MAYO CLINIC

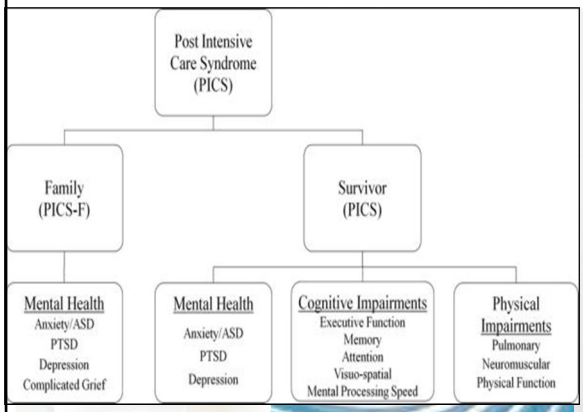
DIARIES IN THE USA (AT THE MAYO CLINIC)

Lioudmila Karnatovskaia

June 10, 2025

1

OVERVIEW



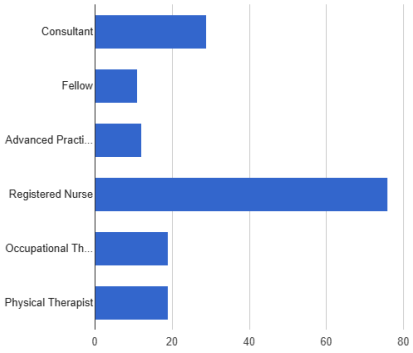
Perceived staff indifference

Hallucinations, nightmares

2

ICU DIARY SURVEYS

2022 n=184



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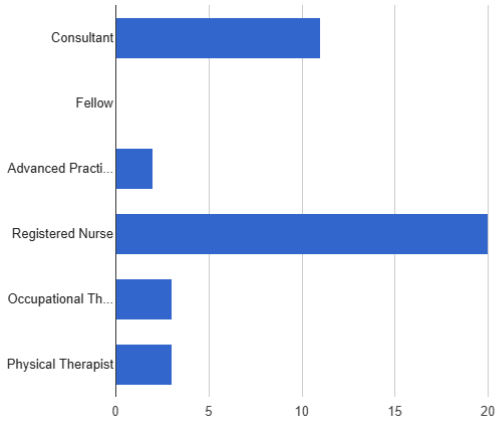

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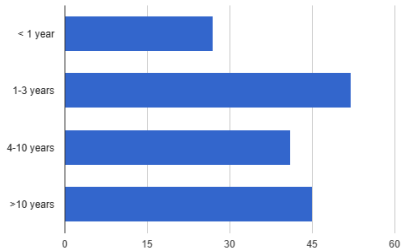
ICU DIARY SURVEYS

2022



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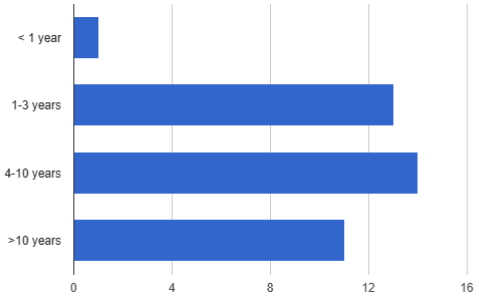

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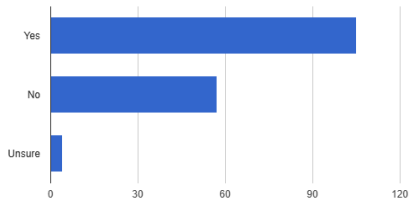
ICU DIARY SURVEYS

2022



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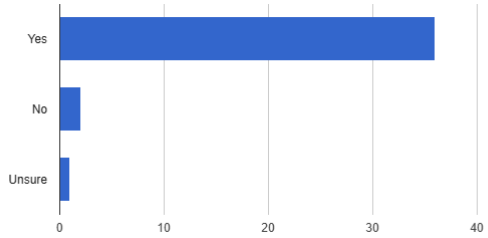

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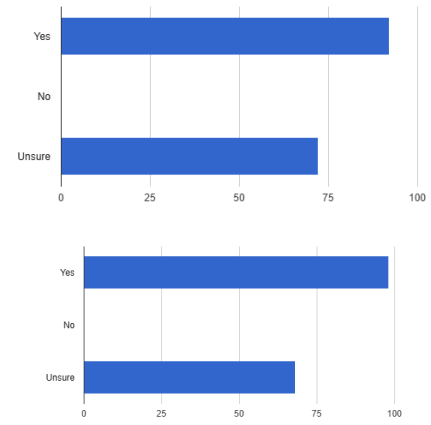
ICU DIARY SURVEYS

2022



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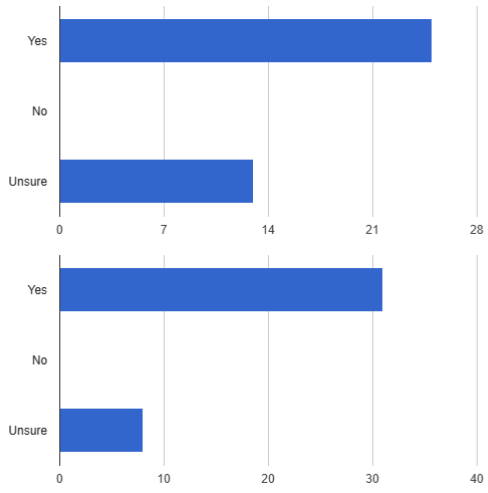

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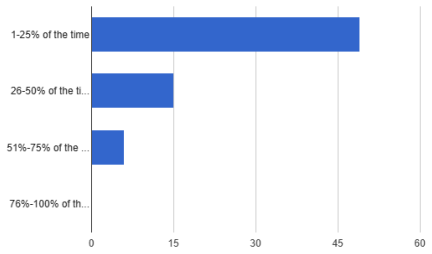
ICU DIARY SURVEYS

2022



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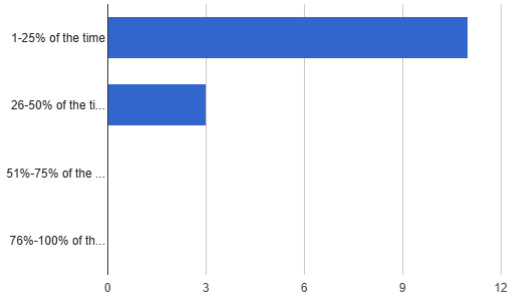

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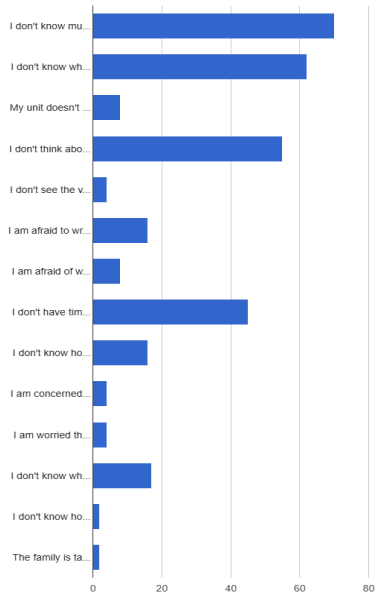
ICU DIARY SURVEYS

2022



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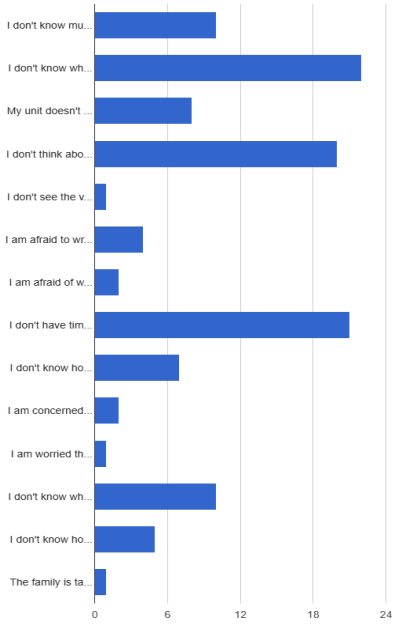

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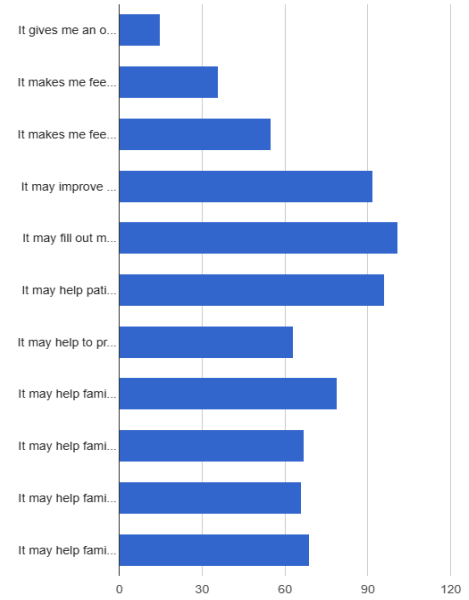
ICU DIARY SURVEYS

2022



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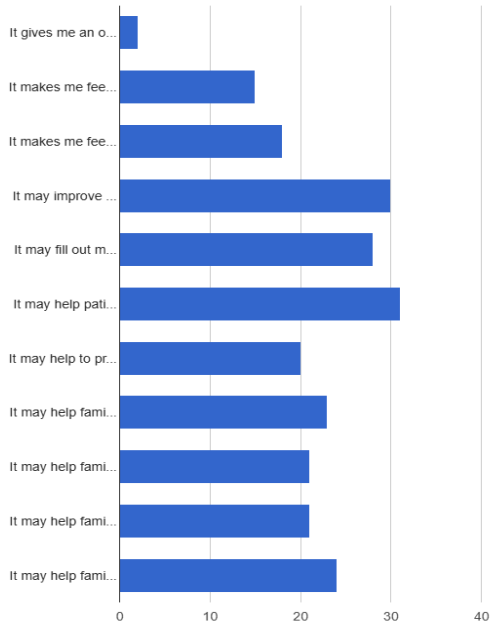

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ICU DIARY SURVEYS – 2022 - BENEFITS

- **If family is literate in care, it is beneficial**. If it is more intimidating and confusing, it will add another stress factor.
- **It may help me see what other things are being done with the patient** and prevent duplication of services as appropriate
- **Never used one**/I do not know about ICU diaries/Unfortunately, have not heard of ICU diaries, may be helpful and am interested.
- so is this supposed to be a **patient/family experience or it sounds like the health care providers write in it too**? I think that would be difficult and get lengthy

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ICU DIARY SURVEYS – 2025 - BENEFITS

- I have only filled out the diary once, added a nice note. It was amongst the many behaviors to connect with a seriously ill patient and family where we were in the process of also going through dialogue on expectations and prognosis.
- Families are able to write questions/answers that they may have in the diary to help them better understand the plan of care with their loved ones.
- I **see no benefit directly related to the care provider**
- a personal log of events through the eyes of the family or patient
- It **may help patients better communicate** their needs/questions to providers and family by writing them down in real time and in chronicity to the events that prompted those needs/questions.
- An **outlet** for fear and frustrations, as well as feelings of happiness, relief, etc.

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SUGGESTIONS - 2022

- Please offer **more education** about them, I can only assume what they are (to help patients and families cope with their current situation, reduce the incidence of PICS, etc.), but have never actually heard of them. Discuss legal ramifications. Provide education regarding how to present them to families
- Put them **somewhere noticeable**
- **Promote** them during team days and/or as an inservice
- Gauging if it is an appropriate intervention for that patient/family dynamic. **Not all patients will benefit**, and it should not be aggressively pushed for ALL patients.
- I **wasn't aware we had an ICU diary program** - if we do - on 6 B/G. Also, who writes in the diary - the providers or the family (or both)? Don't know very much about them, but support their use in general.

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SUGGESTIONS - 2022

- **If there is literature to support the use of diaries, then administration of diaries in our ICU should fall to a volunteer or social worker or nursing student.**
- Diary should have a brief overview of the benefits, instructions as well as a brief example on the first page
- I didn't know this was going on so will need to advertise this more. As this is starting out, finding ways to incentivize would be good to ensure compliance.
- Giving **guidelines/templates to give more structure** for families/staff.
- Please do **one on one education with the nurses** on the unit to help facilitate the usage of these diaries
- Encourage RNs to update/keep diary if family doesn't write in journal
- **Online** diaries?

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SUGGESTIONS - 2025

- Let's invite **Peter Nydahl** for a guest lecture and grand rounds, maybe even enterprise wide. Have people learn of why he does it, how, and appreciate the outcomes that we do not know about as yet. Will help inspire broader interest
- The diary itself I do not think needs any improvement. I do think the **awareness** if the diary could be improved. Some coworkers did not know that it was a thing or did not know where it was stocked. I think the diary is a helpful tool
- **OK as long as it does not add anything to my workload** and deter form my main mission which is to provide critical care
- **Accessible** - stock of them on each unit, thorough education on use of them for nursing staff, expectation that they will be used. Maybe stock these in the patient room? Place in every room
- **Encourage** use among all disciplines who work with patient; make use of ICU diary a routine task

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SUGGESTIONS - 2025

- Should be **included during rounds** to keep it at the forefront of everyone's mind.
- **Increase multidisciplinary use** and make it more standard practice so it doesn't feel like a judgement call as to whether or not to start a diary.
- More **education** for staff regarding the use of the diary to help increase percentage implemented across the unit
- More **visible** reminder. More **information and tips/tricks**
- **Not sure if physicians and nurses need to write anything unless there is no family**. My understanding is that it is for families to use and write.
- More readily **available**. More education on the uses, the how-to, etc. More promotion of the use of ICU diaries.
- Make them a **part of the admission process**. Offer them to each patient who is expected to stay > 48 hours, or who is critically ill.

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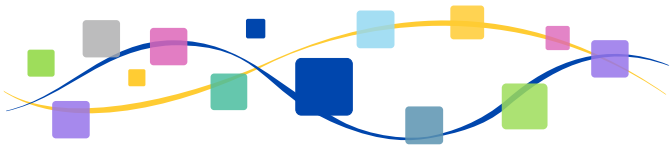
LOTS TO DO – THIS IS THE FIRST STEP!



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