



Ng Teng Fong
General Hospital



Intensive Care Medicine – Multidisciplinary Clinic

Overview

The Intensive Care Medicine Multidisciplinary Clinic (ICM-MD) aims to reduce the risk of Post-Intensive Care Syndrome (PICS) and improve overall physical and mental health among people who survive a critical illness in the Intensive Care Unit (ICU). The ICM-MD team comprises physicians and advanced practice nurses who specialise in intensive care.



What is Post-Intensive Care Syndrome (PICS)?

PICS is a group of problems experienced by people who have survived a critical illness and prolonged stay in the ICU. These problems persist after a person is discharged from the ICU and often decrease the overall quality of health and daily living.

The symptoms of PICS include:

+ Physical limitation

After critical illness, some people are unable to return to their normal daily function and experience difficulty with movement or exercise. As a result, some are unable to return to work or care for themselves without help.

+ Cognitive impairment

This is characterised by poor concentration, decreased memory and trouble with making complex decisions.

+ Mental health

ICU survivors are at risk of developing Post-Traumatic Stress Disorder, depression, anxiety as well as sleep disturbances.

+ Development of chronic medical condition(s)

New chronic medical problems may be diagnosed during hospitalisation or may have developed during the progression of the critical illness.

Who can be affected by PICS?

PICS can affect anyone who has survived a critical illness and was discharged from ICU, e.g. people who were diagnosed with severe infections, suffered from lung failure or required lung support machine assistance due to low oxygen levels, delirium and/or low blood pressure during their stay in the ICU.

Critical illnesses affect the family too. Feeling anxious and worried as a result of a loved one's critical condition might lead to family member(s) experiencing anxiety, loss of appetite and even depression. During the ICM-MD clinic visit, our team will assess and identify PICS early, and provide support to you and your family promptly.





Caring for you post-ICU discharge

Our dedicated ICM-MD team will review your progress and recovery by performing a thorough medical assessment, which will include assessing your physical and psychological well-being.

ICM-MD Clinic provides an opportunity for you to discuss any problems you may have experienced after discharge from the hospital. We will work closely with you to ensure your recovery is accelerated.

You may be referred to our team of physiotherapists, occupational therapists, pharmacists and dietitians to ensure:

- You are actively participating in physical rehabilitation to regain strength and have the necessary home equipment for prescribed exercises
- You are prescribed with the right medication
- You are aware of the required daily nutritional intake in your diet

What can you expect during your visit to the ICM-MD clinic?

During your visit, our team will review your progress and recovery post discharge from the ICU. Each session may last up to two (2) hours.

During the session, our team will also discuss the content of your ICU Diary. The ICU Diary provides a factual account of your daily progress in the ICU. It aims to fill the gaps in your memory while you were critically ill.



Notes

The information in this brochure is meant for educational purposes and should not be used as a substitute for medical diagnosis or treatment. Please seek your doctor's advice before starting any treatment, or if you have any questions related to your health, physical fitness or medical condition.

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