



Information for
patients and
carers

Critical Care Follow-Up Clinic

Your appointment during the COVID-19 pandemic

What is the purpose of the follow-up clinic appointment?

Your appointment gives us the chance to check on your physical recovery and gives you the opportunity to discuss any worries or concerns that you may have about getting better.

We are also interested in your emotional well-being, as you or those close to you, may have noticed changes in your mood and behaviour.

People often find it hard to remember much about their stay on the unit and this can make them feel confused and unclear about what happened. During your appointment we will be able to talk about your time on the unit and you can ask questions about the care you received.

We will also be able to offer you advice and if necessary, we can refer you for further specialist assessment and treatment.

Who will receive an appointment?

You will be invited to attend an appointment at the follow-up clinic if you have been cared for in Critical Care Unit for four or more days. We are also inviting all patients who tested positive for COVID-19 whilst being cared for on the unit to attend an appointment at the follow up clinic.

When will I receive an appointment?

You will receive an appointment approximately 8 – 12 weeks after you have been discharged from hospital.

How long will my appointment take?

Please anticipate that your first appointment is likely to take 45 minutes.

How will I attend my appointment?

Due to the current COVID-19 pandemic restrictions, follow-up clinic will be held either via secure video consulting or telephone. We regret that we are unable to offer face to face appointments at this time.

You will be contacted by telephone before your appointment to check if you are able to use the secure video consulting or if you will need a telephone appointment. Instructions will be given to you and if you choose video consulting then a link will be sent via e-mail.

Prior to your appointment questionnaires will be sent out to you, please complete and return via the enclosed stamped addressed envelope. The questionnaires will be reviewed in the appointment.

Before the appointment it is a good idea to make a list of what you want to ask.

Common emotional and psychological responses after serious illness

It is common to feel anxious after being seriously unwell. After a serious illness you may find you have anxieties about your health and fears about the future.

It is also common for people to feel down in their mood and sometimes depressed as they come to terms with having been seriously ill.

Whilst some people remember little about their time on the unit, they may remember upsetting dreams or certain things could stick in their minds that don't make sense. Sometimes people find it hard to get painful memories out of their mind or they may not want to be reminded of anything to do with the stay on Critical Care Unit.

Many people become irritable, frustrated or sad when they are not able to do the things they always could before being ill. For a time you may be dependent on someone to continue caring for you.

Of course not all emotions are negative; many people feel relieved and thankful to be out of the Unit and often wish to make positive changes in their lives.

What if I am unable to attend my appointment?

If you are not well enough to take part in your appointment or are having difficulty, please contact the Clinical Health Psychology Service on **01772 522865**.

If you find the answerphone is on please leave a message, we will call you back as soon as we can.

Contact details

Should you require further advice or information please contact the Clinical Health Psychology Service on **01772 522865** (answer phone is available 24 hours).

Sources of further information

www.lancsteachinghospitals.nhs.uk

www.nhs.uk

www.patient.co.uk

www.accessable.co.uk

www.icusteps.org

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If you want to stop smoking you can also contact the Quit Squad Freephone 0800 328 6297.

Please ask if you would like help in understanding this information. This information can be made available in large print and in other languages.

Cantonese:

如果你希望以另外一種格式接收該資訊，請和我們聯絡，不必猶豫。

Gujarati:

જો તમને આ માહિતી બીજી રચના કે ફોર્મેટમાં મેળવવાની ઇચ્છા હોય, તો કૃપા કરી અમારો સંપર્ક કરતા અચકાશો નહિ.

Hungarian:

Kérjük, vegye fel velünk a kapcsolatot, ha más formában kéri ezt az információt.

Polish:

Jeżeli chciał(a)by Pan/Pani otrzymać niniejsze informacje w innym formacie, prosimy o kontakt.

Punjabi:

ਜੇ ਤੁਸੀਂ ਕਿਸੇ ਹੋਰ ਫਾਰਮੈਟ ਵਿਚ ਇਹ ਜਾਣਕਾਰੀ ਲੈਣਾ ਚਾਹੁੰਦੇ ਹੋ ਤਾਂ ਸਾਡੇ ਨਾਲ ਸੰਪਰਕ ਕਰਨ ਤੋਂ ਨਾ ਝਿਜਕੋ।

Urdu:

اگر آپ اس معلومات کو کسی اور صورت میں حاصل کرنا چاہتے ہیں تو برائے مہربانی ہم سے رابطہ کرنے میں ہچکچاہٹ محسوس نہ کریں۔

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