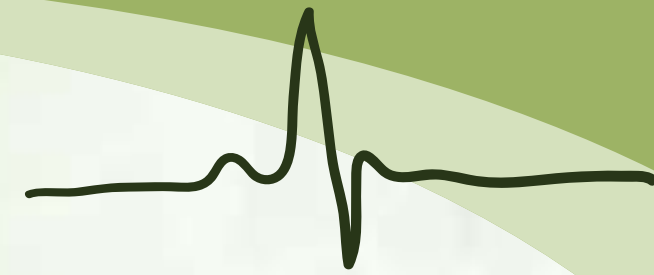




# The effectiveness of Occupational Therapy on Intensive Care to support psychological well-being

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# ⊕ Intensive Care Psychological Assessment Tool

Date and time: \_\_\_\_\_ Patient's hospital number: \_\_\_\_\_  
Patient's name: \_\_\_\_\_

## Intensive Care Psychological Assessment Tool (IPAT) © University College London Hospitals NHS Foundation Trust

I would like to ask you some questions about your stay in Intensive care, and how you've been feeling in yourself. These feelings can be an important part of your recovery. To answer, please circle the answer that is closest to how you feel, or answer in any way you are able to (e.g. by speaking or pointing.)

|    | Since you've been in intensive care:  | A  | B          | C          |
|----|---|----|------------|------------|
| 1  | Has it been hard to communicate?  | No | Yes, a bit | Yes, a lot |
| 2  | Has it been difficult to sleep?   | No | Yes, a bit | Yes, a lot |
| 3  | Have you been feeling tense?  | No | Yes, a bit | Yes, a lot |
| 4  | Have you been feeling sad?  | No | Yes, a bit | Yes, a lot |
| 5  | Have you been feeling panicky?  | No | Yes, a bit | Yes, a lot |
| 6  | Have you been feeling hopeless?   | No | Yes, a bit | Yes, a lot |
| 7  | Have you felt disorientated (not quite sure where you are)?                           | No | Yes, a bit | Yes, a lot |
| 8  | Have you had hallucinations (seen or heard things you suspect were not really there)? | No | Yes, a bit | Yes, a lot |
| 9  | Have you felt that people were <i>deliberately</i> trying to harm or hurt you?        | No | Yes, a bit | Yes, a lot |
| 10 | Do upsetting memories of intensive care keep coming into your mind?                   | No | Yes, a bit | Yes, a lot |

Do you have any comments to add in relation to any of the answers?

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### SCORING

Any answer in column A = 0 points

Any answer in column B = 1 point

Any answer in column C = 2 points

Sum up the scores of each item for a total I-PAT score out of 20

Cut-off point  $\geq 7$  - indicates patient at risk

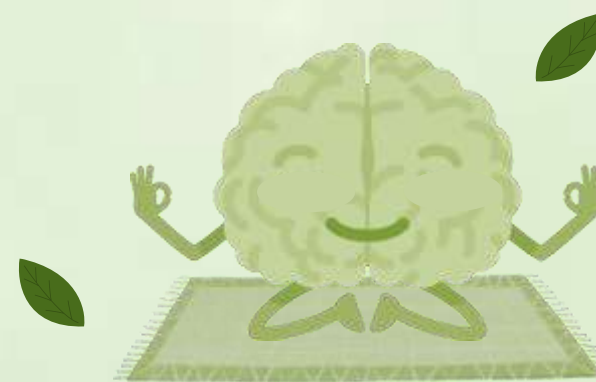
- 10 item screening tool
- Understand risk of future psychological morbidity
- Score  $>7$  identifies patient at risk
- Completed on ICU discharge and then on follow up service to compare



# ⊕ Interventions

Used a range of different interventions to support a patient on ICU

- Daily routine
- Education
- Guided relaxation sessions/Visualisations
- Daylight therapy
- Milestones
- ICU Timelines
- Meaningful/therapeutic interventions

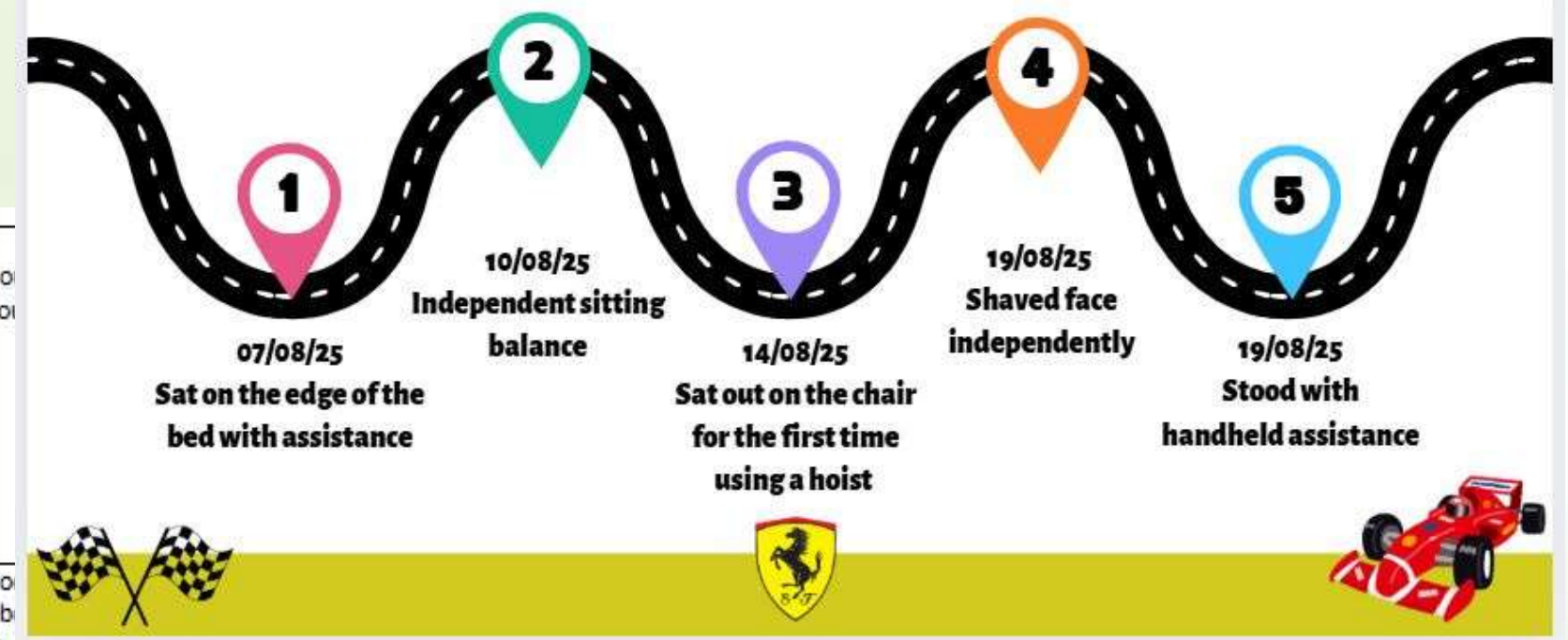


inhale  
exhale





# MILESTONES



|   |            |
|---|------------|
| 26/12/24  | You<br>you |
|  |            |
| 27/12/24  | To<br>ab   |

Stopped today as your arm was becoming swollen.

|                            |  |
|----------------------------|--|
| 30/12/24<br>Week 3- Monday | As part of the Int Occupational The lot better on this positive.<br><br>There were still s struggling with, a and what hadn't. make this timelir |
|----------------------------|--|

|                           |  |
|---------------------------|--|
| 23/12/24<br>Week 2-Monday | You had your breathing tube removed at 10am and a nasogastric (NG) tube put in your nose to increase your nutritional intake |
|---------------------------|--|

|   |   |
|---|---|
| 24/12/24<br> | Today you stood with 2 of the physiotherapists, and spoke with one of our trainee Occupational Therapist's about some difficult thoughts and feelings you'd been having. Including vivid dreams and nightmares that were quite distressing for you. It's good that you spoke with us about this and we reassured you that this was normal to experience and important to share.<br><br>We spoke with the Doctors about your medication that helped you sleep a little better, and to refer you to psychology to support your post-traumatic stress. |
|---|---|

|   |   |
|---|---|
| 01/01/2025<br> | HAPPY NEW YEA<br><br>There are still go you're eating bet |
|---|---|

|            |                                   |
|------------|-----------------------------------|
| 03/03/2025 | Today we ICU tri through your tim |
|------------|-----------------------------------|

|   |  |
|---|--|
| 25/12/24<br> | Over Christmas, you were improving and stable, but you were experiencing some hallucinations. This is normal for the medications you had been on, and procedures you'd gone through, length of time with a breathing tube and sedated. |
|---|--|

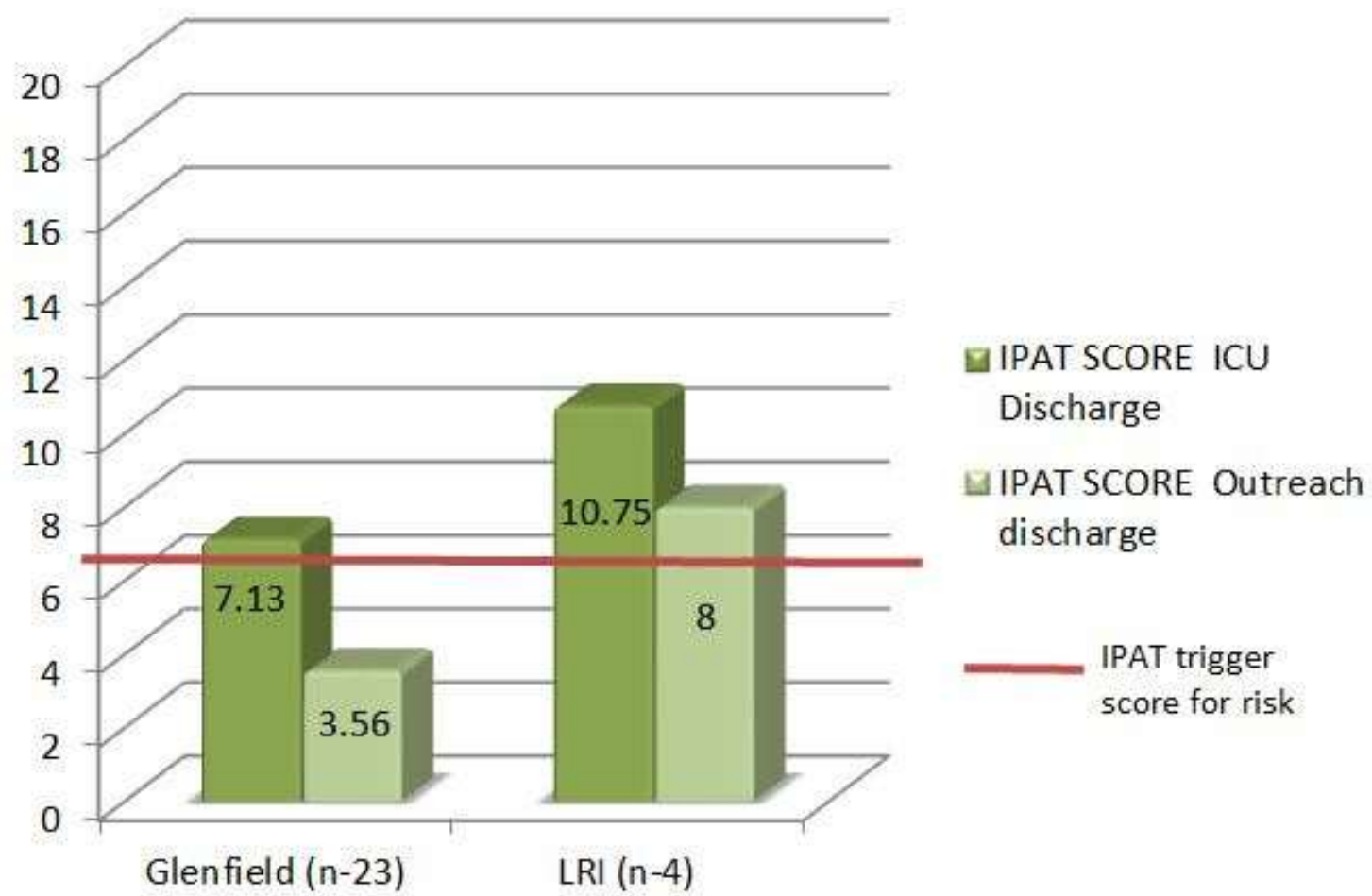
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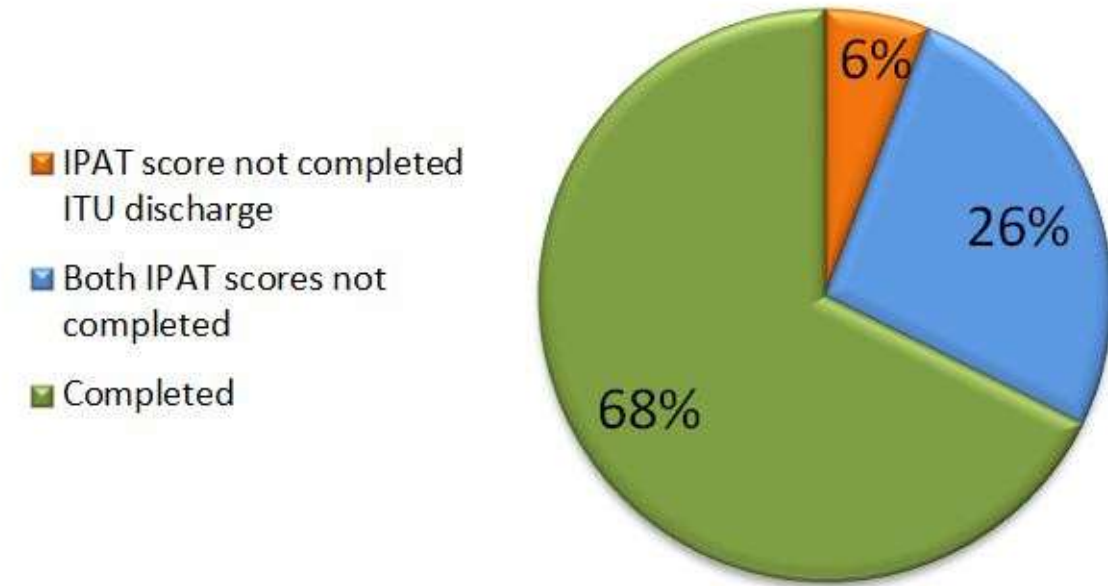
# ⊕ Results

**Average IPAT Scores on ITU Discharge and ward follow up**



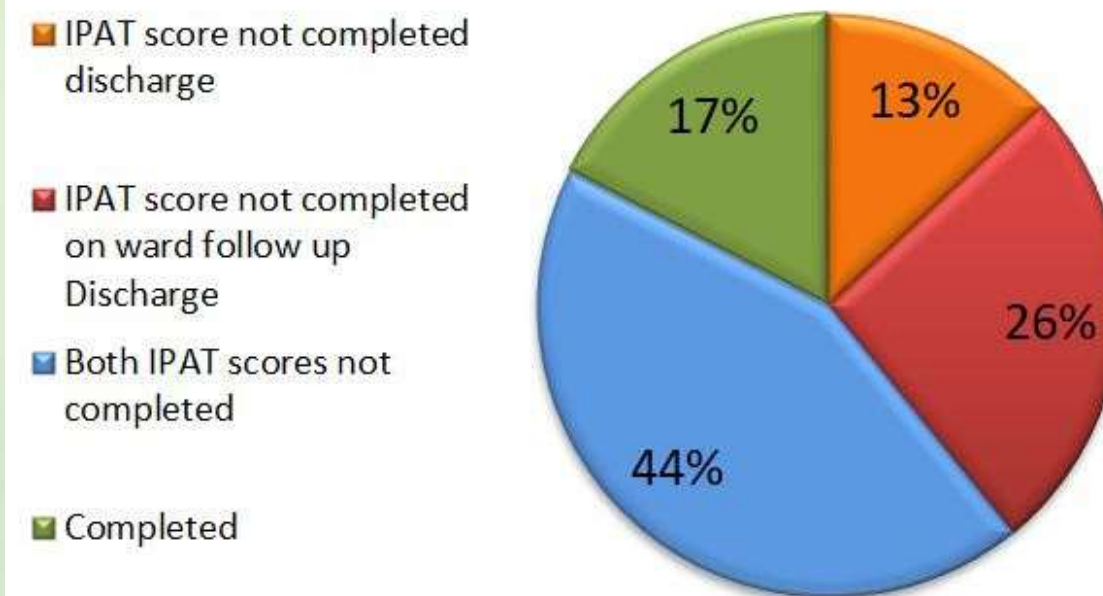
**Figure 1**

**Glenfield (n-34)**



**Figure 2**

**LRI (n-23)**



**Figure 3**



# Conclusion

- Improved psychological outcomes following OT intervention(s) within the ICU setting.
- Supporting the growing evidence of the role of OT on ICU, and highlighting a need for greater presence in the area.

# Thank You