

Other support:

ICUsteps: a charity set up by former patients and relatives. It aims to support patients and relatives affected by critical illness.

Website: www.icusteps.org/patients
Voicemail: 0300 30 20 121

Healthtalk.org: A website dealing with personal experiences of health and illness, which includes video interviews with patients and relatives. There is a special section on critical care:

www.healthtalk.org/intensive_care

The Princess Royal Trust for Carers: the largest provider of support services for carers in the UK.

Website: www.carers.org

Samaritans: Samaritans provides confidential, unbiased emotional support, 24 hours a day, for people who feel distressed, desperate or suicidal.

Website: www.samaritans.org

Patient advice and liaison service (PALS)

If you have a question, compliment, comment or concern please contact our PALS team on 020 7288 5551 or whh-tr.whitthealthPALS@nhs.net

If you need a large print, audio or translated copy of this leaflet please contact us on 020 7288 3182. We will try our best to meet your needs.

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Kanitz Critical Care Unit Follow Up Clinic

A patient's guide

The Critical Care Unit offers a follow up clinic for all patients who have been a patient on the unit for 48 hours.



Being a patient on a Critical Care Unit can be very stressful for you and your loved ones. Many patients make an excellent recovery, but some experience continuing complications, whether *physical* (e.g. weakness or breathlessness), *psychological* (depression, anxiety or problems concentrating are all common) or *social* (e.g. in personal relationships, or in returning to work or study). For patients with continuing problems, we have a special clinic.

We are here to help!
The Clinic is run by an Intensive Care Consultant and a Clinical Nurse Specialist. A relative, friend or loved one is welcome to attend with the patient.

The clinic provides:

- Expert review of any problems, to identify causes and treatments
- Support and guidance
- Suggestions for further support
- A link to other specialists
- The chance to arrange a visit back to the Critical Care Unit, to give you a better understanding of your stay.

What happens now?

You should receive a letter and a telephone call two to three months after discharge from the Critical Care Unit, offering you an appointment.

However, any patient can self-refer at any time after discharge by contacting the Nurse in Charge or the critical care unit administrator on

Tel: 02072885470

or by email
whh-tr.itufollowup@nhs.net

Please leave your name and contact details so someone can get back to you.

Our Commitment to You

Critical Care Unit staff work as a team, committed to providing excellent care. To help us do this, please feel free to comment on what we have done well or less well, and to suggest ideas to improve our service. You can write below, and leave this form in the comments box, or post it (or write a letter) to:

Nurse in Charge
Critical Care Unit
2nd floor
Whittington Hospital
Magdala Avenue
London N19 5NF

Your Suggestions and Comments

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