



BRIGHAM AND
WOMEN'S HOSPITAL

For more information please visit our website:

www.aftertheicu.org

To reach us by email:

Daniela Lamas, MD

Brigham and Women's Hospital
Pulmonary and Critical Care Medicine
Email: dlamas@partners.org

Gerald Weinhouse, MD

Brigham and Women's Hospital
Pulmonary and Critical Care Medicine
Email: gweinhouse@partners.org

To reach us by phone, call Shauna Evans at: (617) 732-5499

For an appointment with the **ICU Recovery Clinic**, call (617) 732-6770

After the ICU:

*Leaving the hospital is the
start of the journey*



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Pulmonary Critical Care

75 Francis Street
Boston, MA 02215
www.bwh.org

This project was funded through a Patient-Centered Outcomes Research Institute (PCORI) Pipeline-to-Proposal Award, administered on behalf of PCORI by Health Resource in Action.

The Brigham & Women's
ICU Recovery Program

Recovery Clinic
Peer support
Research



Have you or your loved one suffered a critical illness and wondered why things aren't quite right?

The **ICU Recovery Program** is a partnership of patients, families, researchers and healthcare providers. Our mission is to improve the quality of life of those still recovering from the effects of a critical illness.

After a critical illness, many patients experience lingering:

- Memory loss
- Depression
- Anxiety
- Insomnia
- Physical limitations

These problems have become known as Post-Intensive Care Syndrome, or PICS. We might be able to help.

ICU Recovery Clinic:

All patients who were in an ICU on a ventilator, or had sepsis or delirium could benefit from an appointment at our ICU Recovery Clinic.

To make an appointment: call 617-732-6770 and ask for Thursday am appointment with Drs. Gerald Weinhouse and Daniela Lamas.

What can we do?

- Education about PICS
- Psychiatric screening and referral
- Neurocognitive screening and referral
- Medication review
- Social Work involvement and care coordination
- Communication with your primary care provider

Peer Support:

Connect and learn from other patients and family members who've been through the ICU. We are one of a select group of centers nationwide with informational support groups sponsored by the Society of Critical Care Medicine. To ask about dates for future meetings, email dlamas@partners.org.

Partnership and Research:

If you want to be involved in thinking about ways to improve care, you don't have to be a doctor to help. We're working with the Patient-Centered Outcomes Research Institute and seeking collaboration from former ICU patients and family members. If you're interested, email dlamas@partners.org.

Did you know:

- **33** percent of ICU survivors suffer post-traumatic stress disorder.
- **40** percent have depression.
- **60** percent suffer anxiety.
- **40** percent have cognitive deficits similar to moderate traumatic brain injury.
- **25** percent have cognitive deficits similar to patients with mild dementia.

The **ICU Recovery Program** can help you and/or a loved one suffering from any of these PICS related medical problems. Call us today.