

ICU PATIENT DIARY

Wakefield Hospital

Quality Project

Introduction

Patients often have little or no memory of their time in the ICU.

Research¹ suggests that this can cause patients to become stressed and anxious.

To help patients understand more about their illness and their time in ICU, a patient diary - written and/or photographic record, is offered.

Method

A 24-page lined patient diary was designed with patient information and consent embedded in the first pages. Ward nurses explained and offered the diary initiative to cardiothoracic patients who were booked for ICU post-op care.

Conclusion

Our findings indicate that most diary users valued having a patient diary. However, the diaries are only valuable if they have content, specifically nursing entries. Even if we haven't specifically assessed whether the diary has reduced stress and anxiety, we do know this initiative improves patient satisfaction². Looking ahead, we are planning to expand this initiative to all ICU admissions.

References

- (1) John Hopkins Medicine. (2015, April 20). *PTSD common in ICU survivors*. ScienceDaily.
- (2) Patient satisfaction was improved with anecdotal evidence gained when speaking with the 16 diary users in the evaluation phone calls.