

Abstract

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Quality of life during six months follow-up after ICU stay for critical illness

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Objectives:

We aimed to quantify health related quality of life during six months follow up after ICU discharge and to estimate changes in physical, social, emotional and psychological status during six months after ICU discharge

Methods:

After institutional ethics committee approval and written informed consent from patient or next of kin, this prospective observational study was conducted. Adult patients who got discharged from a medical-surgical ICU after receiving > 7 days of critical care were included. Patients were followed up at 1 month and 6 months after discharge. Questionnaire based Short Form Health Survey (SF-36) was utilised for assessment.

Results:

Survivors had lower Physical as well as Mental Component Summary Scale as compared to Pre ICU admission values. Quality of life of most survivors showed an improvement at six months post discharge in comparison to that at 1month post discharge but was still poor than that before admission. Strong correlation was found between age and severity of illness (based on APACHE II and SOFA scores) with quality of life 6 months post discharge. Number of days on mechanical ventilation affected both physical and mental health scores, whereas length of ICU stay affected only Physical functioning.

Conclusions:

Quality of life in survivors was substantially reduced in respect to all health related parameters as compared to their preadmission status and affected them physically, mentally, socially and emotionally.