



The Use of an ICU Diary Program to Decrease Symptom(s) of Post-Intensive Care Syndrome in ICU Survivors and/or their Families after they leave the Critical Care Unit: An Integrative Research Review



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Background and Significance

- Due to the evolution and headway in critical care medicine, the survival of ICU patients is more common and achievable than in the past (Mehlhorn et al., 2014).
- Unfortunately, ICU survivors, along with their families, now have another challenge to face beyond their actual survived critical illness. Many suffer from not only physical, but multiple psychological issues as well (Ullman et al., 2014).
- Importunate symptoms effecting ICU survivors physically, mentally, and cognitively is growing in current literature as Post-Intensive Care Syndrome (PICS) (Mehlhorn et al., 2014 & Blair et al., 2017).
- PICS-Family (PICS-F) describes family members who may also endure similar symptoms after a loved one survives critical illness (Blair et al., 2017 & Jones et al., 2012).
- Often the psychological symptoms of PICS include depression, anxiety and PTSD (Ullman et al., 2014, Mehlhorn et al., 2014, & Blair et al., 2017).
- ICU diaries have been suggested in literature as an intervention to implement to help decrease symptom(s) of PICS and PICS-F in ICU survivors and their families (Blair et al., 2017).

Research Question

- Will an Intensive Care Unit (ICU) Diary Program decrease symptom(s) or incidences of Post-Intensive Care Syndrome (PICS) in ICU survivors and/or their families once they are discharged or transferred from the ICU?

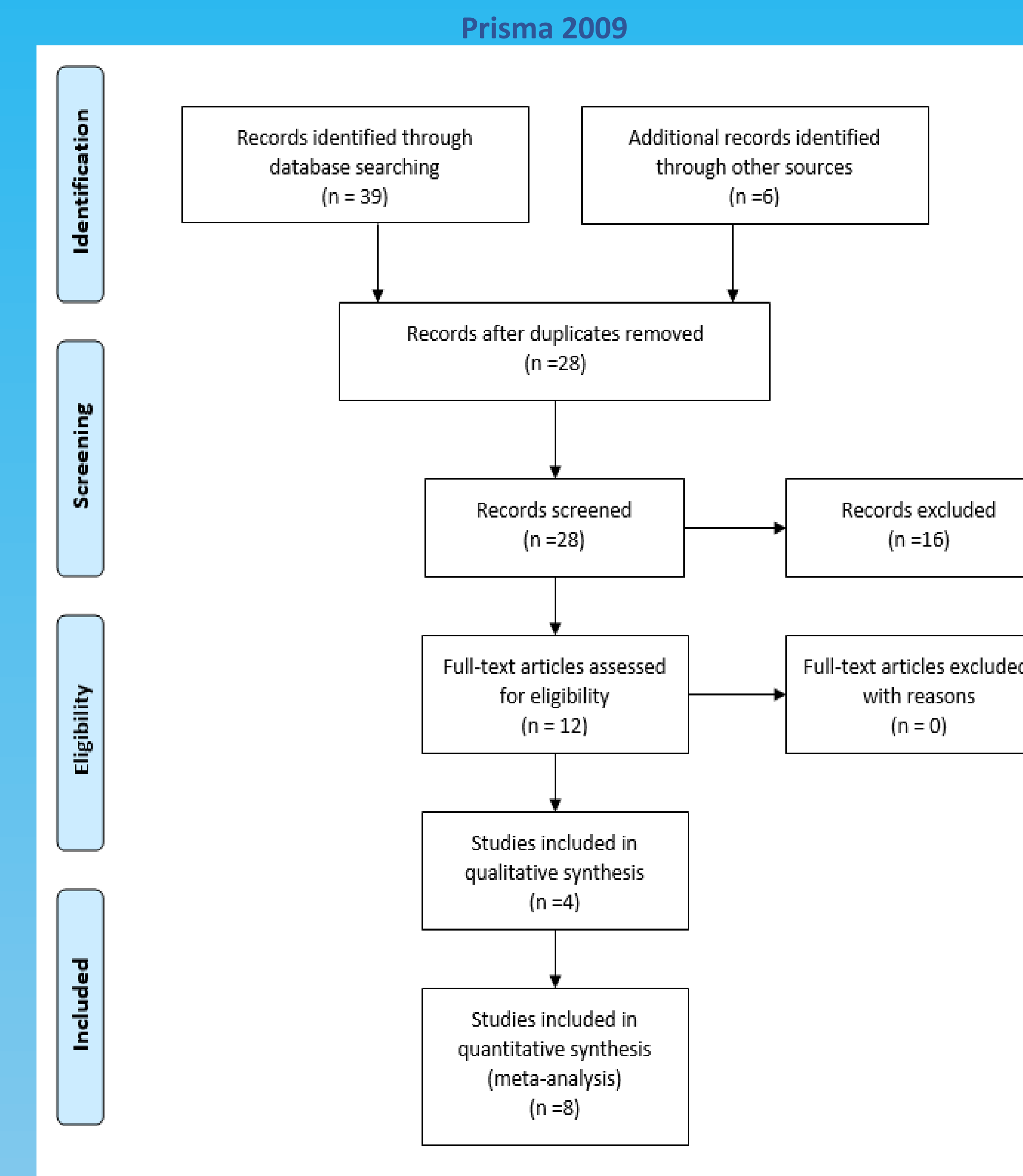


ICU Diary. (Digital Image). (n.d.). Retrieved from <http://outomerees.fr/docs/day2018/fr%3C3A8entation%20MGON20ICU%20diary.pdf>

Methodology

- Whittemore and Knaff's (2005) methodology for integrative research reviews was utilized to investigate.
- Literature review was systematically conducted by searching the following databases: Cochrane, PubMed, CINAHL Plus, MEDLINE Complete, Health Source: Nursing Academic Edition and bibliography mining.
- Keywords utilized were "diary" and "post-intensive care syndrome."
- Search articles were confined to the years of 2010 to 2018 and availability of full-text.
- An initial 39 articles were discovered, 17 of them being duplicates, and 16 articles were eliminated for not meeting inclusion criteria. Articles that were excluded either were not related to topic, focused on implementation and developing an ICU diary program, not in English, or were narrative CNE offerings.
- Six articles were obtained through bibliographic mining.

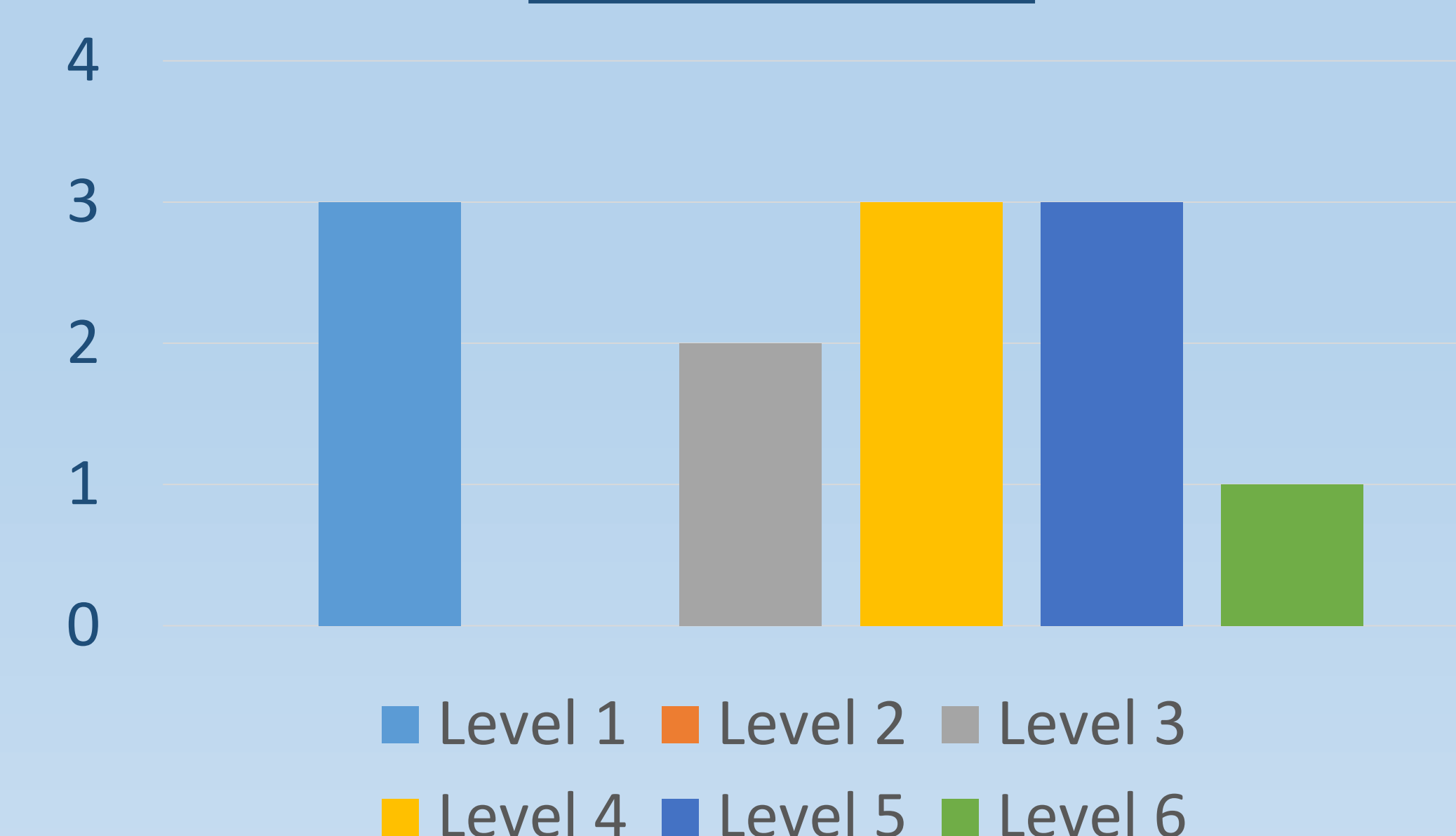
Literature Search Flow Diagram



Results

- 39 articles initially identified.
- 12 included in final review.
- Evidence levels critically appraised utilizing appraisal checklists (Brown, 2018) and evidence pyramid and criteria in EBR Tool (Long & Gannaway, 2015).

Levels of Evidence



Literature Synthesis

- Backman et al., Blair et al., Egerod et al., Garrouste-Oregas et al., Jones et al., Kynoch et al., Levine et al., Mehlhorn et al., and Ullman et al. agree there is a growing need to find effective ways to help ICU survivors and family members to cope with life after surviving the ICU; anxiety, depression, and PTSD are common symptoms seen in ICU survivors and/or their family members (2010, 2018, 2011, 2017, 2012, 2016, 2018, 2014, 2014).
- Blair et al., Egerod et al., Jones et al., Kynoch et al., Mehlhorn et al., and Ullman et al. determined the use of an ICU diary program may be beneficial in decreasing PTSD symptoms in patient family members who survive the ICU (2018, 2011, 2012, 2016, 2014, 2014).
- Backman et al., Blair et al., Egerod et al., Kynoch et al., Levine et al., Mehlhorn et al., and Parker et al. suggests an ICU diary has potential to help long-term psychological effects for patients (2010, 2018, 2011, 2012, 2016, 2014, 2013).

Clinical Implications

- Implementation of an ICU diary program, which is low cost and low technology, would be beneficial to ICU survivors and/or their families. Emphasis of the ICU diary program should focus on coping strategies for ICU patients and or their families surviving critical illness.

Conclusions

- After evaluating literature, results suggest that ICU diary programs may be beneficial in decreasing PTSD symptoms long term in patients with more benefits seen in patient family members.
- The literature suggests larger, randomized, multi-centered trials are needed to effectively answer the research question at hand both for patients and more specifically for family members.

References

References available upon request at
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