Patient Centered Care and Family Support
Mental health and psychosocial support

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Patients with COVID-19

C19 Critical Care - similarities with other patients (post intensive care syndrome) but some experiences in critical care novel to them
Patients with COVID-19

- Delirium seen
- Masks/PPE – caused distress
- Seeing death around them
- Isolation
- Survivor guilt
- Stigma /Media
- Fear of infecting others
- Relapse of pre-existing mental health conditions – (area to be explored)
- Post intensive care syndrome – different?
Patients with COVID-19: what made things better

- Psychosocial interventions as much as possible
- Connect to family
- PFA elements
- iPads/ virtual technology
- Telephone

- Visits of family
- Psychology/pastoral support
Family/Friends

- Delirium – very upsetting to families
- Isolation
- Stigma
- Lack of information
Family/Friends – what helped

- Importance of good information and communication
- Importance of good liaison team
- Pastoral care
Staff

- Stress levels high
- Burn out
- Staff redeployment
- Shielding
- Effects on home life
Staff

Specific studies post COVID-19 on staff (UK)

Findings:

- 59% good well-being
  - 6% Depression
  - 40% PTSD
  - 11% Anxiety

Doctors reported better well-being than nurses
Staff - what can be done

Recommendations

• Staff support
• Staff to be aware that function can be impaired due to psychosocial distress and mistakes can happen
• PFA principles including self care
Lessons Learnt

- Learn as go along and reflect what works
- Psychology/Psychosocial input
- Importance of communication with family and family contact
- Staff support
- Further research needed especially on f/u post C19 cases
Future actions

- MHPSS is cross cutting
- PFA-(Psychological First aid)
- Self care –staff
- Evaluate long term MHPS effects of C19 infection
- Staff support and memorializing of what happened
References

• Mental health of staff working in intensive care during Covid-19
  N Greenberg, D Weston, C Hall, T Caulfield, V Williamson, K Fong

• Survivorship after COVID-19 ICU stay
  Megan M. Hosey & Dale M. Needham
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THANK YOU