

Category : **Outcome scores**

A227 - Evaluating post-intensive care syndrome in critically unwell covid-19 patients

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Introduction:

Introduction: The aim of this study is to investigate Post-Intensive Care Syndrome (PICS) in COVID-19 patients treated in intensive care, using a validated screening tool.

The COVID-19 pandemic increased pressure on critical care, but also increased the number of patients vulnerable to long-term effects of a critical care admission. PICS is a deterioration of physical, cognitive or mental functioning as a result of a critical illness, after hospital discharge [1]. PICS-Q is a validated 18-point screening tool to identify PICS. Each question has a value from 0 (never) to 3 (always) [2].

Methods:

Methods: Using PICS-Q, this was a prospective single-centre study of adult COVID-19 patients treated in level 2 or 3 care for greater than 4 days, and then suitable for follow-up at the same centre.

Results:

Results: From study period there were 32 eligible patients. Postal questionnaires were sent and replies were anonymised. There were 13 replies. Individual scores were combined to give a total score for each question, allowing analysis of which symptoms were most reported by patient group, seen below.

Patients suffered from the physical symptoms., such a joint stiffness and fatigue and weakness the most (cumulative scores of 21, 16 and 15 from the 13 patients). Mental symptoms such as worry and ease to anger were also highly reported (16 and 13). Cognitive symptoms were reported the least apart from struggling to concentrate.

Conclusion:

Conclusion: These patients represent a snapshot of those affected by COVID-19 outbreak treated in critical care. As the number of patients treated in ICU goes up, the number of patients vulnerable to suffering from PICS will mirror that, representing a further challenge to stretched health services. Further work is required to identify and treat symptoms related to PICS.

Acknowledgments: Thanks to Jeong Y, Kang J, for allowing use of PICS-Q here.

References:

References:

1. Needham DM et al. Crit Care Med.2012 Feb;40(2):502-9.
2. Jin Jeong Y et al. Intensive Crit Care Nurse .2019 Dec;55:102756.

Image :

	Questions	Cumulative Total from 13 patients
Cognitive symptoms	It's hard to memorise numbers	7
	People around me say that I repeat what I said before	7
	It is hard for me to find the way	6
	I cannot concentrate on reading	15
	Money management is difficult	10
	I am confused with date or time	8
Physical symptoms	My joints are stiff	21
	My hand grip is weak	16
	I can hardly climb the stairs	15
	My sexual performance has deteriorated	10
	I get tired easily	21
	I feel sick everywhere in my body	8
	My heart is stuffy	5
Mental symptoms	I have nightmares	6
	I am worried	16
	I am annoyed or angry	13
	I am easily startled	13
	I have no hope	5
Score from each question 0 = Never, 1 = Sometimes, 2 = Most often, 3 = Always		

Figure 1: The validated 18-point PICS-Q questionnaire, with the cumulative scores from the patient group [2]. Participants can score each question from 0 to 3 depending on how frequently they report the symptom. This gives a total score of 39 from the patient group (as there were 13 patients).