Sir Charles Gairdner Hospital

ICU SURVIVORSHIP

When the going gets tough.

Where the research and practice intersect.

Xavier Fiorilla, Research Coordinator / **Lyn Malcom** , ICU Survivor

INTENSIVE CARE DEPARTMENT

ICU Survivorship in Focus

- Up to 60% of ICU survivors experience impairments
- 1 in 5 with major long-term effects
- PICS: physical, cognitive, and mental health challenges

Voices from the Field

General Practitioners' Awareness of PICS

Study Location	Clinician Type	% Unaware of PICS/PICS-p	% Unaware of Educational Materials
Australia	General Practitioners	80%	93%
Detroit, USA	Pediatricians	73%	Not reported

Anthony et al., General practitioner perspectives on a shared-care model for paediatric patients post-intensive care: A cross-sectional survey. Australian critical care : official journal of the Confederation of Australian Critical Care Nurses (2022)

POST-INTENSIVE CARE SYNDROME

The Origins. Explaining the concept

2010 SCCM

- *Needham DM, Davidson J, Cohen H, et al. Improving long outcomes after discharge from intensive care unit. Crit Care Med.2012;40(2):502–9*

1. Raise Awareness

Among clinicians, patients, families and the general public

2. Increase screening

for patients after ICU discharge

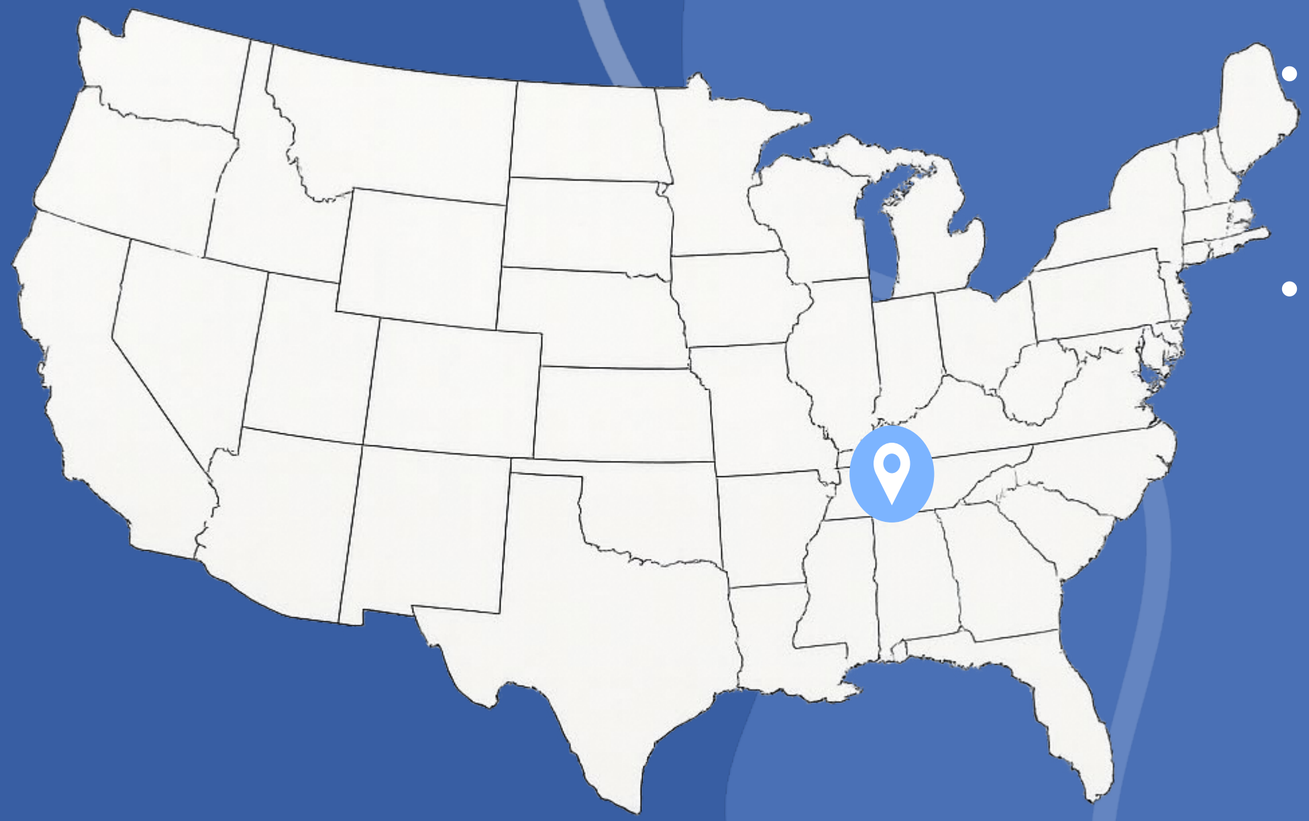
3. Facilitate Research

To investigate specific morbidities after critical illness

What is PICS?

- Physical: weakness, fatigue
- Cognitive: memory loss, attention deficits
- Psychological: anxiety, PTSD
- Caregiver burden is also significant (PICS-F)

The Global Response



USA

- The Thrive Collaboratives (SCCM) Initiative and Post-ICU clinics
- Structured recovery models show promising results (i.e. Critical Illness, Brain Dysfunction, and Survivorship (CIBS) Center Vanderbilt University, Nashville, Tennessee)

EUROPE Landscape

2020

Research paper *Cook et al.*

- *A national survey of intensive care follow-up clinics in Australia*

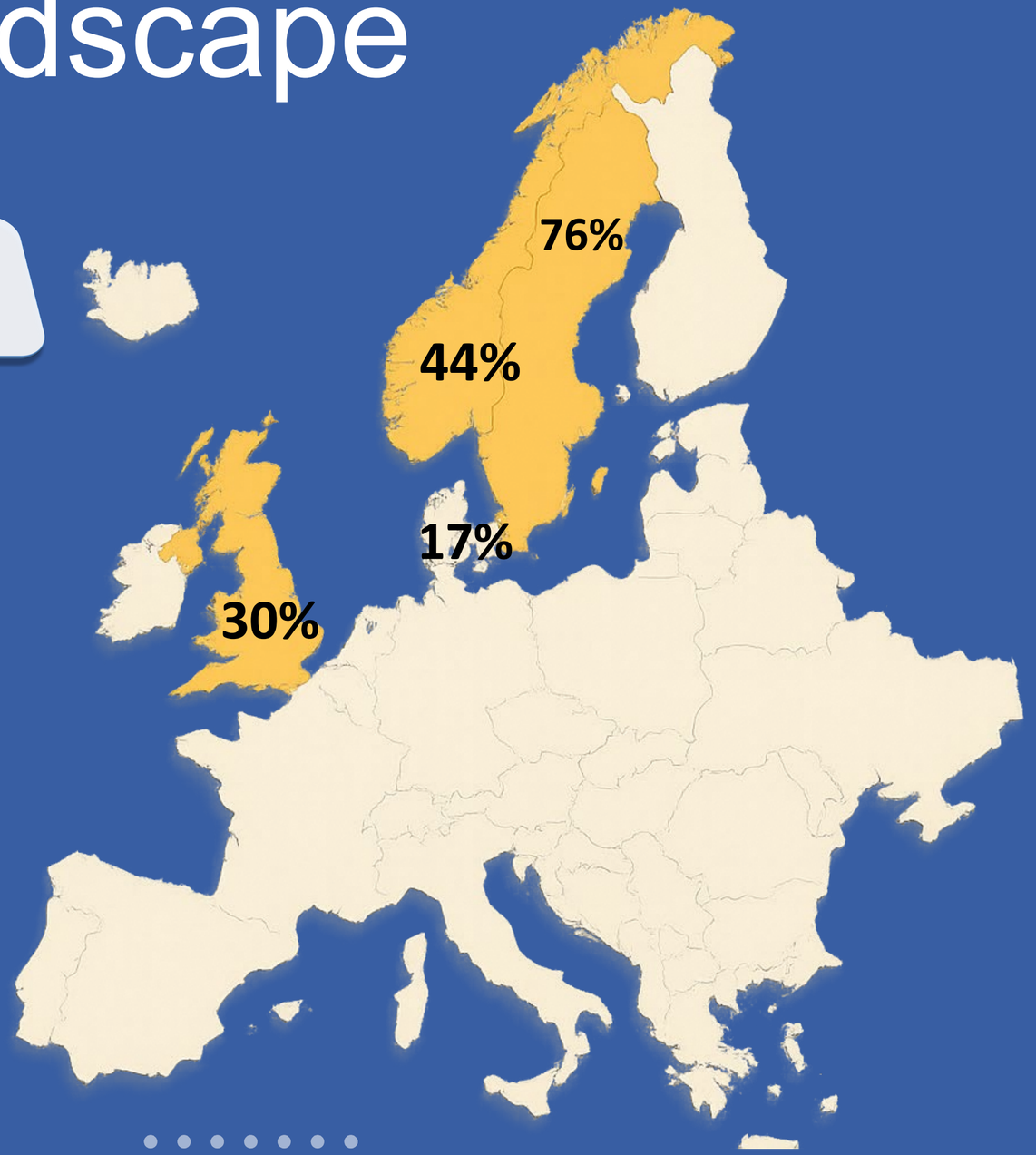
UK: 80 Clinics out of 266 ICUs

Scandinavian Countries:

65 of 86 (76%) ICUs Sweden

31 of 70 ICUs (44%) Norway

8 of 48 (17%) of ICUs in Denmark



The ANZAC Landscape

2020

Research paper *Cook et al.*

- *A national survey of intensive care follow-up clinics in Australia*

In Australia, only 2 ICUs operated an ICU Follow-up Clinic. Only one outpatient follow-up service received dedicated funding, and financial constraints were the main reason given for units not offering outpatient follow-up services.

2025

Research paper [manuscript submitted for publication]
Anstey et al.
Enablers and Barriers to ICU Follow-Up Clinics in Australia and New Zealand: A bi-national survey

AUS: 6 ICUs operated Follow-up Clinics

NZ: 1 ICU operated Follow-up Clinic

ICUs Without Clinics- Barriers to setting up intensive care follow-up clinics

Barriers	N=32	%
Lack of funding to support clinic	28	87.5
Lack of dedicated staff	23	71.9
Staff lack time to run clinic	18	56.2
No interest among ICU staff	9	28.1
Other	8	25

Anstey et al. [manuscript submitted for publication]
Enablers and Barriers to ICU Follow-Up Clinics in Australia and New Zealand: A bi-national survey

The Australian/NZ Context

- Lack of formal recognition for PICS
- No standardized post-ICS follow-up system
- Fragmented post-ICU care
- Fragmented communication between ICU and GPs

- 'We must reduce fragmentation across care transitions' – Leggett et al., 2024

Post-ICU Clinics: Benefits

Interdisciplinary Care

Provide tailored care to ICU survivors' unique needs (Sevin & Jackson, 20219)

Psychological Wellbeing

- Address emotional distress and system fragmentation report ed by Survivors (Leggett et al., 2019)

Continuity of Care

Improve continuity of care and patient empowerment during the recovery (Eaton et al., 2023)

Survivors Feedback

Co-designing effective care models and offer positive recalibration for critical care clinicians

Predicting Risk of PICS?

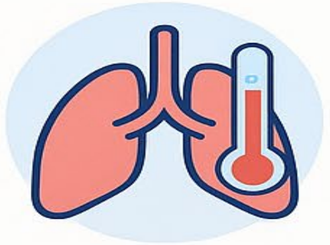
Risk Factors for PICS

Older age, female sex

Previous mental health issues

Prolonged mechanical ventilation

Longer ICU stay, delirium



High disease severity

Low socioeconomic status

Where Research and Practice Intersect

- Predictive models + clinical care = tailored interventions
- Challenges: tool limitations, bias, data integration
- Opportunity: personalised care and better outcomes

Our Local Experience and Team (Sir Charles Gairdner Hospital)

- Post-ICU Clinic established in 2021 with MDT input
- Funding long-term Post-ICU Research and follow-up
- Targeting high-risk patients
- Leverage existing care pathways at SCGH and GP Network
- Creating Peer Support Group and Education on PICS

Testimonial

Lyn Malcom

ICU SURVIVOR


Lyn’s Journey

The Road Ahead

Recovery as a Continuum

- Normalise recovery support as part of Critical Care
- Standardised PICS Screenings and referral
- Empower survivors with education, information and support
- Raise awareness among clinicians, health professionals

WALK 4 PICS

#Walk4PICS

Why We Walk | Walk4PICS Kids | Resources | JOIN US

Join the **International Walk for PICS**

Saturday, September 27, 2025

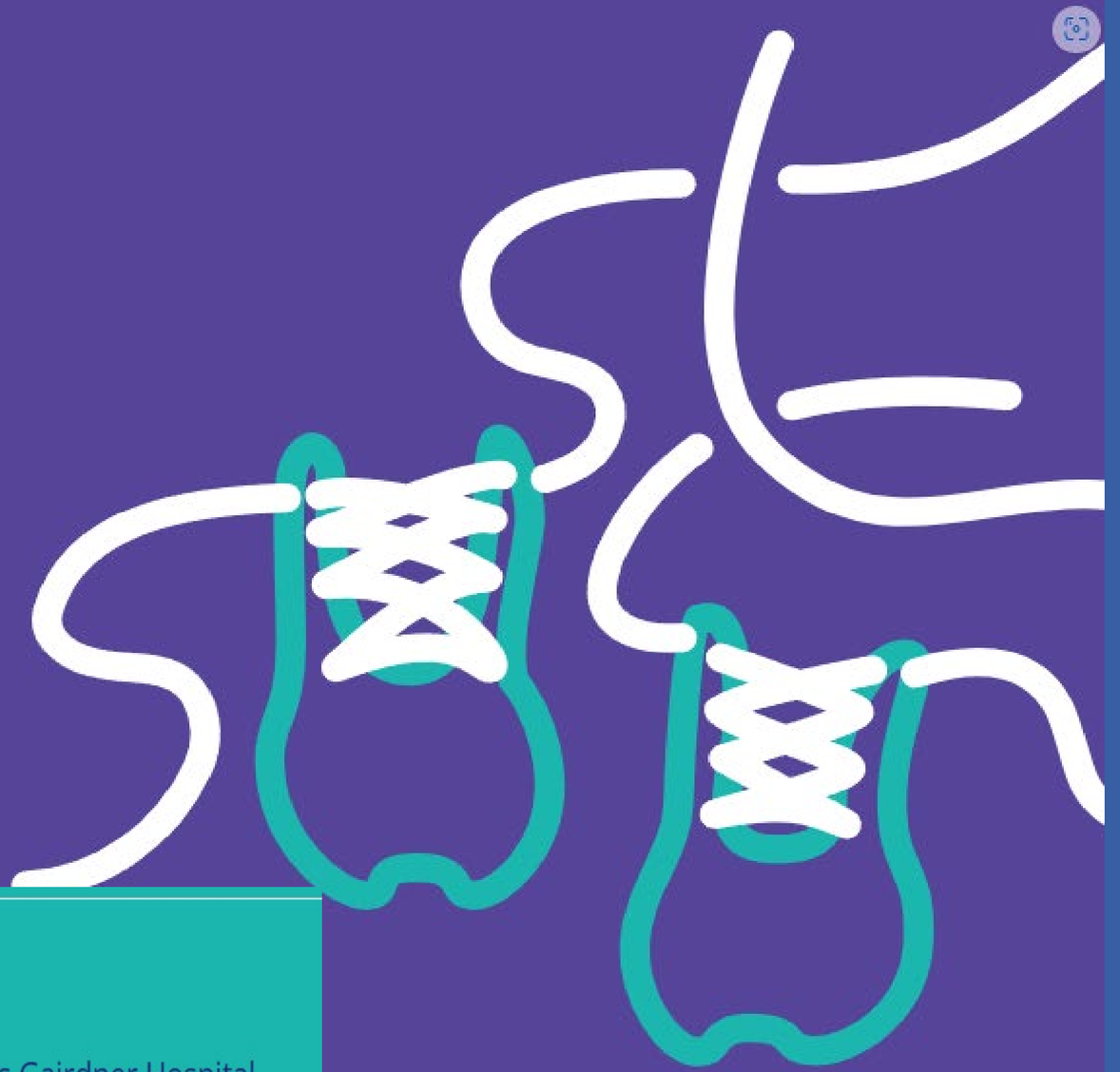
Your City

**Participants can adopt a different day in September to walk if you can't make it that Saturday.*

JOIN US

Perth, Australia

Intensive Care Unit – Sir Charles Gairdner Hospital



Our Team

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(HoD ICU / Co -Lead Research)

ICU Consultants

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Nicky Maxwell (ICU Research Nurse)

ICU Nursing Team

ICU Physiotherapists

ICU Pharmacists

ICU Dietetics staff

ICU Speech Pathologists

THANK YOU

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