

# Implementation of the Critical Care Rehabilitation Team at LTHT

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## Discuss

- What was already in place at LTHT
- How we developed a Critical Care Rehabilitation Service at LTHT from 2018 to present day
- Plans for the future

# Critical care at Leeds Teaching Hospitals

## Leeds General Infirmary

3 Critical Care Units

- Cardiac ICU
- Neuro ICU
- General ICU

### Specialisms within the hospital include:

- Major trauma centre
- Cardiac surgery
- ENT
- Neurosciences, which includes services for spinal surgery, neurosurgery, neurology and stroke
- Plastics
- Maternity services

## St James University Hospital

2 Critical Care units

- General ICU
- Surgical ICU

### Specialisms within this hospital include:

- Renal
- Gastro
- Respiratory
- General medicine
- Haematology and oncology
- Hepatology – National Centre for Liver transplants
- Elderly medicine
- Maternity services

## Before the critical care rehabilitation team...

- A critical care outreach team
- A follow up clinic for only 2 of 5 units
- Compliance to the NICE CG83 was only 36%
- CQC inspection found 'minimal specialist support was offered' post-critical care
- Audit by Critical Care Outreach:
  - Patients appropriately screened and rehabilitated on ICU
  - Varying rehab pathways following step down depending on hospital site or speciality



Advances in  
Critical Care

Reduction in  
Mortality Rates

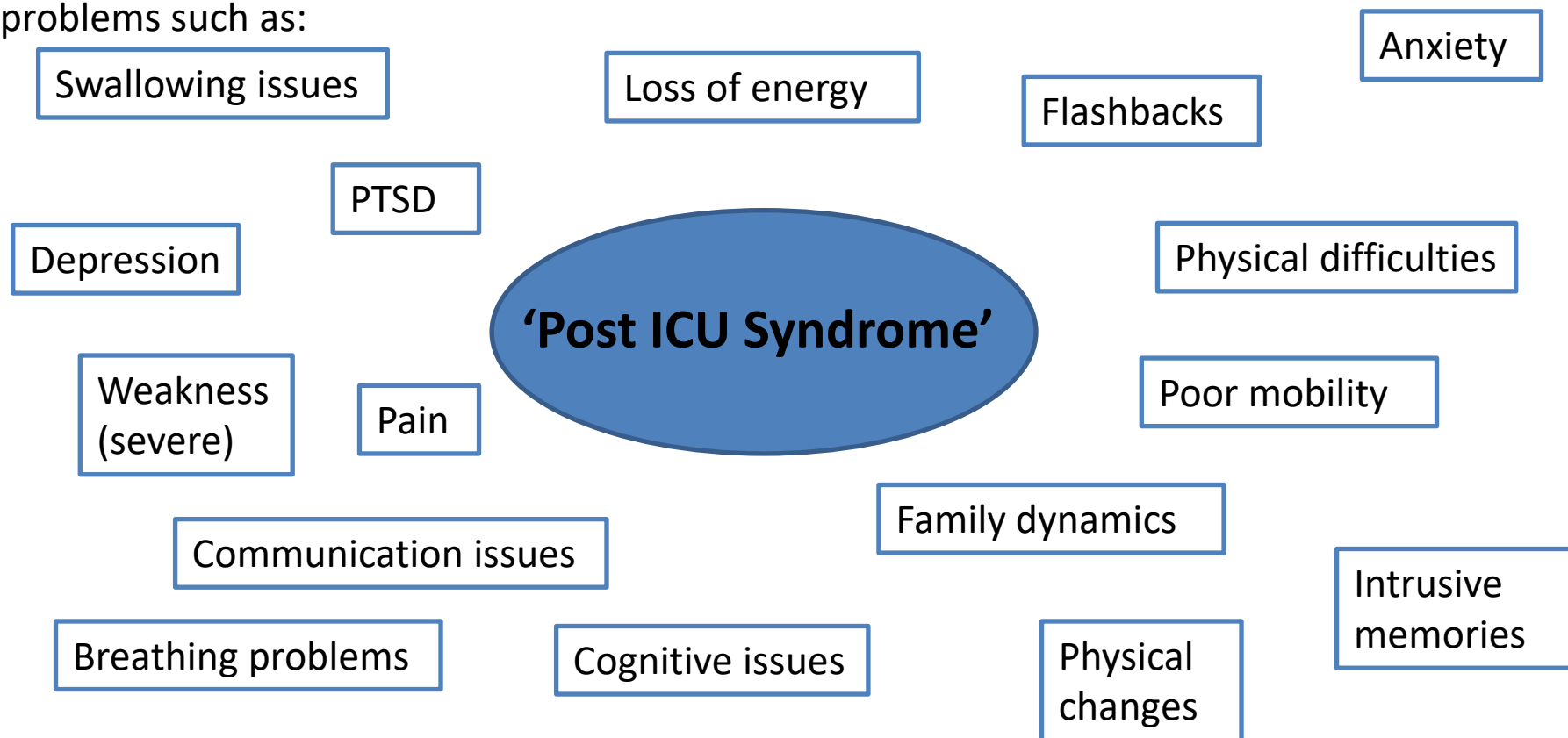
Recovery

Increase in ICU  
survivors

Long term  
complications

CG83: Rehabilitation after critical illness in adults (NICE, 2009)

Discharge from Critical Care is the start of an uncertain journey characterised by problems such as:



## So what next?

- SBAR to identify what LTHT would need to comply with CG83
- Seconded post created to set up the rehabilitation team
- Visited other critical care rehabilitation teams
- Set aims for the team
  - Reduce length of hospital stay post step-down
  - Improve morbidity at the point of discharge
  - Improve patient and relative involvement in treatment plans
  - Reduce psychological stress post-ICU



Used NICE CG83 as a basis to form a  
Critical Care Rehabilitation Service  
based on the patients needs  
holistically



Reduced length of stay by 50% post  
critical care



## Critical Care Rehabilitation Team

- Started in June 2018 on one ICU
- 1 team leader
- 2 rehabilitation assistants
- Patients I+V for over 72 hours

## On ICU

- Introduce ourselves
- Support early rehab
- Ensure diary is started

## On the ward

- Initial assessment
- Support physical and cognitive recovery
- Psychological support
- Family support

## After discharge

- Follow up email address
- Follow up clinics
- Peer support group

## After the first 12 months of the service:

- 3.5 day reduction in ward stay post-critical care
- Positive feedback from patients, relatives and staff
- Improved patient experience following step down
- Highlighted as 'Outstanding' by the CQC



## Expanding the service to the LGI

LGI caseload audited and identified service requirements and a business case was designed to fund and recruit to the service at the LGI

Increasing the team to:

- 1 team lead
- 2 Rehabilitation co coordinators
- 4 Rehabilitation assistants

We successfully recruited to all these roles and implemented the service at the LGI in Spring/Summer 2021, working closely with critical care units and therapy teams



# West Yorkshire Peer Support Group



A support group has been set up to help people and their families, who have previously spent time on critical care. You are welcome to drop in and share your experiences with others, or to just listen. Complimentary refreshments will be available. Hospital staff based from the LTHT critical care units and critical care rehabilitation team will be present at the group to help answer and questions and provide information as required. Social distancing and COVID safety measures will be in place. Please feel free to drop in once or to attend regularly.

**When** 17:00-19:00  
**Where** Thackray Medical Museum, Beckett Street, Leeds, LS9 7TF  
**Dates:** The first Thursday of every month

  
**The Leeds Teaching Hospitals**  
NHS Trust

**For further information:**  
Email: [Leedsth-tr.followup@nhs.net](mailto:Leedsth-tr.followup@nhs.net)  
or call: 0113 206 8961



 **What did you think of your care?**  
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*Your views matter*



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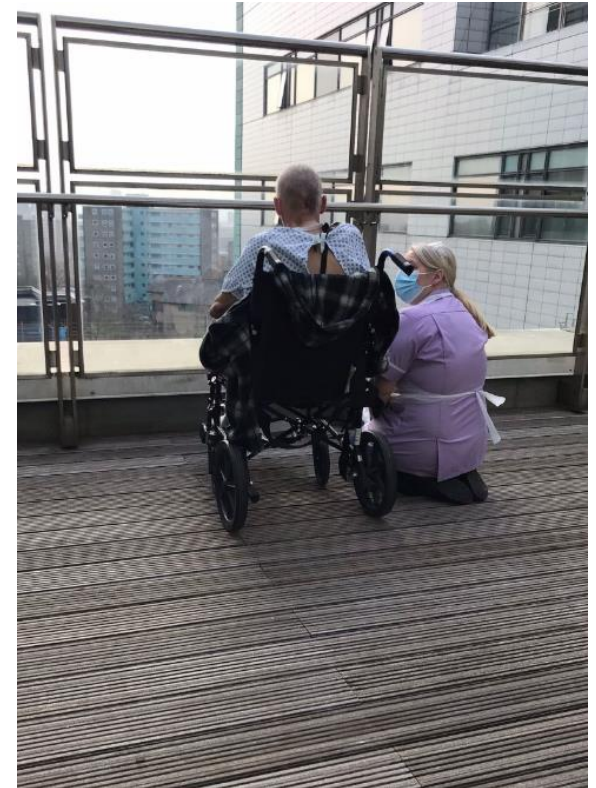
## What do we have now?

- Established critical care rehab service for all critical care units on both sides of the city
- Follow up clinics for all 5 units, predominantly nurse led and with AHP involvement
- CG83 compliance up to 72%, ongoing work to continue to improve this
- Critical Care Support Group for West Yorkshire



# What next for the Critical Care Rehabilitation Team?

- A multidisciplinary team
- ICUSteps affiliation for the support group
- Introducing the use of photographs in ICU diaries at LTHT



## Contact us

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