

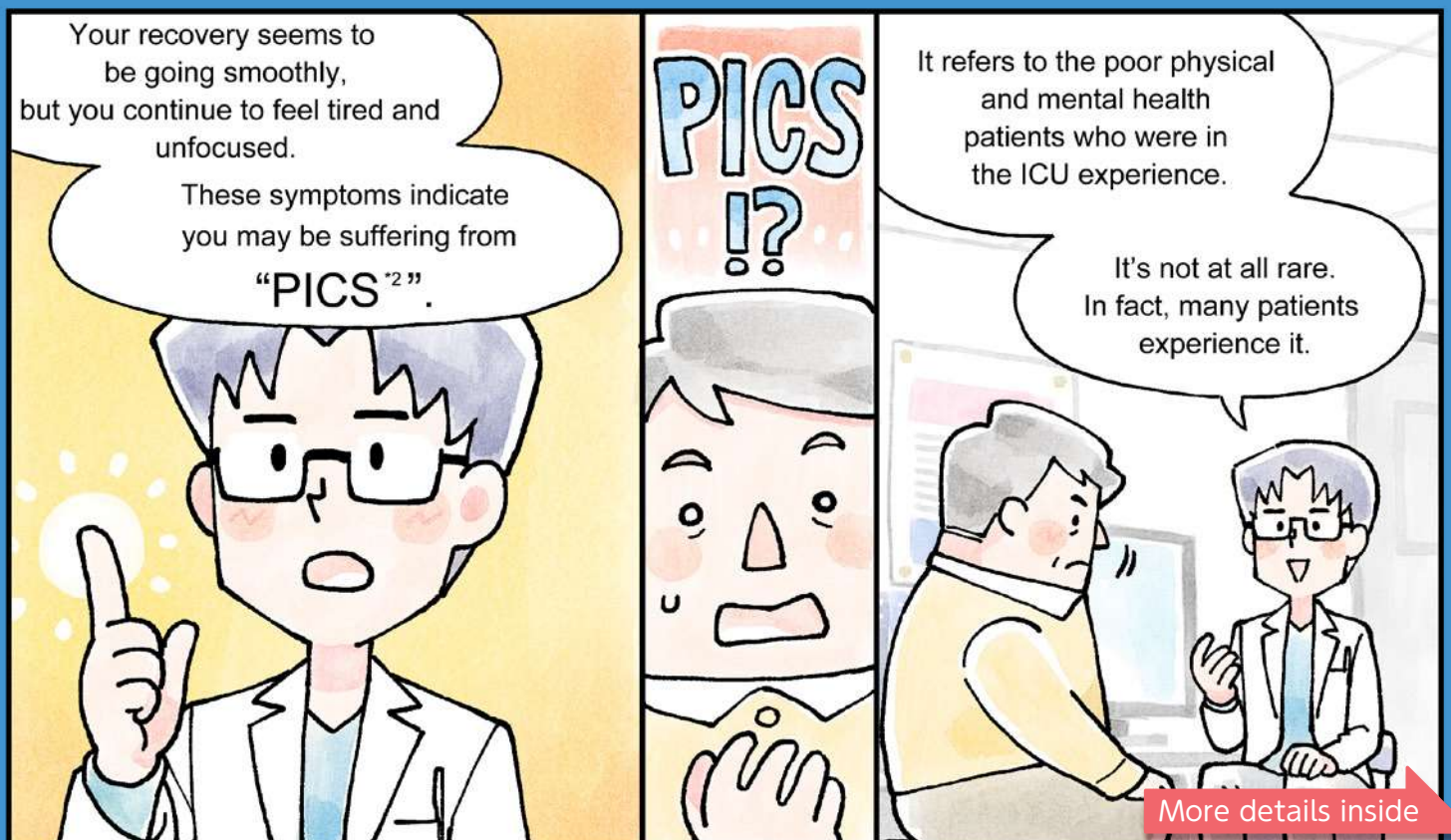


# PICS

Post-Intensive Care Syndrome



## Have you heard about it?



\*1: The ICU (intensive care unit) is a place where patients who have undergone a major surgery or seen their symptoms worsen can receive more intensive care.

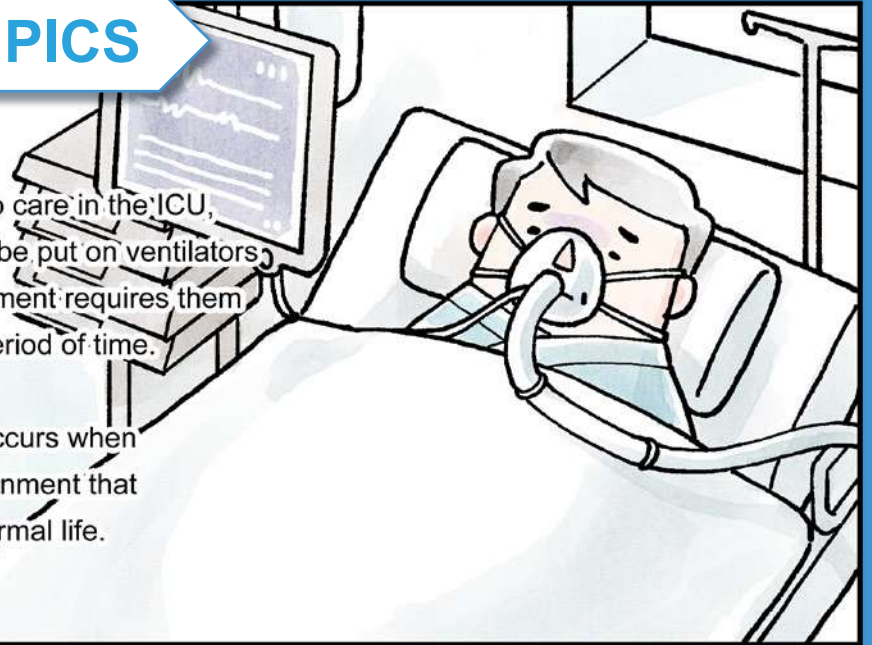
\*2: PICS: post-intensive care syndrome



# Understanding PICS

Among patients who undergo care in the ICU, there are those who need to be put on ventilators, as well as those whose treatment requires them to remain in bed for a long period of time.

PICS is a syndrome which occurs when a person is put into an environment that greatly differs from that of normal life.



The following symptoms are seen in patients with PICS.



## Physical Symptoms

## Mental Symptoms

Listless Feeling



Tired Easily



Lack of Ambition



Unable to Enjoy Usual Pastimes



Lack of Strength



Memory or Concentration Symptoms

Unable to Sleep



Forgetfulness



Short Span of Concentration



Rings a bell...





## How to Prevent PICS

While a patient is in the ICU, medical teams take a variety of approaches to prevent the occurrence of PICS.

Rehabilitation is an important preventative step.



Visits by family members and others who are close to the patient are also said to help in the prevention of PICS.



After being discharged from the hospital you should try not to push yourself too hard and take a rest whenever you feel tired.



## Family members can get PICS too!?

Family members and those close to the patient who went through experiences such as watching the patient fight for their life in the ICU or feeling anxiety whenever they received a notification from the hospital may also show mental healthy related symptoms appear.



This is called PICS-F<sup>\*3</sup>

In some cases, the family members show these symptoms appear long after the patient has been discharged from the ICU.



If you think you might have symptoms of PICS or PICS-F, get in touch with your healthcare provider to get help. You are not alone.



\*3: PICS-F: post-intensive care syndrome - family