

RECOVER



PROGRAM

REhabilitation and ReCOVERy in Survivors of Critical Illness

The RECOVER is a clinical and research Program created to improve the quality of the follow-up care offered to patients who have been in the ICU and to their family caregivers.

The Program offers:

- **Coordination and continuity of care for patients and families from ICU back to the community.**
- **Post-ICU inpatient rehabilitation, mental health support and clinic follow-up care.**
- **Education for patients and families about health outcomes during and after critical illness.**

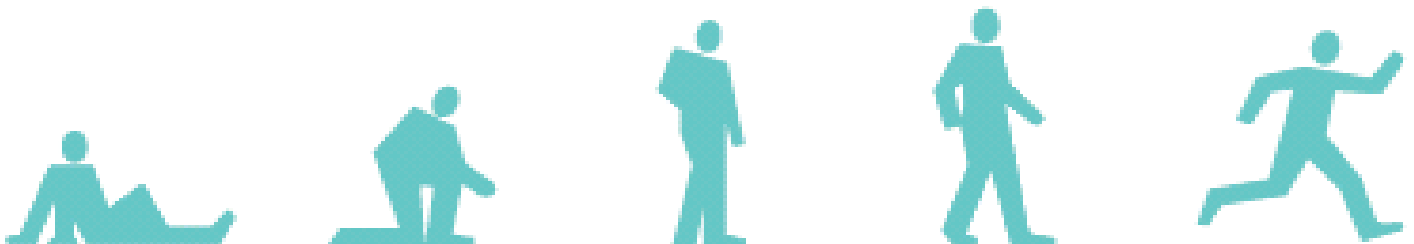
How do I get enrolled in the RECOVER Program?

ICU patients who are recovering from a critical illness that needed breathing through a machine (mechanical ventilator) for at least 4 days in the ICU and their primary caregivers will be eligible for the study. The ICU doctor and the study team will determine if a patient meets the criteria to participate and will offer the Program to the patient and the family caregiver.

PARTICIPATION IS ENTIRELY VOLUNTARY AND WILL NOT IMPACT PATIENT'S CARE.

What happens when I'm in the RECOVER Program?

- ✓ Patients will have follow-up from our study doctors from the time of ICU discharge for a period of 1 year. The study doctors and research team help the patients with their needs during the recovery and transition back into community living.
- ✓ Patients and their family caregivers will receive an educational booklet with information about treatment in the ICU stay, what to expect after discharge and resources to help them and their family during recovery from the critical illness.
- ✓ On the hospital ward, the medical team and study doctors will evaluate the patient's medical condition and needs for rehabilitation and the patient could be transitioned for a short-term placement in a rehab program to improve their strength and independence before discharge home.
- ✓ After completing rehab, patients will be offered community support and follow-up at the study clinic where study doctors will monitor and assist with the physical and mental health needs of both patients and family caregivers.



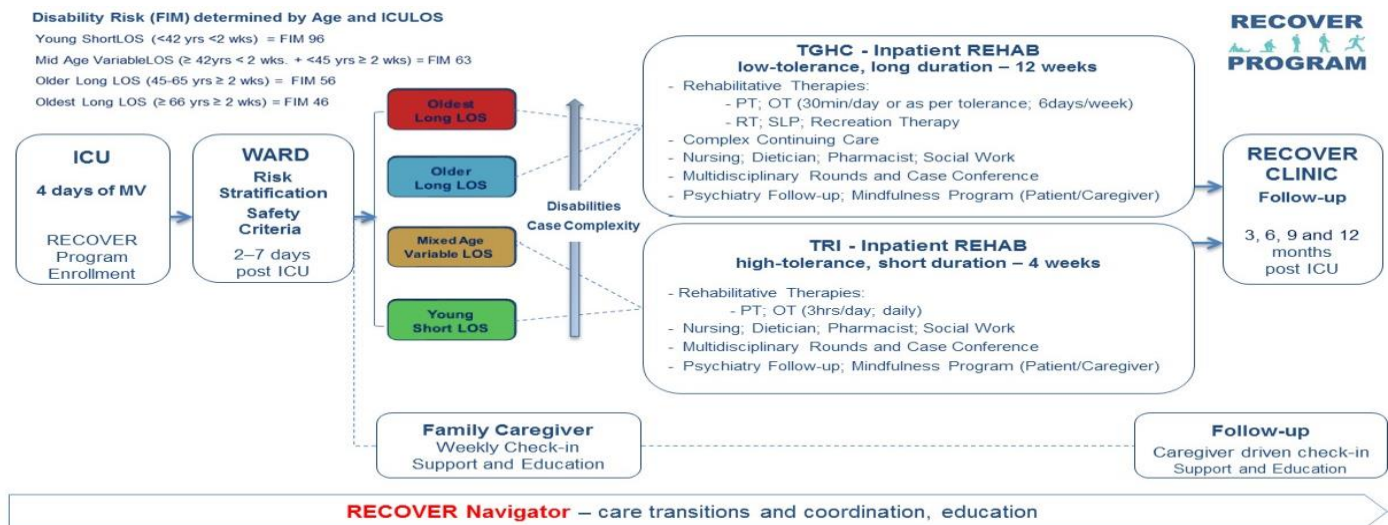


Figure 3 – RECOVER Program Care Pathway after Critical Illness

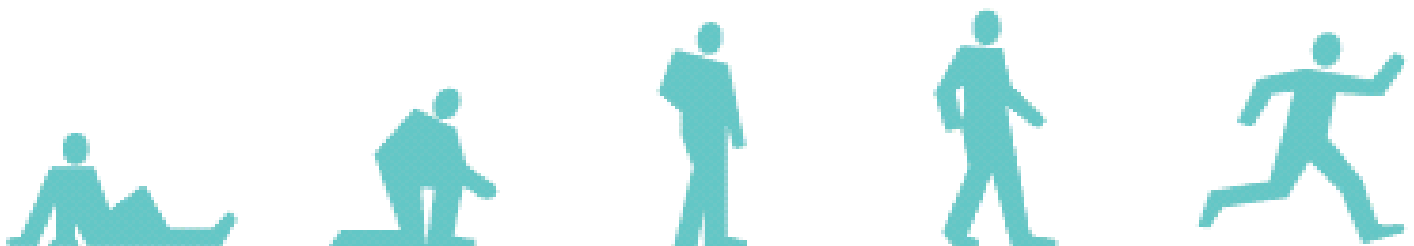
This RECOVER booklet will assist patients and family caregivers to understand the effects of the critical illness may have on their bodies and minds and. It provides information to guide patients and families across recovery trajectory - from the critical care to community living.

Why might you need a RECOVER program?

- Due to a critical illness you will experience complex healthcare needs that impact level of recovery within the first 12 months of ICU discharge
- Important source of information, education, and emotional support
- Collaborates with the various healthcare team members throughout the recovery phases
- Navigator provided enhanced continuity of care from ICU all the way to the follow-up clinic.

What is a RECOVER Navigator?

- The RECOVER Navigator is a specialty trained nurse in critical care with extensive knowledge in complex critical illnesses and the needs based on the individual patient during the phases of recovery
- Navigator will aid with the transition of the patient, caregiver, and healthcare team between the phases of recovery from a critical illness.
- Provide education, emotional and logistical support to the patient and caregiver on a continuum though out the recovery phases.
- Supports patients and caregivers by routinely monitoring and assessing patient's health
- Regular follow-up with patient and caregiver weekly throughout recovery



Intensive Care/Critical Care (ICU)

A Critical Care Department may also be referred to an Intensive Care Unit (ICU), which is a special department within the hospital that provides the skill of highly trained, compassionate personnel and specialized, modern technology. The ICU is for patients with the severe, complex and life-threatening illnesses and or injuries, which require constant; close monitoring and support from specialized equipment, and medications in order to support the patient. They are staffed by highly trained doctors, critical care nurses, respiratory therapists (RT), wound care specialist, speech language pathologist (SLP), occupational therapist (OT) and physiotherapists (PT) who specialize in caring for critically ill patients. The RECOVER Navigator will be providing ongoing educational and emotional support through follow-up visits and telephone monitoring (patient/caregiver).

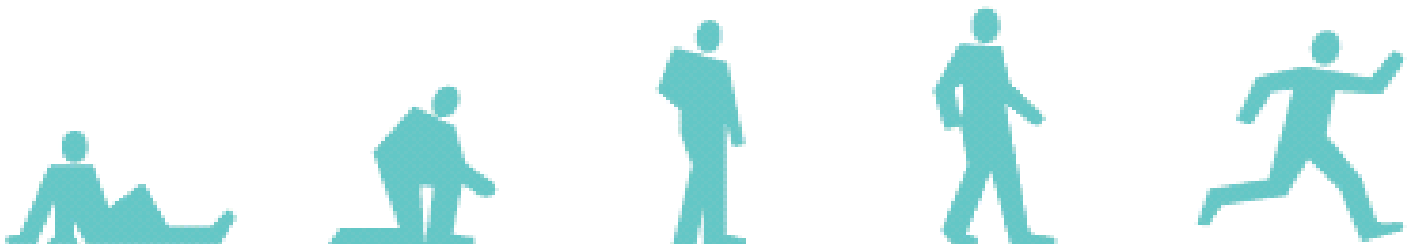
Common Critical Illness effects:

- Attention/concentration issues, Memory issues
- Change in mood
- Sleep disturbances
- Breathing issues
- Organ failure
- Tiredness and fatigue and endurance tolerance
- Changes to body image
- Mobilization/assistive devices
- Pain
- Nutrition, decreased appetite, nausea
- Incontinence of urine or stool
- Skin: pressure ulcers, surgical wounds
- Wounds/pressure ulcers
- Infections
- Medication side effects such as skin rash, diarrhea or stomach upset or severe anaphylactic reaction

What to expect

- Rehabilitative Therapies:
 - PT (10 minutes/day or as per tolerance, 5-6 days/week)
 - RT, OT, SLP as needed
- Complex Continuing Care
- Nursing, Dietician, Pharmacist, Social Work
- Multidisciplinary Rounds with Caregiver participation
- Psychiatry Follow-up, Mindfulness Program (Patient/Caregiver)

Concerned about coping we have mental health professional available to talk to.



Hospital Ward

The specific patient ward a critically ill patient is transferred when they no longer require constant; close monitoring or support from specialized equipment or certain medications depends on reason for hospitalization. They are staffed by highly trained doctors, nurses, respiratory therapists, wound care specialist, occupational therapist and physiotherapists. The patient will be followed by a CCRT nurse for the first 48hrs post ICU discharge. The Critical Care Response Team (CCRT) is a systematic approach to the early identification and facilitation of resuscitation of in-patients at risk of deterioration. It is also a way to provide comprehensive critical care services, critical education, and support /coordinate the care of patients as they leave the ICU.

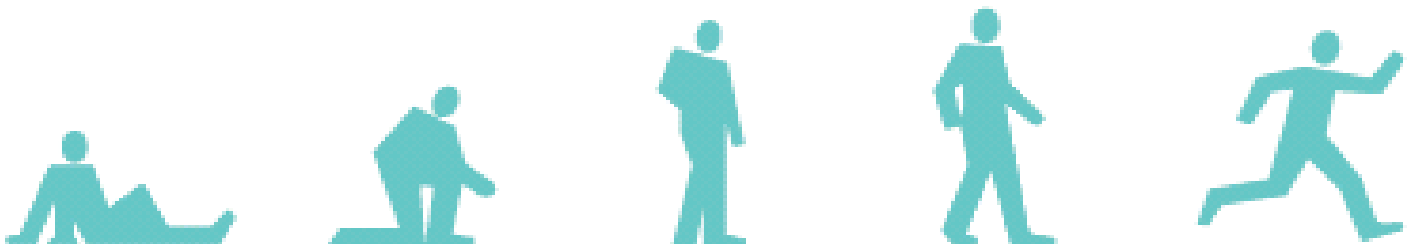
The RECOVER Navigator will be providing ongoing educational and emotional support through follow-up visits and telephone monitoring (patient/caregiver).

Common Critical Illness effects:

- Memory
- Change in mood
- Sleep disturbances
- Breathing/Voice changes
- Tiredness and fatigue and endurance tolerance
- Changes to body image
- Mobilization/assistive devices
- Pain
- Nutrition
- Skin: pressure ulcers, surgical wounds

What to expect

- Rehabilitative Therapies:
 - PT (10 minutes/day or as per tolerance, 5-6 days/week)
 - RT, OT, SLP as needed
- Complex Continuing Care
- Nursing, Dietician, Pharmacist, Social Work
- Multidisciplinary Rounds, with Caregiver participation
- Psychiatry Follow-up, Mindfulness Program (Patient/Caregiver)



Rehabilitation Facility

Inpatient RECOVER Rehabilitation is a comprehensive treatment program that provides hospitalized patients at the Toronto Rehab Institute or Toronto Grace Hospital with specialized care. A number of health care professionals are involved with this care including registered dietitians, occupational therapists, physiotherapists, social workers, speech language pathologists and rehabilitation nurses. The program is an important link in the RECOVER rehabilitation program. The RECOVER Navigator will be providing ongoing educational and emotional support through follow-up visits and telephone monitoring (patient/caregiver).

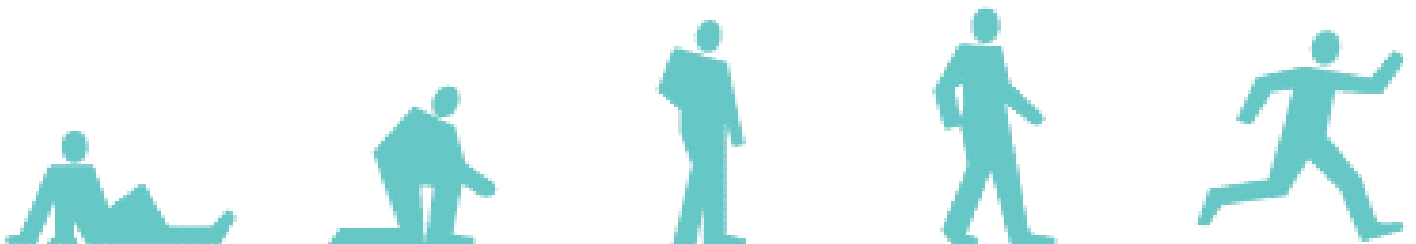
What to Expect

TGHC – Inpatient Rehabilitative Program, Low –tolerance, long duration (12 weeks)

- Rehabilitative Therapies:
 - PT, OT (30 minutes/day or as per tolerance, 6 days/week)
 - RT, SLP, Recreation Therapy
- Complex Continuing Care
- Nursing, Dietician, Pharmacist, Social Work
- Multidisciplinary Rounds and Case Conference
- Psychiatry Follow-up, Mindfulness Program (Patient/Caregiver)
- RECOVER Navigator providing ongoing educational and emotional support through follow-up visits and telephone monitoring

TRI - Inpatient Rehabilitative Program, High-tolerance, short duration (4 weeks)

- Rehabilitative Therapies:
 - PT, OT (3hrs/day, daily)
- Nursing, Dietician, Pharmacist, Social Work
- Multidisciplinary Rounds and Case Conference
- Psychiatry Follow-up, Mindfulness Program (Patient/Caregiver)
- RECOVER Navigator providing ongoing educational and emotional support through follow-up visits and telephone monitoring



RECOVER follow-up Clinic

The RECOVER Clinic is a specialized post ICU discharge follow up clinic for caregivers and patients who are recovering from a critical illness. Clinics are at 3months, 6 months, 9 months and 12 months follow up post ICU discharge.

What to Expect

- Medical assessment and follow-up
- Follow-up with managing medication, therapies and referrals
- Ongoing patient and family education about the recovery process
- Optimization of quality of life, management of effects of critical illness and prevention of hospital admissions
- RECOVER Navigator providing ongoing support through follow-up visits and telephone monitoring

