

Sigma's 30th International Nursing Research Congress
Exploring Posttraumatic Stress Disorder, Depression, and Quality of Life in Post ICU Stay Patients

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Purpose:

The purpose of this study is to explore PTSD, depression and quality of life(QOL), and to follow up their change in post ICU stay patients.

Methods:

The sample is selected from Chest Medical Ward. Patients are first time treated in ICU and transfer to ward 3-5 days, above 20 years old, no other life threat events or disease in recently one year and no mental illness history. Data collect at 4 time points while patients transfer to ward from ICU 3-5 days, 1 month, 3 months and 6 months.

Instruments in this study include Post-traumatic Stress Disorder Reaction Index(PTSD-RI), Beck's Depression Inventory(BDI) and 36-items Short Form of the Medical Outcomes Study Questionnaire(SF-36, include PCH and MCH).

Results:

Total 70 subjects participate this study. The result show PTSD-RI average score at 4 time points are 12.04(SD= 10.65), 9.50(SD= 8.32), 9.17(SD= 9.23) and 7.83(SD= 9.77). and the rate of PTSD occurrence are 44.3%, 32.3%, 30.2% and 21.3%. BDI average score are 12.20(SD= 11.64), 9.75(SD= 9.88), 8.84(SD= 10.37) and 8.97(SD= 11.25), and depression occurrence rate are 50%, 35.4%, 30.2% and 27.9%. The report of GEE analysis indicates that PTSD-RI and BDI at 6 months compares to transfer to ward from ICU 3-5 days dose not decrease significantly. Old patient($p=.009$), live alone($p=.042$) and lack family support($p=.001$) will have higher PTSD-RI score. Aged ($p=.005$)and patients are sedation in ICU($p<.001$) have higher BDI score.

This study also show that there are significantly negative correlation between PTSD-RI, BDI and SF-36. PCH and MCH two domain of SF-36 analysis by GEE to compare quality of life at each data collected time point. MCH has significant improvement at 3 months and 6 months post ICU stay, but PCH dosen't. Age($p=.001$), depression($p<.001$) and days of ICU stay($p<.001$) will influence quality of life in this population.

Conclusion:

Summary this study result is that PTSD, depression and quality of life do not improve post 6 months ICU stay. Old people, live alone, sedation in ICU, lack family support will worse PTSD, depression and quality of life.

Title:

Exploring Posttraumatic Stress Disorder, Depression, and Quality of Life in Post ICU Stay Patients

Keywords:

Intensive Care Unit (ICU), Posttraumatic stress disorder and Quality of life

References:

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Abstract Summary:

This study report PTSD, depression and QOL at 3-5 days, 1 month, 3 months and 6 months in post ICU stay patients in Taiwan. That provide an important information that patients' physiology and psychology are not recovery well at 6 months later and clinical health providers need keep alter.

Content Outline:

Intrduction:

Patients' body and mental suffer from critical illness, especially patient must be treated in Intensive Care Unit. During stay ICU they feel life thread and stress from disease, strange environment and uncertainty all the time. These condition might induce acute stress reaction, even evolve into posttraumatic stress disorder(PTSD) and emotional disorder in the future.

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