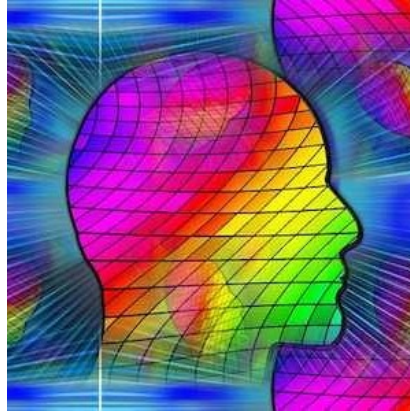




Post-Intensive Care: AACN Publishes New Resource



The [American Association of Critical-Care Nurses](#) has announced publication of a collection of articles on how to address post-intensive care syndrome (PICS) both for the patient and for the family.

The resource, "Symposium: Patient and Family Post-Intensive Care Syndrome" is published in [AACN Advanced Critical Care](#), April-June 2016 edition.

Judy Davidson, RN, DNP, an evidence-based practice and research nurse liaison at University of California San Diego Health, with educational consultant Maurene Harvey, MPH, served as symposium editors and wrote an introduction.

See Also: [Risk of PTSD after ICU](#)

"The science supporting these strategies is young, but in the absence of strong evidence, we have a duty to take action in the best interest of the health of our patients and our community," Davidson said in a press release from the AACN. "We hope that the guidance offered in these articles will provide a compelling impetus for change."

The symposium comprises 4 articles:

1. [Implementing a mobility program to minimize post-intensive care syndrome](#)
2. [A clinic model: post-intensive care syndrome and post-intensive care syndrome-family](#)
3. [Developing a diary program to minimize patient and family post-intensive care syndrome](#)
4. [Peer support as a novel strategy to mitigate post-intensive care syndrome](#)

The last article outlines the outcomes from peer support groups run at six hospitals as a project funded by the [Society of Critical Care Medicine as part of its THRIVE initiative](#) to support survivors of critical illness to evaluate the feasibility of peer support and amassing a body of proven experience and skills to support ICU survivors.

Lead author [Mark Mikkelsen](#), MD, MSCE, assistant professor, department of medicine at the Perelman School of Medicine at the University of Pennsylvania, Philadelphia said: "Peer support groups can do more than help individual survivors. They position the survivors themselves as experts key to finding solutions."

Two regular columns in the journal also address post-intensive care syndrome. Judy E Davidson and Karen

Stutzer write about [the ethics of post-intensive care syndrome](#) and Joanna L. Stollings and colleagues write on [medication management to ameliorate post-intensive care syndrome](#).

Source: [American Association of Critical-Care Nurses](#)

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