

# ICUsteps Harlow Support Group

## Project aim

Survivors of intensive care and their families may experience multiple physical, psychological, social and financial problems once they are discharged from hospital. These are termed Post intensive Care Syndrome (PICS), and Family Intensive Care Syndrome (FICS) and can have devastating effects on the journey towards recovery.

Our aim is to set up and establish a local support group for ex-patients and families, for them to support one another, and share knowledge, information and resources on their journey. We have become an affiliate of ICUsteps and are called ICUsteps Harlow.

## Desired outcomes

- Currently there is no support group locally available for survivors of ICU and their relatives
- ICUsteps Harlow is essential to improve the support
- currently offered to survivors and families in the
- community.
- Our survivors and family members are at the heart of the project – it is their support group

<b>Our patients:</b>	Being able to attend a local support network
<b>Our people:</b>	Providing high quality care to survivors and families
<b>Our performance:</b>	Meeting national recommendations (GPICS v, 2019)
<b>Our place:</b>	Promoting what support is available for survivors and families during their recovery
<b>Our pounds:</b>	Reducing modifiable factors for unexpected readmissions to hospital (25% of survivors are unexpectedly readmitted to hospital within the first year of discharge)



## Project team

- Julie Penny - Chair
- Kathy Wadhams- Secretary
- Ram Gulrajani – Secretary
- Les Penny – Treasurer
- Leena George – Senior Sister, Critical Care Unit
- Tamara Pendry – Senior Sister, Critical Care Unit

## Actions taken

- Core committee of ex-patients, relatives and professionals elected
- Aims, Objectives and Action Plan formulated
- ICUsteps constitution read and agreed
- Monthly meetings with review of Action Plan
- Insurance cover established
- Bank account set up
- Venue and car parking for support group found
- Frequency of support group and timings established
- Affiliation paperwork submitted and approved by ICUsteps
- Logo gained
- Launch night planned and invitation letters written
- Communication strategy to publicise ICUsteps Harlow and launch meeting, written by Communications manager

## Learning and next steps

Launch meeting 25th October 2019 – key stakeholders to be invited  
Drop in meetings will be held every 6 weeks  
Evaluation of service will occur with service users and stakeholders  
Impact of survivors and families' experiences will be used to shape future intensive care and critical care rehabilitation  
Staff working in critical care will be invited to attend to understand the impact of critical illness on survival

