

## Patient information

# Critical care follow-up clinic



### Critical care follow-up programme

The aim of this service is to provide support, both physical and psychological, to you and your family throughout the first year of your recovery. We use clinical feedback to influence and develop practice across the critical care service. We also liaise with ward staff and provide education in the care of post critically ill patients.

### The follow-up clinic

After discharge home the critical care follow-up sister will continue to provide ongoing support and advice should you need it. You will be sent a letter inviting you to the follow-up clinic, which is held once a month in **Outpatients D** at the West Suffolk Hospital. The first appointment is approximately 1 – 3 months after hospital discharge.

This clinic is held regularly to review the progress and recovery of patients who have been in critical care. It provides an opportunity for you to discuss any problems and outstanding issues you may have after discharge from hospital. We are able to give you explanations of your care and treatment whilst in critical care and advice regarding your recovery. If necessary, referrals can be made to other specialities for further assessment and treatment if required.

Should you wish, you will be given an opportunity to visit critical care with a member of the follow-up team. This is a personal choice and we understand that not everyone will want to do so.

## The FIT (following intensive therapy) group

The aim of exercise after critical illness is to help you get back to normal (or as near normal as possible) and improve your physical recovery. Sometimes people will have on-going weakness and fatigue and it might be appropriate for you to attend our rehabilitation programme.

If so, soon after discharge, you will be contacted by one of our physiotherapists regarding FIT Group. This is a 6-week gym-based programme of rehabilitation in addition to assessment sessions. This is a programme to help you in the early days of your recovery. Although a group session, the exercise you do is individual and guided by the physiotherapist. It is not a competition to see who can do the most in the fastest time!



We hold monthly coffee mornings on the **2<sup>nd</sup> Monday** of the month from 10.30am - 12.30pm at Dobbies Garden Centre Café, Rougham Road, Bury St Edmunds, IP33 2RN, for those who have been through critical care. It does not matter where you are on your journey to recovery, everyone is welcome (patients, families and friends) and it is an ideal opportunity to chat and meet others who have been through a similar experience.

### For further information please contact:

The critical care follow-up sister on 01284 712543.

*If you would like any information regarding access to the West Suffolk Hospital and its facilities please visit the website for AccessAble (formerly DisabledGo)*

<https://www.accessable.co.uk>

