

Critical Care Follow-Up Clinic (Post COVID follow-up Clinic)



AIM

The aim of this service is to provide support, both physical and psychological support to ICU survivors and COVID survivors.

This clinic is held regularly to review the progress and recovery of patients who had

- a. COVID infection in the past and required oxygen therapy during the illness.
- b. Non-COVID related illnesses and required ICU care in the recent past.

We can give you explanations of your care and treatment advice regarding your recovery. If necessary, referrals can be made to other specialities for further assessment and treatment if required.



SCOPE

1. This Clinic focuses on ICU survivors who frequently experience decreased physical function, continuation of pain, global cognitive impairment especially for memory and executive function, emotional instability, and anxiety and depression.
2. This Clinic focuses on COVID survivors who had moderate to severe COVID illness.
3. In this Clinic we assess
 - a. Pulmonary functions: aim will be on improving residual pulmonary functions and rehabilitation.
 - b. Renal functions will be assessed, especially those who recovered from renal failure.
 - c. Post-traumatic stress disorder after ICU stay: Anxiety and depression will be assessed and treatment will be suggested. If required, we will refer to a psychiatrist.
 - d. Speech and swallowing issues after mechanical ventilation will be assessed.
 - e. Physical rehabilitation.



INFORMATION TO THE PATIENTS

- Many COVID survivors of critical illness face a long and difficult recovery period. Physical and psychological problems, such as nightmares, anxiety and panic attacks are very common.
- If you have spent more than two-three days in ICU, you can visit our follow-up clinic. Research has shown that a significant number of people who have had a critical illness may benefit from attending a follow-up appointment.
- The Clinic will provide you and your family with an opportunity to discuss your experience with us and we will hopefully be able to answer any questions that you have about your illness or hospital stay. It also offers us an opportunity to check that you are continuing to make good progress with your physical and psychological recovery.
- Lastly it allows us to learn from you and your family, which in turn, will help us to continue to improve the care we provide for future patients and their relatives.
- We understand the road to recovery is often a long and emotionally difficult journey. We also recognise that the journey for the patient and their family and friends is very different. The follow-up clinic provides an opportunity to better understand the challenges involved in these separate but related journeys.



HOW TO GET APPOINTMENT

Patients who wish to visit our clinic can get registered at OPD registration counter saying that you want to attend **critical care clinic** (or) ask your primary physician to refer to our clinic.

Critical Care Clinic/ Post Covid Follow-up Clinic is located at room number 35.