The diversity in diagnosis, care plan, prognosis among the ICU patient’s population. Health status is commonly unstable with this particular people. This intervention depends on patient’s readiness and willingness to cooperate with the nurses.

Background

- The number of critical illness survivors continues to increase.
- Survival rate for one to three years after discharge reaches 89%.
- Long term survival rate following the first 3 years for the critical illness survivors is less than other patient populations.
- Staying in the Intensive Care Unit lead to various complications.
- Ranges from curable simple to serious permanent disabilities.
- These complications may impact the patient’s subjective quality of life (QoL).
- Nurse-led program involves ICU nurses in the treatment plan for the survivors.
- Nurse-led intervention can shorten the hospitalization period as well as reducing the cost of care.
- ICU nurses are available weekdays and weekends.
- Occupational and physical therapist usually don’t work on weekends.

Objectives

- Explore the importance and effectiveness of nurse-led combined rehabilitation in the intensive unit.
- Understand how critical illness can impact the survivor’s overall quality of life.

Expected Outcomes

- Faster recovery
- Better outcomes
- Possible better reported quality of life for the survivors.
- Reduced cost due to shorten stay in the hospital.
- Better collaboration between healthcare professional including nurses, physical therapists and occupational therapists.

Challenges

- The diversity in diagnosis, care plan, prognosis among the ICU patient’s population.
- Health status is commonly unstable with this particular people.
- This intervention depends on patient’s readiness and willingness to cooperate with the nurses.

Physical/Cognitive Rehabilitation

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Implications

- Research studies are need focusing on how nurses can help in rehabilitation intervention to improve patient’s outcomes.
- Due to the diversity in the ICU, creating a unified combined rehabilitation program is impossible. However introducing a most applicable intervention to the majority of this population will be greatly appreciated.
- Studies addressing subjective quality of life are in demand because it is always overlooked and health care professionals mistakenly use objective approach in evaluating survivor’s quality of life.

Acknowledgements

The combined cognitive and physical rehabilitation intervention found feasible to be used with the ICU patients.

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