

Patient Manifesto - Key take home messages

Louise Gallie - Former ICU Patient & ICU Rehabilitation Volunteer

Educate the patient and their family members about delirium and post-ICU psychological morbidity

Explain procedures, journeys, and noises to patients. Even when you're not sure they can take it in

Communicate the reality of what a post-ICU trajectory can look like

Prioritise discharge of long-stay patients to daytime hours only

Communicate the patient's story to the ward. Help them understand delirium, rehab needs and potential for psychological trauma

Signpost ICU follow-up services as soon as appropriate. This is vital to prepare patients not just for transition to home, but for re-integration into homelife



West Yorkshire
Critical Care & Major Trauma
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**South Yorkshire
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