



THRIVE is the Society of Critical Care Medicine's (SCCM) initiative to provide resources and education for ICU patient survivors and their families related to post-intensive care syndrome. Every year, millions of Americans survive critical illness; but despite the efforts of their ICU, many are left with ongoing problems. THRIVE offers education, resources and community to help patient survivors and families after the ICU. Visit [sccm.org/THRIVE](http://sccm.org/THRIVE) for more information.

Date:

To:

From:

Phone:

Patient:

I recently cared for your patient, referenced above, in our pediatric intensive care unit (PICU). This patient had the following diagnoses and hospital course.

Date of admission:

Date of discharge:

Diagnoses:

Hospital course (insert narrative):

Surgeries/procedures:

Discharge medications (mark new medications with asterisks):

I would also like to acknowledge that many children who survive critical illness experience signs and symptoms of neurocognitive problems (problems with memory, learning, behavior, attention problems, school transitions, etc.), psychological difficulties (sadness, loneliness, depression, posttraumatic stress, etc.), motor dysfunction (weakness and fatigue), communication difficulty, sleeping difficulty, feeding difficulty, and decreased quality of life. This is similar to a pattern of symptoms experienced by some adult survivors of critical illness and is termed post-intensive care syndrome (PICS) in that population (Needham DM, Davidson J, Cohen H, et al. [Improving long-term outcomes after discharge from intensive care unit: report from a stakeholders' conference](#). *Crit Care Med*. 2012 Feb;40(2):502- 509). Often these symptoms go unrecognized; sometimes patients are reluctant to admit that they are experiencing them. Some of these symptoms can also affect family members (known as PICS-F) (Davidson JE, Jones C, Bienvenu OJ. [Family response to critical illness: post intensive care syndrome - family](#). *Crit Care Med*.2012 Feb;40(2):618-624).

What should be done if a patient or family member exhibits symptoms like these?

- It is important to reassure patients and their families that some of these symptoms are not unusual for people who have been through the PICU experience. We are still learning how common these problems are and what we can do to reduce and treat them. Please see the [THRIVE website](#) for helpful resources.

Finally, patients and family members may benefit from referral to a mental health professional; a psychiatrist, psychologist, social worker, or other mental health counselor can often assist patients and families in developing coping strategies for dealing with this syndrome. Patients and families may also benefit from ongoing therapy services (speech, occupational, and physical therapies).

I would be happy to speak with you any time if you have questions about this patient's ICU course or about what to expect after critical illness. Feel free to contact me at the phone number shown above.

