

## Rehabilitation after critical illness overview

NICE Pathways bring together all NICE guidance, quality standards and other NICE information on a specific topic.

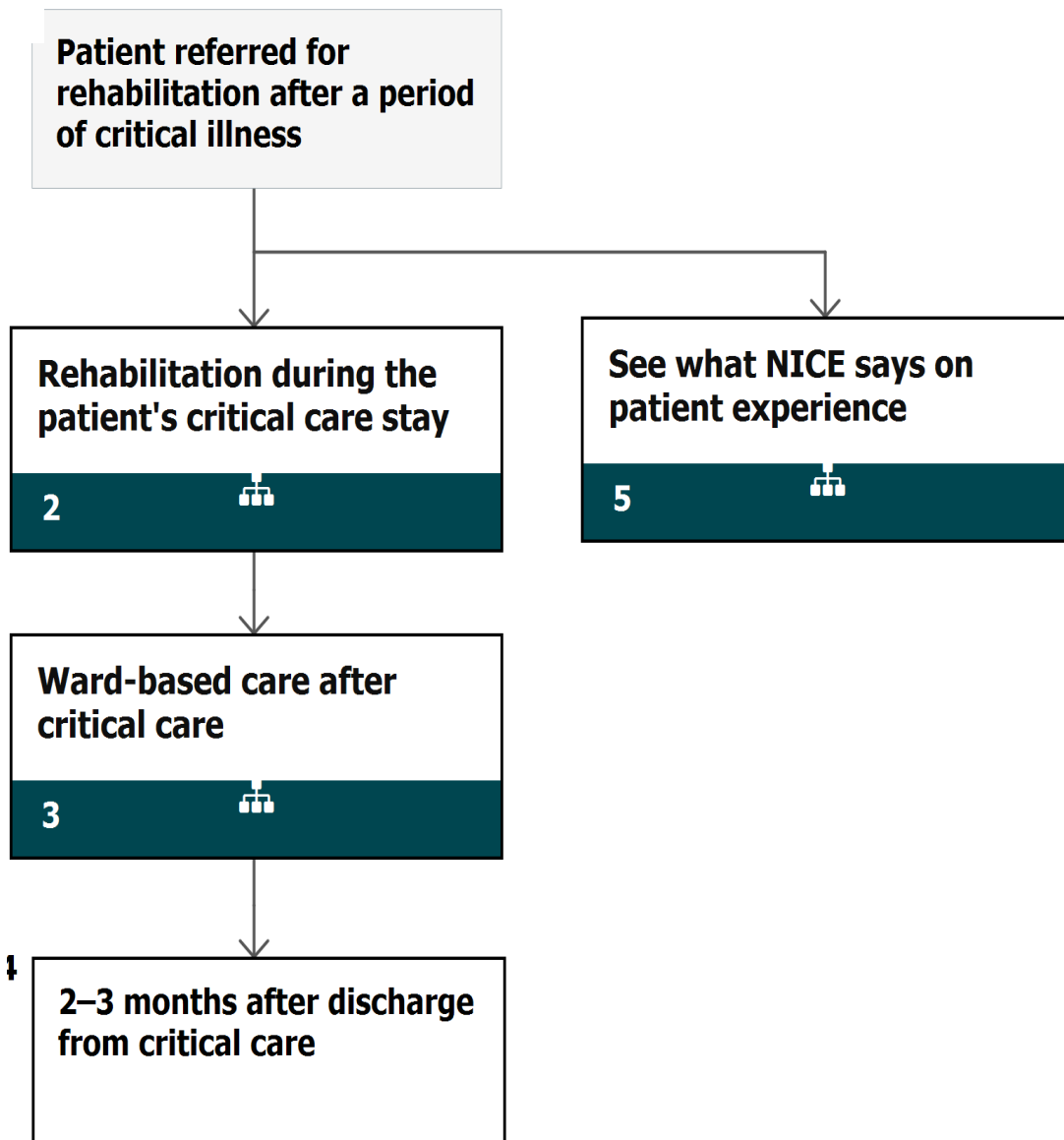
NICE Pathways are interactive and designed to be used online. They are updated regularly as new NICE guidance is published. To view the latest version of this pathway see:

<http://pathways.nice.org.uk/pathways/rehabilitation-after-critical-illness>

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This document contains a single pathway diagram and uses numbering to link the boxes to the associated recommendations.

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## 1 Patient referred for rehabilitation after a period of critical illness

No additional information

## 2 Rehabilitation during the patient's critical care stay

See Rehabilitation after critical illness / Rehabilitation during the patient's critical care stay

## 3 Ward-based care after critical care

See Rehabilitation after critical illness / Ward-based care after critical care

## 4 2–3 months after discharge from critical care

Review patients with rehabilitation needs 2–3 months after their discharge from critical care. Carry out a functional reassessment of their health and social care needs. If appropriate, also enquire about sexual dysfunction.

The functional reassessment should be face to face in the community or in hospital, performed by an appropriately-skilled healthcare professional(s) who is familiar with the patient's critical care problems and rehabilitation care pathway.

Refer the patient to the appropriate rehabilitation or specialist services if:

- the patient is recovering at a slower rate than anticipated, or
- the patient has developed unanticipated physical morbidity and/or non-physical morbidity that was not previously identified.

Give support if the patient is not recovering as quickly as they anticipated.

If anxiety or depression is suspected, refer to the stepped care models in NICE's recommendations on [anxiety](#) and [depression](#).

If post-traumatic stress disorder is suspected or the patient has significant symptoms of post-traumatic stress, refer to NICE's recommendations on [post-traumatic stress disorder](#).

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**5 See what NICE says on patient experience**

[See Patient experience in adult NHS services](#)

## Glossary

### **Short clinical assessment**

a brief clinical assessment to identify patients who may be at risk of developing physical and non-physical morbidity

### **Comprehensive clinical assessment**

a more detailed assessment to determine the rehabilitation needs of patients who have been identified as being at risk of developing physical and non-physical morbidity

### **Comprehensive clinical reassessment**

a more detailed assessment to determine the rehabilitation needs of patients who have been identified as being at risk of developing physical and non-physical morbidity

### **Functional assessment**

an assessment to examine the patient's daily functional ability

### **Short-term rehabilitation goals**

goals for the patient to reach before they are discharged from hospital

### **Medium-term rehabilitation goals**

goals to help the patient return to their normal activities of daily living after they are discharged from hospital

### **Physical morbidity**

problems such as muscle loss, muscle weakness, musculoskeletal problems including contractures, respiratory problems, sensory problems, pain, and swallowing and communication problems

### **Non-physical morbidity**

psychological, emotional and psychiatric problems, and cognitive dysfunction

**MDT**

multidisciplinary team: a team of healthcare professionals with the full spectrum of clinical skills needed to offer holistic care to patients with complex problems. The team may be a group of people who normally work together or who only work together intermittently

**Sources**

Rehabilitation after critical illness in adults (2009) NICE guideline CG83

**Your responsibility**

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