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## Six ICU Patient and Family Info Resources



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Information in plain language at a confusing and stressful time can be of great help to patients and their friends and families both during and after a stay in the ICU. Here are ICU Management's selection:

[My ICU care](#) - Society for Critical Care Medicine

Includes information on decision making, participating in care, what questions to ask, [why patients look that way](#) (with a diagram of what each tube and line is for), choices for life support and taking care of yourself while a loved one is in the ICU.

[NHS choices - intensive care](#)

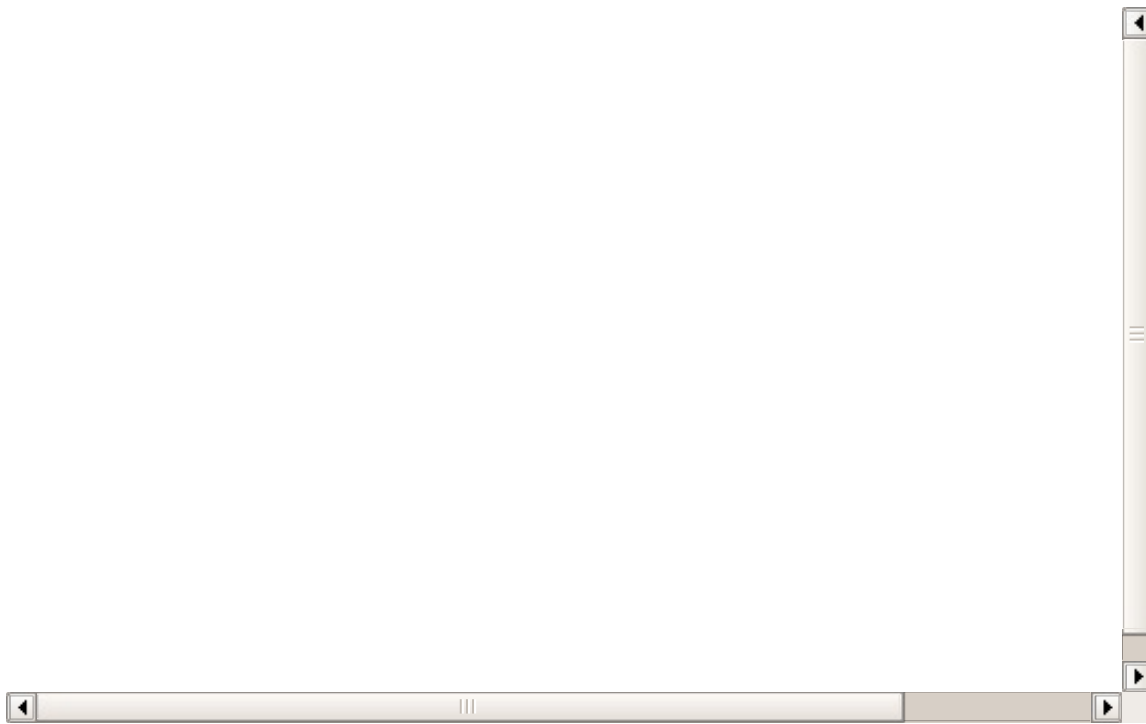
Looks at what is, who needs it, visiting, equipment and recovery.

[ICUsteps](#)

Website of an intensive care patient support charity, which supports those who have been affected by critical illness, and includes a patient community forum. The booklet "[Intensive care: a guide for patients and relatives](#)" is available to download from their website in Arabic, Bengali, Chinese, Danish, Dutch, English, French, German, Hindi, Norwegian, Polish, Punjabi, Spanish, Swedish and Urdu.

[Intensive care: experiences of family & friends](#)

Videos of people's experiences of visiting, keeping a diary, receiving information from doctors, recovery and adjusting to a changed life. Also has [section on patients' experiences](#).



### [ICU Delirium](#)

Includes video testimonials on memories from the ICU, recommendations for patients, loved ones and providers, physical impairment following critical illness, outcome after ICU stay and long-term neuropsychological dysfunction.

### [Intensive Care Foundation \(UK\)](#)

Information for patients and relatives, including patient stories and booklets on “Your stay in intensive care”, “General information for patients and relatives” and “Discharge from intensive care.”

Published on : Tue, 9 Jun 2015