

# RECOVER



# PROGRAM

*REhabilitation and ReCOVERy in Survivors of Critical Illness*

**RECOVER Follow-up Clinic**



## 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. Follow-up Clinics are at 3months, 6 months, 9 months and 12 months 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 follows the patient starting in the ICU, continuing onto the ward, facilitating the transition into Rehabilitation facility and then discharge home. They educate you about the recovery process from a critical illness and identify risk factors such as depression, PTSD, weakness, physical activity, nutrition and stress management.

# Transferring out of ICU to the ward



## Coming for a Clinic Appointment

The following information will help your visit go smoothly.

### Getting to the Clinic

- Allow time before your appointment to get from your car or transit to the clinic area.
- Clinic is located on the first floor of the Toronto Grace Hospital. You can check in at the Information desk located in the Main Lobby

### Before You Come

- Bring all of your medication with you in the original bottles.
- Ensure that you have your health card with you.
- Your clinic may have provided further instructions for you to follow prior to your appointment. If you are not sure, check with the RECOVER Navigator.
- Do not use any scented skin products (talcum, lotion, perfume, cologne, aftershave, etc.).
- If you are unable to keep your appointment for any reason, please notify the clinic.
- Bring a list of questions you may wish to ask

### Before You Leave

- Check to see if all your questions have been asked
- Make sure you know if there are any next steps following your appointment
- Do you have any tests or procedures booked?
- Were your medications changed?
- When will you have a follow-up appointment?