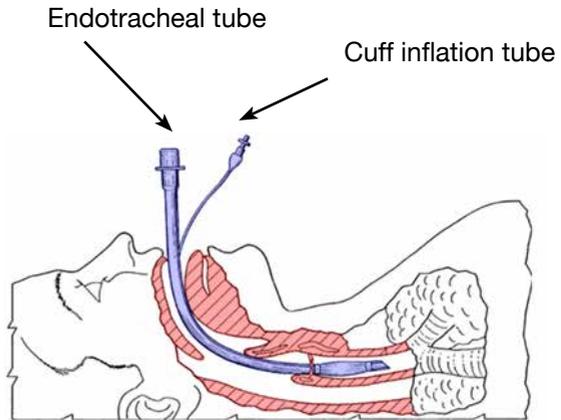
The purpose of your diary

- Patient diaries are a way of helping patients to understand what has happened to them whilst in the Intensive Care Unit (ICU).
- They can help you come to terms with strange memories, such as hallucinations and nightmares, which can cause psychological problems after a serious illness.
- Studies have shown that keeping a diary that includes photographs helps a patient to understand what has happened to them.
- Patients can be frustrated by their slow progress and cannot appreciate just how ill they were. By reading the diary and seeing themselves attached to equipment, such as a ventilator, may help patients to make sense of their ICU stay.
- The diary may also help relatives and friends. It can offer a focus and somewhere to express their feelings. Writing in your diary can help your family feel they are contributing to your recovery and rehabilitation, that they are 'doing' something for you.
- At the back of the diary is a glossary that you and your relatives may find helpful.

Glossary

Intubation

Intubation is a common procedure for Intensive Care patients. It can be done for several reasons, the most common being to help a patient with their breathing whilst they are critically ill.



It is done by inserting a flexible plastic tube (known as an endotracheal tube) through the patient's mouth down into the large airway going from the mouth to the lungs. This is then attached to a machine called a ventilator, which either helps the patient breathe, or takes over breathing for the patient. Patients are either unconscious when this is done or are anaesthetised.

The tube makes sure that the patient's airway remains clear and gives access for artificial respiration. Suction down the tube clears a build-up of lung secretions.

Tracheostomy (also known as a 'trache')



A tracheostomy is a surgically created opening in the windpipe (trachea). It is kept open with a hollow tube called a tracheostomy tube.

It usually replaces the endotracheal tube as it is more comfortable and safer for patients who need ventilation or help in keeping their airway open they are recovering. It can also be used in an emergency to allow ventilation when the upper airway is blocked.

BiPAP & CPAP

BiPAP = bi-phasic positive airway pressure

CPAP = continuous positive airway pressure

Both CPAP and BiPAP are used to help breathing.



The device forces air at high pressure in to the airway to overcome a blockage and to stimulate normal breathing.

Arterial Line (ART line)

Most Intensive Care patients will have an arterial line, which is usually placed in the wrist. The line is connected to an

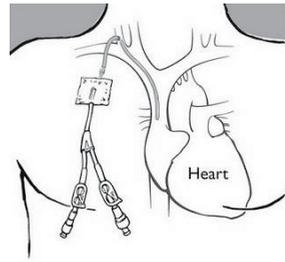


observation monitor and lets the nurse measure the patients blood pressure and heart rate continually. It is also used to take blood samples.

Central Line or Central Venous Line (CVC or CVP)

These are quite common for most patients to have. They are usually placed in the neck or groin and fed through to a large vein that returns blood to the heart. Central lines have a number of different uses:

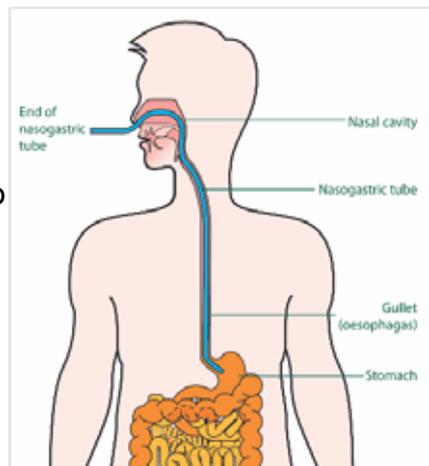
- To infuse strong solutions which could cause damage to smaller veins (such as the ones in the arms).
- Monitoring, such as measuring pressures in the heart.
- To give drugs.



Having a CVC or CVP reduces the number of separate injections and drips a patient's needs. Central lines can be short term or long term.

Nasogastric Tube (NG)

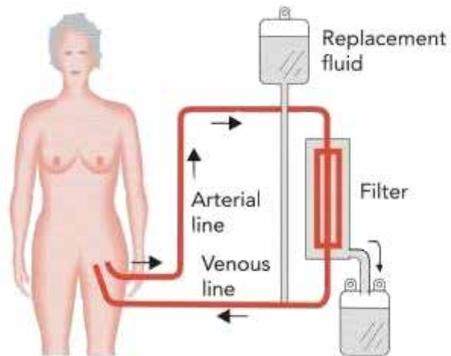
This is a thin flexible tube that is passed through one of the patient's nostrils and down the gullet into the stomach. It has two main uses. Firstly it removes the contents of the stomach, such as air or fluid, and secondly to give liquid nutrients directly into the stomach when the patient is unable to eat normally.



Haemofiltration

Haemofiltration is a therapy used to replace the function of the kidneys if they go into renal failure (where the kidneys produce none, or very little urine, which means the body is not filtering fluid efficiently).

Haemofiltration is done by passing the patient's blood through a fine tube line into a machine that filters out the waste products and water. It then adds replacement fluid before returning the blood into the body via a central line.



Calf/Foot Pumps



These are cuffs that are put round the lower leg of the patient and secured with Velcro. They are attached to a pump that gently and regularly inflates the cuff.

They are used to prevent blood clots forming (deep vein thrombosis).

Syringe Drivers

These are used to deliver regular set amounts of medication at set times. You will often see several of these machines around an ITU bed space.



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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.

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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